

Rochester Senior Activity Center May 2024

Rec.rochesternh.gov - 603-332-4120 - Like us on Facebook and Instagram

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
28-Apr	29-Apr	30-Apr	1	2	3	4
RSAC: Drop In Hours 9am-12pm Quilting & Crafting 9-12pm Mah Jongg Free Play 1pm-3pm Iyengar Yoga 6pm-7pm Arena: Cardio Drumming 11am-12pm	RSAC: Drop In Hours 9am-12pm Veterans' Time 9-12pm Bingo 1pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Drop In Hours 9am-12pm Chair Yoga 9:30am-10:30am Chair Yoga 11am-12pm Hearing Seminar 1pm-2pm Kundalini Yoga 6pm-7:30pm	RSAC: Drop-in Hours 9am-12pm Tech Support 9am-11:30am Cribbage for Seniors 1pm-3pm Beginner Line Dancing 6pm-6:45pm Intermediate Line Dancing 7pm-7:45pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Drop-in Hours 9am-11am Mobility 9:45am-10:30am Game Day 1pm Arena: Zumba Gold 11am-12pm		
5	6	7	8	9	10	11
RSAC: Drop In Hours 9am-12pm Quilting & Crafting 9-12pm Mah Jongg Free Play 1pm-3pm Iyengar Yoga 6pm-7pm Arena: Cardio Drumming 11am-12pm	RSAC: Drop In Hours 9am-12pm Veterans' Time 9-12pm Bingo 1pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am		RSAC: Drop-in Hours 9am-12pm CVNA Foot Clinic 11am-12pm Cribbage for Seniors 1pm-3pm Beginner Line Dancing 6pm-6:45pm Intermediate Line Dancing 7pm-7:45pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Drop-in Hours 9am-11am Mobility 9:45m-10:30am Game Day 1pm		
12	13	14	15	16	17	18
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19	20	21	22	23	24	25
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26	27	28	29	30	31	1-Jun
RSAC: Closed for Holiday Senior Trip: Clarks Bears & Trading Post	RSAC: Drop In Hours 9am-12pm Veterans' Time 9-12pm Bingo 1pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Chair Yoga 9:30am-10:30am Chair Yoga 11am-12pm Senior Hearing Seminar 1pm Kundalini Yoga 6pm-7:30pm	RSAC: Drop-in Hours 9am-12pm Cribbage for Seniors 1pm-3pm Beginner Line Dancing 6pm-6:45pm Intermediate Line Dancing 7pm-7:45pm Arena: Early Bird Power Hour 8am-8:45am Power Hour 9am-10am	RSAC: Drop-in Hours 9am-11am Mobility 9:45am-10:30am Game Day 1pm		