

# South Haven Activities May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>PICKLEBALL</u></b> 8-11:00 M-F All Skill Level 11-2:00 M-W-F Intermediate Play 11-2:00 T-TH Intermediate Women 2-3:00 M-F Beginners only <b><u>CLASSES</u></b> Classes are subject to change (day, time and/or location)	<b><u>COMPUTER LAB</u></b> Open Monday-Friday with skilled help Onsite: M-T-W 9:30-2:30 TH-F 9:30-11:30 Or by appointment <b><u>WALKING PATH</u></b> The walking path is available Monday-Friday 8-3:00 <b>11 times around is a mile</b>			<b>1</b> 8:00-10:30 Coffee Time 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 11:00-12:00 First Friday Music 12:00-2:30 Euchre 12:00-2:30 Mahjong 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters
<b>4</b> 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 1:30-2:30 Cornhole 1:30-2:30 Yoga	<b>5</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2	<b>6</b> 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>7</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:00-2:00 Grief Support Group 1:00-2:30 Watercolor Class 1:30-2:15 Gentle Fitness	<b>8</b> 8:00-10:30 Coffee Time 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 12:00-2:30 Euchre 12:00-2:30 Mahjong 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters 12:30 Movie- Wicked for Good
<b>11</b> 8:00-10:30 Coffee Time 10:00-11:00 Flourishing Friends Widows Group 10:00-2:30 Cards & Games - your choice 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	<b>12</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2 1:00-2:30 Estate planning- Bill Westerbeke	<b>13</b> 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>14</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 9:30-2:00 AARP Smart Driver class 10:30-11:45 Line Dancing 11:00-12:00 Third Thursday Music 12:30-1:15 Fitness Drumming 1:00-2:30 Watercolor Class 1:30-2:15 Gentle Fitness	<b>Closed Staff In service</b>
<b>18</b> 8:00-10:30 Coffee Time 10:00-2:30 Cards & Games - your choice 9:00-10:00 Chair Volleyball 10:30-11:30 Tai Chi 11:00-12:00 Healthy Habits 24 12:30-1:15 Pop Up Fitness w/Dar 1:30-2:30 Cornhole 1:30-2:30 Yoga	<b>19</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 11:30-1:00 Route 66 JOY Group (Just Older Youth) 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2	<b>20</b> 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 1:00-2:00 Visually Impaired 1:30-2:30 Cornhole 1:30-2:30 Yoga	<b>21</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 9:30-2:00 AARP Smart Driver class 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:30-2:15 Gentle Fitness	<b>22</b> 8:00-10:30 Coffee Time 9:30-10:15 Tai Chi Refresh 10:30-11:30 Bingo 10:45-11:30 Core & Cardio 12:00-2:30 Euchre 12:00-2:30 Mahjong 12:30-1:15 Chair Volleyball 12:30-2:30 Friday Knitters
<b>Closed In Observance of Memorial Day</b>	<b>26</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:30-10:15 Seated Strength 10:30-11:30 Card Bingo 10:45-11:30 Seated Strength 12:30-1:15 Fitness Drumming 12:30-2:30 Yarn 1-Chat 2	<b>27</b> 8:00-10:30 Coffee Time 8:45-9:55 Healthy Habits 9:30-12:00 Arts & Crafts 9:30-2:30 Canasta 10:00-1:00 Mahjong 10:45-11:30 Core & Cardio 12:30-1:15 Standing Pilates 12:30-2:30 Canvas Painting 1:00-2:30 Cornhole 1:30-2:30 Yoga	<b>28</b> 8:00-10:30 Coffee Time 8:15-9:00 Pilates 9:00-12:00 Stitched with Love 9:30-10:15 Seated Strength 10:30-11:45 Line Dancing 12:30-1:15 Fitness Drumming 1:30-2:15 Gentle Fitness	<b>Closed 4th Annual Golf Outing</b>
<b>25</b>				<b>29</b>