

MAY UPCOMING EVENTS

DATE	DAY	TIME	EVENT	RR	Y LOCATION
1	Tue	12:30-1:30 p.m.	Lunch-N-Learn How Healthy is Your Diet How to combat Safety Concerns in Your Home	RR	Davis-MPR
2	Wed	3:00-5:00 p.m.	Drayer Physical Therapy Q & A		Davis-FF
4	Fri	7:00-9:30 p.m.	Movie Night "Greatest Showman"		Davis
7	Mon	10:00-11:00 a.m.	Kitchen Chat	RR	Davis-CR
		2:00-4:00 p.m.	DEEP	RR	Davis-CR
8	Tue	11:00 a.m. -12:00 p.m.	Munch & Learn Dying is Not a Choice. Preparing for it is.	RR	Davis-TR
		3:30-5:30 p.m.	Encaustic Painting Workshop	RR	Davis-AS
10	Thu	11:30-12:30 p.m.	Munch & Learn Upper Body Joint Pain	RR	Davis-MPR
12	Sat	5:00-7:00 p.m.	Paint and Punch	RR	Davis-L
13	Sun	7:30 a.m.	Spring Classic Sprint Triathlon	RR	Davis
15	Tue	12:30-1:30 p.m.	Lunch-N-Learn Pinnacle Integrated Health-The Health and Stress Workshop	RR	Davis-CR
16	Wed	10:00 a.m.	Munch & Learn Pinnacle	RR	Central
18	Fri	12:30-1:30 p.m.	Lunch-N-Learn Huntington Bank-Buying, Building or Renovation	RR	Davis-CR
19	Sat	11:00 a.m.-2:00 p.m.	Healthy Kid's Day		Central
		4:00-8:00 p.m.	Parent's Night Out	RR	Davis
21	Mon	2:00-3:00 p.m.	Munch & Learn Dying is Not a Choice. Preparing for it is.	RR	Davis-CR
		6:00-7:30 p.m.	Enhancing Your Metabolism	RR	Davis-CR
23-25	W-F	5:00-7:00 p.m.	Splash Into Summer-Water Safety Event	RR	Davis-OP
23	Wed	12:30-1:30 p.m.	Lunch-N-Learn Mercy Health-Heather Rapp Understanding Your Spine, Diagnosis and Treatment Options	RR	Davis-CR
26	Sat	7:30 a.m.	MEMORIAL 5 & Outdoor Spin	RR	Central
31	Thu	12:30-1:30 p.m.	Lunch-n-Learn Pinnacle Integrated Health-The Health and Stress Workshop	RR	Davis-CR

RR = Registration Required MPR=Multi-Purpose Room • FF=Fitness Floor • CR=Community Room • TR=Training Room • OP=Outdoor Pool • AR=Art Studio



What's Happening in May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 DRAYER PHYSICAL THERAPY (D) Q & A SESSION	3	4 MOVIE NIGHT (D) "The Greatest Showman"	5
6	7 *KITCHEN CHAT (D) *DEEP (D)	8 *MUNCH & LEARN (D) Dying is not a choice. Preparing for it is. ENCAUSTIC PAINTING WORKSHOP	9	10 *MUNCH & LEARN (D) Upper Body Joint Pain	11	12 *PAINT & PUNCH (D)
13 *SPRING CLASSIC SPRINT TRIATHLON (D)	14	15 *LUNCH-N-LEARN (D) Pinnacle Integrated Health The Health & Stress Workshop	16 *MUNCH & LEARN (C) Pinnacle Integrated Health	17	18 *LUNCH-N-LEARN (D) Huntington Bank Buying, Building or Renovating	19 *PARENT'S NIGHT OUT (D) HEALTHY KID'S DAY (C)
20	21 *MUNCH & LEARN (D) Dying is not a choice. Preparing for it is. *ENHANCING YOUR METABOLISM (D)	22	23 SPLASH INTO SUMMER (D) *LUNCH-N-LEARN (D) Understanding Your Spine Diagnosis & Treatment Options	24	25	26 OUTDOOR POOL OPENS (D) *MEMORIAL 5 & OUTDOOR SPIN (C)
27	28 MEMORIAL DAY 7:00 a.m.-5:00 p.m. KidZone Closed No Classes	29	30	31 LUNCH-N-LEARN (D) The Health and Stress Workshop		

***Registration Required.** For more information about any of the events listed above, please pick up a flyer in the Lobby.

C=Central D=Davis

- Summer 1 Session Begins June 4 • Registration Begins May 7th/14th
Pick up a Program Registration Brochure for more information about our 6-week programs!
- Day Camp Registration Begins May 7th-Pickup a Camp Brochure for more information
- Day Camp Counselor Apprentice Interviews-May 12th, 5:00-7:00 p.m.
- Camp Book Drive May 1-June 2
- Personal Training Special-Available May 1-31 • Three 1-Hour Sessions for \$99 each.