

Monday

Tuesday

Wednesday

Thursday

Friday

May 2026

Blue Group

10:00am - This Day in History (NL) 1
 10:15am - Third Eye Thai Chi (M)
 11:30am - Would You Rather? (C)
 12:00pm - Outdoor Club (CE)
 1:15pm - Brain Game (C)
 1:30pm - Pete the Folksinger (SE)
 3:30pm - Best of Broadway (CE)

10:00am - This Day in History (NL) 4
 10:30am - Exercise (M)
 11:30am - Brain Game (C)
 12:00pm - Table Talk (SE)
 1:15pm - Music Spotlight (CE)(R)
 2:00pm - Travel Log (NL)(R)
 3:00pm - Pianist Tom Saputo (CE)(R)

10:00am - This Day in History (NL) 5
 10:30am - Exercise (M)
 11:30am - DC Int. Dance (M)
 12:00pm - Outdoor Club (CE)
 1:30pm - Jam w/Melanie Edwards (R)
 2:30pm - Historical Figures Talk (NL)
 3:30pm - Best of Broadway (CE)

10:00am - Vibes with Debbie 6
 10:30am - Exercise (M)
 11:30am - Trivia (C)(SE)
 12:00pm - Table Talk (SE)
 1:15pm - History with Jimmy (NL)
 2:00pm - Music with Alondra (CE)
 3:30pm - Movie Memories (R)

10:00am - This Day in History (NL) 7
 10:15am - Third Eye Thai Chi (M)
 11:30am - Brain Game (C)
 12:00pm - Sip and Chat Outside (SE)
 1:15pm - Table Talk (SE)
 1:30pm - Jams with Jeff (CE)(SE)
 2:30pm - Art Survey (CE)
 3:30pm - Easy Listening (R)

10:00am - This Day in History (NL) 8
 10:30am - Exercise (M)
 11:30am - Spot the Difference (C)
 12:00pm - Outdoor Club (CE)
 1:30pm - Animal Exploration (NL)
 2:00pm - Travel Log (NL)(R)
 2:00pm - Thai Chi with Cynthia (M)

10:00am - This Day in History (NL)11
 10:30am - Exercise (M)
 11:30am - Would You Rather? (C)
 12:00pm - Outdoor Club (CE)
 1:15pm - Brain Game (C)
 2:30pm - Historical Figures Talk (NL)
 3:00pm - Pianist Tom Saputo (CE)(R)

10:00am - This Day in History (NL)12
 10:30am - Exercise (M)
 11:30am - Brain Game (C)
 12:00pm - Table Talk (SE)
 1:30pm - Music w/Melanie Bates (R)
 2:00pm - Travel Log (NL)(R)
 3:30pm - Art History Moments (R)

10:00am - This Day in History (NL)13
 11:30am - Brain Game (C)
 12:00pm - Sip and Chat Outside (SE)
 1:15pm - Table Talk (SE)
 2:00pm - Music with Alondra (CE)
 2:30pm - Art Survey (CE)
 3:30pm - Easy Listening (R)

10:00am - This Day in History (NL)14
 10:15am - Third Eye Thai Chi (M)
 11:30am - Spot the Difference (C)
 12:00pm - Outdoor Club (CE)
 1:30pm - Animal Exploration (NL)
 1:30pm - Jams with Jeff (CE)(SE)
 2:00pm - Travel Log (NL)(R)
 3:30pm - Art History Spotlight (R)

10:00am - This Day in History (NL)15
 10:30am - Exercise (M)
 11:30am - Trivia (C)(SE)
 12:00pm - Table Talk (SE)
 1:15pm - History with Jimmy (NL)
 2:30pm - Pete the Folksinger (SE)
 3:30pm - Movie Memories (R)

10:00am - This Day in History (NL)18
 10:30am - Exercise (M)
 11:30am - Spot the Difference (C)
 12:00pm - Outdoor Club (CE)
 1:30pm - Animal Exploration (NL)
 2:00pm - Travel Log (NL)(R)
 3:00pm - Pianist Tom Saputo (CE)(R)

10:00am - This Day in History (NL)19
 10:30am - Exercise (M)
 11:30am - DC Int. Dance
 12:00pm - Table Talk (SE)
 1:30pm - Music w/Melanie Bates (R)
 2:30pm - History with Jimmy (NL)
 3:30pm - Movie Memories (R)

10:00am - This Day in History (NL)20
 10:30am - Exercise (M)
 11:30am - Brain Game (C)
 12:00pm - Table Talk (SE)
 1:15pm - Music Spotlight (CE)(R)
 2:00pm - Music with Alondra (CE)
 3:30pm - Travel Log (NL)(R)

10:00am - This Day in History (NL)21
 10:15am - Third Eye Thai Chi (M)
 11:30am - Would You Rather? (C)
 12:00pm - Outdoor Club (CE)
 1:15pm - Brain Game (C)
 1:30pm - Jams with Jeff (CE)(SE)
 2:30pm - Historical Figures Talk (NL)
 3:30pm - Best of Broadway (CE)

10:00am - This Day in History (NL)22
 11:30am - Brain Game (C)
 12:00pm - Sip and Chat Outside (SE)
 1:15pm - Table Talk (SE)
 2:00pm - Thai Chi with Cynthia (M)
 2:30pm - Art Survey (CE)
 3:30pm - Easy Listening (R)

10:00am - This Day in History (NL)25
 10:30am - Exercise (M)
 11:30am - Trivia (C)(SE)
 12:00pm - Table Talk (SE)
 1:15pm - History with Jimmy (NL)
 3:00pm - Pianist Tom Saputo (CE)(R)

10:00am - This Day in History (NL)26
 11:30am - Brain Game (C)
 12:00pm - Sip and Chat Outside (SE)
 1:30pm - Jam w/Melanie Edwards (R)
 2:30pm - Art Survey (CE)
 3:30pm - Easy Listening (R)

10:00am - Vibes with Debbie 27
 10:30am - Exercise (M)
 11:30am - Would You Rather? (C)
 12:00pm - Outdoor Club (CE)
 1:15pm - Brain Game (C)
 2:00pm - Music with Alondra (CE)
 2:30pm - Historical Figures Talk (NL)
 3:30pm - Best of Broadway (CE)

10:00am - This Day in History (NL)28
 10:15am - Third Eye Thai Chi (M)
 11:30am - Brain Game (C)
 12:00pm - Table Talk (SE)
 1:30pm - Jams with Jeff (CE)(SE)
 2:30pm - Travel Log (NL)(R)
 3:30pm - Music Spotlight (CE)(R)

10:00am - This Day in History (NL)29
 10:30am - Exercise (M)
 11:30am - Spot the Difference (C)
 12:00pm - Outdoor Club (CE)
 1:30pm - Animal Exploration (NL)
 2:00pm - Travel Log (NL)(R)
 3:30pm - Summer Trivia (CE)