





Activities & Events May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Mother's Day Mother's Day "Trivia" - The highest officially recorded number of children born to one mother is 69, to the first wife of Feodor Vassilyev (1707-1782) of Shuya, Russia. Between 1725 and 1765, in a total of 27 confinements, she gave birth to 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. 67 of them survived infancy.						1 May Day
2	3 9:30 Senior Fitness 10:00 Foot Clinic 10:00 <i>Blood Pressure</i> 10:30 Sit & Be Fit 11:00 <i>Music-Ida & Friends</i> 1:00 Bridge	4 10:00 TOPS 10:00 Handiwork 1:00 Pinochle 1:00 BINGO	5 Cinco de Mayo 9:00 Foot Clinic 10:30 Senior Fitness 11:00 Special Music Bob Cooperrider <i>1:00 Movie Day:</i> <i>Story of Yosemite National Park</i>	6 9:00 Super Stretch 10:00 Memory Enhancement Class 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	7 10:30 Senior Fitness 1:00 Pinochle	8
9 	10 9:30 Senior Fitness 10:00 Foot Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida & Friends</i> 1:00 Bridge	11 <i>9:30 Portland Art Museum & Lunch</i> 10:00 TOPS 10:00 Handiwork 1:00 Pinochle 1:00 BINGO	12 10:30 Senior Fitness 1:00 Legal Assistance 1:00 Board Meeting <i>1:00 Movie Day:</i> <i>America's Great Volcanoes</i>	13 9:00 Super Stretch 10:00 Memory Enhancement Class 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	14 10:30 Senior Fitness 1:00 Pinochle <i>1:00 Tai Chi Class</i>	15
16	17 9:30 Senior Fitness 10:00 Foot Clinic 10:00 <i>Blood Pressure</i> 10:30 Sit & Be Fit 11:00 <i>Music-Ida & Friends</i> 1:00 Bridge	18 <i>10:00 Willamette Queen Sternwheeler</i> 10:00 TOPS 10:00 Handiwork 1:00 Pinochle 1:00 BINGO	19 10:00 Newsletter Fldrs 10:30 Senior Fitness 11:00 Special Music Bob Cooperrider <i>1:00 Movie Day:</i> <i>Blind Side</i>	20 9:00 Super Stretch 10:00 Memory Enhancement Class 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	21 10:30 Senior Fitness 1:00 Pinochle <i>1:00 Tai Chi Class</i>	22
23	24 9:30 Senior Fitness 10:00 Foot Clinic 10:30 Sit & Be Fit 11:00 <i>Music-Ida & Friends</i> 1:00 Bridge	25 <i>9:30 Trip: Historic Brownsville Museum</i> 10:00 TOPS 10:00 Handiwork 1:00 Pinochle 1:00 BINGO	26 NATIONAL HEALTH & FITNESS 10:00 HealthNet 10:30 Senior Fitness No Movie today— Health & Fitness Fair 	27 9:00 Super Stretch 10:00 Memory Enhancement Class 10:30 Sit & Be Fit 1:00 Bunco 1:00 Line Dancing	28 10:30 Senior Fitness 1:00 Pinochle <i>1:00 Tai Chi Class</i>	29
30	31 Center Closed Observing Memorial Day 	Did you know... Memorial Day was declared a Federal holiday in 1971. It is a celebration of remembrance for the brave service men and women who gave their lives for their country. Originally, Memorial Day honored those who had died in the Civil War; now it honors those who died in the Spanish-American War, World War I, World War II, the Korean War, Vietnam and Desert Storm. We now also designate this holiday to remember loved ones who have passed on.				