

Monday

Tuesday

Wednesday

Thursday

Friday



May 2026

RK HIGHLIGHTS

SUBJECT TO CHANGE

FIT N FAB 1
BINGO BONANZA
WOMEN'S WORK IS NEVER DONE.

MOVE THE BONES 4 SPIRITUAL CONNECTION NUTRITION: SUGAR	YOGA MOVEMENT 5 MUSIC WITH MARY HAWAII CUSTOMS AND HISTORY	MOVE THE BONES 6 CELLO CONCERT OUTING: LAKE ELKHORN	YOGA MOVEMENT 7 OUTING: WALMART ART: BUTTERFLY FLOWERS	MOVE THE BONES 8 MOTHERS DAY PARTY BINGO BLAST
FIT N FAB 11 SPIRITUAL CONNECTION MUSIC WITH JOEL	YOGA MOVEMENT 12 MUSIC/BOB+TRICIA CINCO DE MAYO	LET'S MOVE 13 CELLO CONCERT OUTING: GARDENS BROOKSIDE	YOGA MOVEMENT 14 OUTING: BANNEKER PARK ART MAY CARDS	SIT N BE FIT 15 BINGO BONANZA THE GOOD WIFE
KICK N BE FIT 18 SPIRITUAL CONNECTION NUTRITION: SPICES	YOGA MOVEMENT 19 MUSIC WITH MARY SENIOR CITIZENS DAY	FIT N FAB 20 CELLO CONCERT OUTING: LIBRARY	YOGA MOVEMENT 21 OUTING: FRANKS SCIENCE: THE SCIENCE OF SEEDS	LET'S MOVE 22 BINGO BLAST MEMORIAL DAY PARTY
HAPPY MEMORIAL DAY 25	YOGA MOVEMENT 26 MUSIC/BOB+TRICIA THE DUKE'S BIRTHDAY	KICK N BE FIT 27 CELLO CONCERT OUTING: SAVAGE MILLS	YOGA MOVEMENT 28 OUTING: NASA ART: PATRIOTIC DOOR DECOR	KICK N BE FIT 29 CELLO PERFORMANCE BINGO BONANZA