

ACTIVITIES MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Pitch 11:00 Chair Yoga\$	2
3 1:00 Sunday Lunch HOST: BFCN	4 9:30 Line Dancing\$ 10:00 Walk w/Lisa 12:00 Lunch 1:00 Senate Office Hours	5 CINCO DE MAYO 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting 2:30 LIFE Group	6 8:00 Strength & Mobility\$ 10:00 Shake Soul\$ 1:00 POETRY ROOM 1:00 MBA Basic Estate Planning w/Holly Rogers	7 9:30 Osteo 12:00 Lunch 12:00 Quilting 12:00 Veterans Hours 1:00 Cribbage	8 9:00 Pitch 1:00 Life after Loss	9
10	11 VOTING TODAY NO PROGRAMS NO LUNCH VOTE! VOTE! VOTE!	12 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting	13 9:00 Foot Care\$ 10:00 Shake Your Soul\$ 3:30 COA BOARD	14 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Cribbage	15 8:00 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga\$	16
17 1:00 Sunday Lunch HOST: FCC	18 9:30 Line Dancing\$ 10:00 Walk w/Lisa 12:00 Lunch 1:00 BINGO\$	19 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting 2:30 LIFE Group	20 10:00 Shake Your Soul\$ 12-1 MIX & MINGLE 1:00 TRIAD 1:00 POETRY ROOM	21 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Cribbage	22 8:00 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga\$ 1:00 Grow Microgreens with Sheree Dawson	23
24 31	25 MEMORIAL DAY NO ACTIVITES NO MEAL CENTER CLOSED	26 9:30 Osteo 11:15 Tai Chi\$ 12:00 Soup & Sandwich\$ 1:00 Knitting	27 10:00 Shake Your Soul\$ 1-2 Terrarium workshop w/Amanda 2:00 DRUMMING	28 9:30 Osteo 12:00 Lunch 12:00 Quilting 1:00 Cribbage	29 8:00 Strength & Mobility\$ 9:00 Pitch 11:00 Chair Yoga\$ 1:00 Movie: Soul on Fire	30

Special Events are indicated in **red font**. Please remember to sign up for special events and lunches by calling 684-2000
Strength & Mobility will go in person on May 15-if Zoom is needed, please contact Kelly Drumming is sponsored by the
Dalton Cultural Council

MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 Sunday Lunch HOST: BFCN	4 COLD MEAL Southwest salad Carrot Raisin Slaw WW Bread Mandarin Orange	5 Jambalaya (chicken & Sausage)	6	7 Mother's Day Meal Sliced Turkey w/gravy Mashed Potatoes Brussel Sprouts Dinner Roll Choc Chip Brownie	8	9
10	11 TOWN ELECTIONS NO LUNCH TODAY NO ACTIVITIES TODAY COA IS OPEN VOTE! VOTE! VOTE!	12 Chef's Salad	13	14 Shepherd's Pie Mashed Potatoes Spinach Oat Nut Bread Blueberry Yogurt	15	16
17 Sunday Lunch HOST: FCC	18 Chicken Scallopini Israeli Couscous Mixed Greens WW Bread Fruit Cocktail	19 Tuna Salad Sandwich Minestrone Soup	20	21 Memorial Day Picnic Low Sodium Hotdog Vege Baked Beans Potato Salad Hotdog Roll Peach Crisp	22	23
24/30 Meals are sponsored in part by Greylock Federal Credit Union	25 MEMORIAL DAY CENTER CLOSED NO MEAL TODAY	26 Crispy Chicken Sandwich Chips	27	28 Breaded Chicken Patty w/tomato sauce Corn Chowder Sliced Carrots Hamburger Roll Mangos	29	30 Seniors 60 and older suggestion donation \$3 & funds Elder Services Nutrition Program

Meals are held at the Dalton Senior Center, 40 Field Street Ext. Dalton at 12:00. 24 business hours are required for reservations. 684-2000
 Monday/Thursday Suggested donation to Elder Services \$3. Tuesday Soup & Sandwich \$5 fee, Sunday Lunch Donations are appreciated