









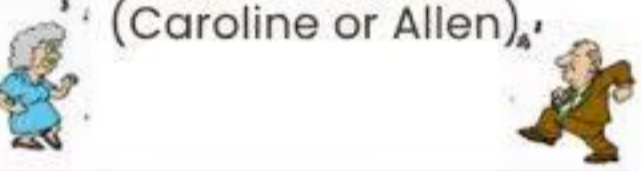











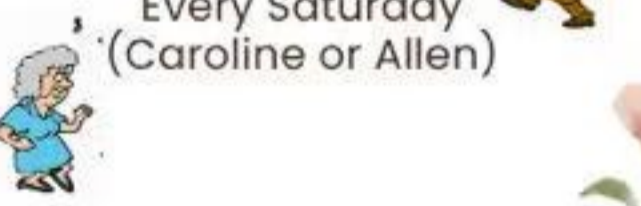






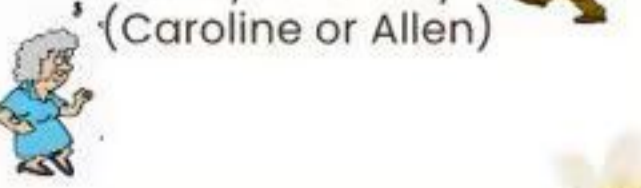


# SENIOR SERVICES PROGRAM (Presentation & Special Programs)



# MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p><b>1</b> The Art of Crochet (Every Friday) (Volunteer Marilyn) 12:30-2:30PM</p> 	<p><b>2</b> Music &amp; Motion 10am-11am AB&amp;Line Dancing 11AM-12PM</p> <p>Every Saturday (Caroline or Allen)</p> 
<p><b>4</b> Zumba Class Every 2nd &amp; 4th Monday (Jenny) 1:00 -2:00PM</p> 	<p><b>5</b> <b>Juicing Class</b> 10:00-11:00AM Edwin</p> 	<p><b>6</b> Food Pantry Distribution Every Wednesday</p> <p><b>2:15-3:15PM</b></p> 	<p><b>7</b> Chinese Calligraphy Class &amp; Traditional Painting (Chinese teacher Li) Every Thursday</p> <p>1:00-2:30PM</p>  	<p><b>8</b> <b>Mother's Day Celebration 11:00 AM</b></p> 	<p><b>9</b> Music &amp; Motion 10am-11am AB&amp;Line Dancing 11AM-12PM</p> <p>Every Saturday (Caroline or Allen)</p> 
<p><b>11</b> <b>Basic Computer Skills</b> (Every Monday &amp; Tuesday) Spanish &amp; English Miguel 9:00AM-5:00PM</p> <p>Food Box Distribution 1st Day for pick up 11:30am-2:00pm</p>  	<p><b>12</b> <b>Juicing Class</b> 10:00-11:00AM Edwin</p> 	<p><b>13</b> <b>Stress Buster</b> Every 2nd Wednesday</p> <p><b>10:20-11:00AM</b></p>	<p><b>14</b> <b>Quarterly nutrition education workshop</b></p> <p><b>10:30AM</b></p>  <p>Project Open Hand meals with love</p>	<p><b>15</b> The Art of Crochet (Every Friday) (Volunteer Marilyn) 12:30-2:30PM</p> 	<p><b>16</b> <b>Community Congress Event 2026 at 515 Cortland site 9:00AM-1:00PM ECC Center closed</b></p> 
<p><b>18</b> Zumba Class Every 2nd &amp; 4th Monday (Jenny) 1:00 -2:00PM</p> 	<p><b>19</b> <b>Basic Computer Skills</b> (Every Monday &amp; Tuesday) Spanish &amp; English Miguel 9:00AM-5:00PM</p>  <p><b>Basic Computer Skills</b> Every Tuesday English &amp; Chinese (Mr. Liang) 12:30Pm-2:00PM</p>	<p><b>20</b> Food Pantry Distribution Every Wednesday</p> <p><b>2:15-3:15PM</b></p> 	<p><b>21</b> Chinese Calligraphy Class &amp; Traditional Painting (Chinese teacher Li) Every Thursday</p> <p>1:00-2:30PM</p>  	<p><b>22</b> <b>Birthday Party Celebration 05/22/2026 11:00 AM</b></p> 	<p><b>23</b> Music &amp; Motion 10am-11am AB&amp;Line Dancing 11am-12pm</p> <p>Every Saturday (Caroline or Allen)</p> 
<p><b>25</b> <b>Memorial Day Holiday Off ECC Center closed</b></p> 	<p><b>26</b> <b>Basic Computer Skills</b> (Every Monday &amp; Tuesday) Spanish &amp; English Miguel 9:00AM-5:00PM</p>  <p><b>Basic Computer Skills</b> Every Tuesday English &amp; Chinese (Mr. Liang) 12:30Pm-2:00PM</p> <p>Food Box Distribution Last Day for pick up 11:30am-2pm</p> 	<p><b>27</b> Food Pantry Distribution Every Wednesday</p> <p><b>2:15-3:15PM</b></p> 	<p><b>28</b> Chinese Calligraphy Class &amp; Traditional Painting (Chinese teacher Li) Every Thursday</p> <p>1:00-2:30PM</p>  	<p><b>29</b> The Art of Crochet (Every Friday) (Volunteer Marilyn) 12:30-2:30PM</p> 	<p><b>30</b> Music &amp; Motion 10am-11am AB&amp;Line Dancing 11am-12pm</p> <p>Every Saturday (Caroline or Allen)</p> 

Eligibility: Older Adults (60+) & Adults with Disabilities (18-59)

