

MAY 2019



SUN	MON	TUE	WED	THU	FRI	SAT
<div style="background-color: blue; color: white; padding: 5px; border: 1px solid black;"> Senior 55 Plus Fun Schedule is tentative </div>			1 9:30 Meet & Greet 10:30 Chair exercise	2 Meet & Greet 9:30 Fit Strong 10:00 Cinco De mayo Tissue Flower	3 9:30 Meet & Greet 10:00 Golden Roller Bike riding	4
5	6 9:30 Meet & Greet 10:00 May Canvas Painting	7 9:30 am - 12:00 Coffee With A Cop	8 9:30 Meet & Greet 10:30 Chair exercise	9 9:30 BST Main Event	10 9:30 Meet & Greet 10:00 Golden Roller Bike riding	11
12	13 9:30 meet and greet 10:00 David (Gardening)	14 8:30 SWAG Conley G.	15 9:30 Meet & Greet 10:30 Chair exercise	16 9:00 Meet & Greet 9:30 Fit Strong	17 9:30 Meet & Greet 10:00 Golden Roller Bike riding	18
19 <u>WORK THAT DAY</u>	20 9:30 Meet and Greet <u>Westgate Bowling</u>	21 9:30 Movies Cine De Oro Cesar Chaves	22 9:00 May Bridge 9:30 Meet & Greet 10:30 Chair exercise	23 9:00 Meet & Greet 9:30 Fit Strong	24 9:30 Meet & Greet 10:00 Golden Roller Bike riding	25
26	27 	28 9:30 Meet & Greet 10:00 Cooking for 2 Seattle Style	29 9:30 Meet & Greet 10:30 Chair exercise	30 9:00 Meet & Greet 9:30 Fit Strong	31 9:30 Meet & Greet 10:00 Golden Roller Bike riding	 

Dittmar Recreation Center -1009 W. Dittmar Rd Austin Texas 78745- 512-974-6090 www.austintexas.gov/Dittmar

The City of Austin is committed to compliance with the Americans with Disabilities Act. If you require special assistance for participation in our programs, please call 974-3914