

# May 2016

May 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> May Day	<b>2</b> Bone Builders Wilmington 10:30-11:30 am Bone Builders Whitingham 9:30-10:30 am YOGA w/Jill 2pm	<b>3</b> Bone Builders W Dover 10:00-11:00 am	<b>4</b> Bone Builders Wilmington 10:30-11:30 am	<b>5</b> Men's Coffee 8 am – North Star Bowl  Bone Builders W Dover 10:00-11:00 am	<b>6</b> Bone Builders Whitingham 9:30-10:30 am	<b>7</b> Kentucky Derby Day
<b>8</b> Happy Mother's Day	<b>9</b> Bone Builders Wilmington 10:30-11:30 am Bone Builders Whitingham 9:30-10:30 am YOGA w/Jill 2pm	<b>10</b> FoodBank 9:30-10:30 am  Bone Builders W Dover 10:30-11:30 am	<b>11</b> Bone Builders Wilmington 10:30-11:30 am  Cancer Support Group at DVHC 5 pm	<b>12</b> Men's Coffee 8 am – North Star Bowl  Bone Builders W Dover 10:00-11:00 am	<b>13</b> Bone Builders Whitingham 9:30-10:30 am	<b>14</b>
<b>15</b>	<b>16</b> Bone Builders Wil 10:30-11:30 am Bone Builders Whitingham 9:30-10:30 am YOGA w/Jill 2pm "Alive Inside" 5 pm at Butterfield Common	<b>17</b> Bone Builders W Dover 10:00-11:00 am  Bette's Meal 12:30 pm	<b>18</b> Bone Builders Wilmington 10:30-11:30 am	<b>19</b> Men's Coffee 8 am – North Star Bowl  Bone Builders W Dover 10:00-11:00 am <b>Making Prom flowers 2pm</b>	<b>20</b> Bone Builders Whitingham 9:30-10:30 am	<b>21</b> Armed Forces Day  Prom Flower pick up 10:00 am -noon
<b>22</b>	<b>23</b> Bone Builders Wilmington 10:30-11:30 am Bone Builders Whitingham 9:30-10:30 am YOGA w/Jill 2pm	<b>24</b> Bone Builders W Dover 10:00-11:00 am	<b>25</b> Bone Builders Wilmington 10:30-11:30 am	<b>26</b> Men's Coffee 8 am – North Star Bowl Bone Builders W Dover 10:00-11:00 am <b>Foot Clinic – Dover Call for appt</b>	<b>27</b> Bone Builders Whitingham 9:30-10:30 am  <b>Homemade Pizza Day \$5 12 Noon</b>	<b>28</b>
<b>29</b>	<b>30</b> Memorial Day  SASH Offices Closed	<b>31</b> Bone Builders W Dover 10:00-11:00 am	<b>Notes: "ALIVE INSIDE"</b> movie night at Butterfield Common is a must see, especially for those of us affected by dementia or memory loss.  Social worker Dan Cohen, through his nonprofit organization Music and Memory, advocates for the use of music therapy for dementia patients.			

**\*\*Remember to call the SASH office to sign up for any event at (802)464-0438\*\***