








May 2025

Community Room Event Calendar



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Medicare Meetup: Ask the Expert 9AM - 2PM Harp Circle 1:30PM - 3PM	Building Foundations of Caregiving 9AM - 10AM  Chair Yoga by SilverSneakers® 3PM-4PM
5	 Strength & Mobility by SilverSneakers® 9AM-10AM The Power of Movement: Staying Safe and Active in Your Golden Years 11AM - 12PM	7 Medicare Meetup: Ask the Expert 9AM - 2PM	8	9 Supporting Independence 9AM - 10AM  Chair Yoga by SilverSneakers® 3PM - 4PM
12	 Strength & Mobility by SilverSneakers® 9AM-10AM	14	15	16 Communicating Effectively 9AM - 10AM
19 Monthly Bingo Bash 2PM-4PM	20 Enhance Your Benefits: Additional Plans for Veterans 11AM-12PM Connection Cafe 1PM - 3PM	21 Missoula Caligraphy Guild 12:30PM-3:30PM	22 Understanding Medicare 9AM - 1PM	23 Responding to Dementia -Related Behaviors 9AM - 10AM  Chair Yoga by SilverSneakers® 3PM - 4PM
26	 Strength & Mobility by SilverSneakers® 9AM-10AM Blood Drive 10AM-2PM	28	29 Your Life, Your Legacy 11AM - 12PM	30 Exploring Care & Supporting Services 9AM - 10AM  Chair Yoga by SilverSneakers® 3PM - 4PM



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