


**May 2021 - Activity Calendar**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 <b>Ask Brittany from CDPHP</b>  Schedule a private appointment with Brittany from CDPHP to talk about your plan, what plans CDPHP offers, or order a new membership card	5	6 <b>2 pm Seated Tai Chi</b>  Stretch your body while relaxing your muscles. Participate seated or standing from the comfort of your home. Led by Cheryl Hurd.	7
10 <b>9:30am Music Memories Explores Big Band Hits</b>  Songs often remind us of a special moment, I'll play a song, you share your memory... or maybe you'd just like to hear your favorite song!	11	12 <b>1pm BINGO</b>  BINGO the way you like it. We will play all the fun games for an hour, Crazy T, Round Robin, Letter X, Kite, Coverall and many more.	13 <b>2 pm Paint-n-Sip (part I) **</b>  Release your inner Picasso as Joan presents these fun (2) 1-hour sessions where you will work to create a masterpiece. Artistic ability not required.	14 <b>10 am Cooking Demo</b>  Cooking Demo with Chef Kristyn, trained nutritionist at the Regional Food Bank Just Say Yes to Fruits & Vegetables Program
17	18 <b>9:30am How Well Do You Know Your Favorite Brands</b>  The logo, the slogan, the jingle? Log on to see what logos we've pulled out of the archives or what new brands are hitting the markets.	19	20 <b>2 pm Seated Tai Chi</b>  Stretch your body while relaxing your muscles. Participate seated or standing from the comfort of your home. Led by Cheryl Hurd.	21
24 <b>1 pm Book Club: The Mystery of Mrs. Christie by Marie Benedict</b>  A gripping tale about the 11 days Agatha Christie went missing. A must read for mystery & historical fiction lovers.	25 <b>10 am Card Making</b>  Create beautiful greeting and holiday cards with the help of talented card makers, Sheila, Nicky, and Patti.	26	27 <b>2 pm Paint-n-Sip at Home with Joan (part II) **</b>  Finish off the painting that was started two weeks ago, with Joan as your guide.	28
31 <b>MEMORIAL DAY</b>   <b>CENTERS CLOSED</b>	<b>REGISTRATION REQUIRED to register, please visit: <a href="http://www.lifepathny.org">www.lifepathny.org</a></b> If you need assistance registering, please call 518-465-3322		<b>ONLINE LOG-IN DETAILS</b> Zoom Meeting ID: 817 7541 1695 Password: May  <b>TELEPHONE CALL-IN DETAILS</b> Phone Number: 929-205-6099 Meeting ID: 817 7541 1695 Passcode: 700014	

\* Registration is limited for the programs, be sure to call early to secure your spot.

\* Registration for the shaded dates is required and must occur one week prior to the class, in order to receive the needed supplies.

\* I understand it is my responsibility to consult with a physician before participating in physical activity and release LifePath from liability for illness/injury related to my participation. I understand LifePath may take photos of me participating and give my permission for their use in marketing/social media. With my registration for any of these programs, I agree to the conditions.

\*\* This program has been sponsored in part by the Albany County Department for Aging, the NYS Department of Aging, and the Administration for Community Living.