

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

## NORTH HUNTINGDON VILLAS

					Exercise 8:30/9:00 am Outing to LeMont Resaurant 3:45 departure (for those with reservations) May Day	Exercise 8:30/9:00 am NO Drumming today
NO Chair Yoga today	NO Exercise Classes today	NO Drumming today Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am Cinco de Mayo	Exercise 8:30/9:00 am Alzheimer's Support Group (top of hill) 3:00 pm	Great Courses 1:00 pm	Exercise 8:30/9:00 am COO Chat 10:30 am Book Club 1:00 pm Live Casino West'd 10:00 am	NO Drumming today
Chair Yoga 6:00 pm (YouTube videos) 	Exercise 8:30/9:00 am Savvy Seniors 11:00 am Men's Lunch 12:00 pm (top of hill) Westmoreland Mall 1:00 pm	Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Private 5:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	Exercise 8:30/9:00 am Games 2:00 pm Fortune Star 11:00 am	Private 10:00 am Great Courses 1:00 pm Wine & Dine 4:00 pm	Exercise 8:30/9:00 am Serendipity Tea House 11:00	Cardio Drumming w/Carol 9:30 am Armed Forces Day
Chair Yoga 6:00 pm (YouTube videos)	Exercise 8:30/9:00 am Private 11:00 am Wellness Clinic 11:00 am Private 3:00 pm Walmart/Target 1:00 pm Victoria Day (Canada)	Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	Exercise 8:30/9:00 am Community Management Meeting 11:00 am Drumming w/Cecily 2:30 pm	Great Courses 1:00 pm Shavuot Begins	Exercise 8:30/9:00 am Donuts 9:30 am Games 2:00 pm Narcissi Winery 11:00 am	Cardio Drumming w/Carol 9:30 am
Chair Yoga 6:00 pm (YouTube videos)	NO Exercise today 	Cardio Drumming w/Carol 9:30 am Old Fogey Fun 1:00 pm Parkinson's Support 1:30 pm Giant Eagle 9:30 am Shop & Save 10:30 am Banks 11:30 am	Exercise 8:30/9:00 am Brunch 10:30 am	Great Courses 1:00 pm	Exercise 8:30/9:00 am Villa Ladies to Twin Oaks 3:00 pm Rodney's 3:30 pm	Cardio Drumming w/Carol 9:30 am
Chair Yoga 6:00 pm (YouTube videos)	See reverse side for event details and RSVP deadlines.					