

MAY 2026 activities



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p>1</p> <p>9:00 Exercise Class 10:00 Ukelele Lessons 11:00 Ukelele Practice 11:30 Bridge 12:00 Camera Club 1:00 Fix-It-Friday*</p>
<p>4</p> <p>9:00 Exercise Class 9:00 Pickle Ball 10:00 Just Breath 10:30 Mah Jong 11:15 Fit, Fab and Fun 12:00 Pinochle</p>	<p>5</p> <p>9:00 Line Dancing 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga</p>	<p>6</p> <p>9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong</p>	<p>7</p> <p>9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge – Set Free 12:30 Social Bridge</p>	<p>8</p> <p>9:00 Exercise Class 10:00 Ukelele Lessons 11:00 Ukelele Practice 11:30 Bridge 1:00 Fix-It-Friday*</p>
<p>11</p> <p>9:00 Exercise Class 9:00 Pickle Ball 10:00 Just Breath 10:30 Mah Jong 11:15 Fit, Fab and Fun 12:00 Pinochle</p>	<p>12</p> <p>9:00 Line Dancing 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga</p>	<p>13</p> <p>9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:30 SENIOR OF THE MONTH</p>	<p>14</p> <p>9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge – Set Free 12:00 Cinco De Mayo Party** 12:30 Social Bridge</p>	<p>15</p> <p>9:00 Exercise Class 10:00 Ukelele Lessons 11:00 Ukelele Practice 11:30 Bridge 1:00 Fix-It-Friday*</p>
<p>18</p> <p>9:00 Exercise Class 9:00 Pickle Ball 10:00 Just Breath 10:30 Mah Jong 11:15 Fit, Fab and Fun 12:00 Pinochle</p>	<p>19</p> <p>9:00 Line Dancing 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga</p>	<p>20</p> <p>9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong</p>	<p>21</p> <p>9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge – Set Free 12:00 Veterans Group 12:30 Social Bridge</p>	<p>22</p> <p>9:00 Exercise Class 10:00 Ukelele Lessons 11:00 Ukelele Practice 11:30 Bridge 1:00 Fix-It-Friday*</p>
<p>25</p> <p>9:00 Exercise Class 9:00 Pickle Ball 10:00 Just Breath 10:30 Mah Jong 11:15 Fit, Fab and Fun 12:00 Pinochle</p>	<p>26</p> <p>9:00 Line Dancing 10:00 Beginning Line Dancing 12:00 Bridge (Full) 12:30 Chair Yoga at CSW-East</p>	<p>27</p> <p>9:00 Exercise Class 10:00 Conversational Spanish 12:00 Pinochle 12:00 Mah Jong 12:30 Long-Term Care Presentation</p>	<p>28</p> <p>9:00 Line Dancing 10:00 Beginning Line Dancing 11:15 ACBL Bridge – Set Free 12:30 Social Bridge</p>	<p>29</p> <p>9:00 Exercise Class 10:00 Ukelele Lessons 11:00 Ukelele Practice 11:30 Bridge 1:00 Fix-It-Friday*</p>

ALL ACTIVITIES HELD AT 399 HEALD LN., FALLBROOK, CA 92028 UNLESS OTHERWISE INDICATED • *Held at the FRHD Community Health & Wellness Center at 1636 E. Mission Rd., Fallbrook, CA 92028 • **Held at the Fallbrook Community Center at 341 Heald Ln., Fallbrook, CA 92028.

year-to-date ...

OVER
3,280
LUNCHES SERVED

HELPING MORE THAN
520 SENIORS
THROUGH ADVOCACY

PROVIDING
1,900 RIDES
TO SUPPORT INDEPENDENCE