





























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>RIDGE MANOR SENIOR CENTER ACTIVITIES (333 Ridge St. Emmaus) For questions or to make a reservation, call the center manager @ 610-965-2171.</p> <p>National Smile Month 😊</p> <p><a href="http://www.lehighcounty.org/Departments/Human-Services/Neighborhood-Senior-Centers">www.lehighcounty.org/Departments/Human-Services/Neighborhood-Senior-Centers</a></p>			1	2
			<p>12:30 to 1:30 Healthy Steps in Motion (live exercise class)</p> 	<p>12:30 Clay Class with Ellen</p> 
5	6	7	8	9
<p>Cinco de Mayo</p>  <p>If you see someone smile, give them one of yours.</p> 	<p>12:30 to 1:30 Healthy Steps in Motion (live exercise class)</p> 	<p>12:30 BINGO w/prizes!</p>  <p>May's Birthstone: Emerald.</p>  <p>Happiness</p>	<p>12:30 to 1:30 Healthy Steps in Motion (live exercise class)</p>  <p>V E Day (Germany surrenders)</p> 	 <p>12:30 Clay Class with Ellen</p> 
12	13	14	15	16
	<p>12:30</p>  <p>Stay after lunch or join us to paint &amp; enjoy some snacks!</p>	<p>May's Flower: Lily of the Valley.</p>  <p>Sweetness.</p>	<p>12:30 Nutrition Education Managing your blood pressure</p> 	<p>12:30 Clay Class with Ellen</p> 
19	20	21	22	23
<p>12:30 - Craft Make a decorated mug!</p> 	<p>12:30 Race to the Finish Line</p> 	<p>May's Zodiac sign: Taurus.</p>  <p>Stability.</p>	<p>11:00 – 12:30</p>  <p>Happy Birthday Charlie!</p> 	<p>12:30 Clay Class with Ellen</p> 
26	27	28	29	30
<p>SENIOR CENTER CLOSED</p> 	<p>12:30 International BINGO w/prizes!</p> 	<p>12:30 Medicare Fraud Presentation</p> 	<p>United Nations Day</p>  <p>**Activities &amp; meals are subject to change</p>	<p>12:30 Clay Class with Ellen</p> 

**\*\*Activities & Speakers open to everyone.**

**If you'd like to have lunch with us, please place your order by 10am the day before.**