




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1 *Tai Chi 9:30-10:30am</p> <p>BYO Lunch & Bingo(\$3) 12-2:30pm</p> <p><i>Supper Club</i> @Uprooted 5-7pm</p> <p>*Must pre-register. *Meet at the restaurant.</p>	<p>2 *KEEP FIT & STRONG 10-11:15am</p> <p>Mah Jongg 10am-12:30pm</p> <p>*Chair Yoga 1pm-2pm</p> <p>Pinochle 1-3:30pm</p>	<p>3 SOAR Explorers Outing</p> <p>HEARTACHE TONIGHT at the Woodstock Opera House 6:30-9:30pm</p> <p>*Pre-register & prepay at SOAR</p>
4	<p>5 *Balance, Strength & Stretch w/ Cindy 10-11am</p> <p>Cool Beads 11am- 12:30pm</p> <p>SOAR Reads! Book Club 1-2:30pm</p> <p>*Tai Chi 5-6pm</p> 	<p>6 *Chair Yoga 11am-12pm</p> <p>The Breakfast Club for Men @ Wendy's 8-9:30am</p> <p>Bunco 1-3pm</p> <p>Euchre 1-3pm</p>	<p>7 Cribbage 9-10am</p> <p>TOPS! 9:30-11am</p> <p>*KEEP FIT & STRONG 10-11:15am</p> <p>Poker 10am-12pm</p> <p>ADVISORY COUNCIL 1-2:30pm</p> <p>Canasta 1:30-3:30pm</p>	<p>8 *Tai Chi 9:30-10:30am</p> <p>Taco Bowl Lunch(\$5) & Bingo (\$3) With a visit by Erica Snooks from SCVN - Bring your questions! 12-2:30pm</p> <p>*Must pre-register and pre-pay.</p> <p>TRIVIA NIGHT  @ Stage Left Cafe 7-9pm</p> <p>*Explorers-sign-up or else...</p>	<p>9 *KEEP FIT & STRONG 10-11:15am</p> <p>Mah Jongg 10am-12:30pm</p> <p>*Chair Yoga 1pm-2pm</p> <p>Pinochle 1-3:30pm</p>	10
11	<p>12 *Balance, Strength & Stretch w/Cindy 10-11am</p> <p>FREE A1C AND BLOOD PRESSURE TESTING by Northwestern Medicine 1-2:30pm</p> <p>SOAR Explorers Mtg. 1-2:30pm</p> <p>*Tai Chi 5-6pm</p>	<p>13 *Chair Yoga 11am-12pm</p> <p>Euchre 1-3pm</p> <p>BROWN BAG LUNCH & MOVIE 1-3pm</p> <p>*Please pre-register.</p>	<p>14 Cribbage 9-10am</p> <p>TOPS! 9:30-11am</p> <p>*KEEP FIT & STRONG 10-11:15am</p> <p>Poker 10am-12pm</p> <p>WEDNESDAY WORKSHOP Stress & Yoga by Northwestern Medicine 1-2:30pm</p> <p>*Please pre-register.</p> <p>Canasta 1:30-3:30pm</p>	<p>15 *Tai Chi 9:30-10:30am</p> <p>BYO Lunch & Bingo(\$3) 12-2:30pm</p> <p><i>Social Hour</i> @ My Place (in McHenry) 5-7pm</p> <p>*Please pre-register@SOAR. *Meet at the restaurant.</p>	<p>16 *KEEP FIT & STRONG 10-11:15am</p> <p>Mah Jongg 10am-12:30pm</p> <p>*Chair Yoga 1pm-2pm</p> <p>Pinochle 1-3:30pm</p>	<p>17 SOAR Explorers Outing: Anderson Japanese Gardens 11am-2:30pm</p> <p>*Pre-register at SOAR.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18	19 *Balance, Strength & Stretch w/Cindy 10-11am Cool Beads 11am- 12:30pm <i>The New Games Planning Mtg.</i> 11-12:30 WORKSHOP MONDAY Discover the cool things to do with the McHenry Co. Conservation District 1-2:30pm *Tai Chi 5-6pm	20 *Chair Yoga 11am-12pm Jen's DIY Workshop: Floral Puzzles (\$10pp) 2-3:30pm *Please pre-register and pre-pay. Bunco 1-3pm Euchre 1-3pm	21 Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Poker 10am-12pm FIBER ARTS 1-3:30pm *Please sign up, and bring your projects! Canasta 1:30-3:30pm	22 *Tai Chi 9:30-10:30am WFRD BBQ LUNCH (\$5) & BINGO (\$3) 12-2:30pm *Must pre-register and pre-pay. NO BINGO Thursday Donna's Day Off!	23 *KEEP FIT & STRONG 10-11:15am Mah Jongg 10am-12:30pm *Chair Yoga 1pm-2pm Pinochle 1-3:30pm	24
25	26 Memorial Day  SOAR is Closed	27 *Chair Yoga 11am-12pm BROWN BAG LUNCH & MOVIE 1-3pm *Please pre-register. Euchre 1-3pm	28 Cribbage 9-10am TOPS! 9:30-11am *KEEP FIT & STRONG 10-11:15am Poker 10am-12pm LUNCH DATE @ Golden Rolls 11:00-12:30pm *Must pre-register. *Meet at the restaurant. Canasta 1:30-3:30pm	29 *Tai Chi 9:30-10:30am NO BINGO Thursday Donna's Day Off!	30 NO KEEP FIT STRONG Mah Jongg 10am-12:30pm *Chair Yoga 1pm-2pm Pinochle 1-3:30pm	31 Updated 5-1-25

SOAR@Dorr is located in the Dorr Township Building at: 1039 Lake Ave, Woodstock

The SOAR entrance is on the WEST SIDE of the building.

Hours: 9am-4pm, Monday-Friday. Evening/Weekend activities are as noted on the calendar.

All wellness/fitness classes are \$5 per class - but please try your first one of each type for free!
 A \$25, 8-punch fitness pass is available. It does not expire, and is transferable to all fitness/wellness classes.

Questions? Call: 815-338-0125

Ask for: Laura Wassinger, Director of Programming, or Lynda Rohe, Director of Services & Education

Email: lauraw@dorttownship.com or lynda@dorttownship.com

Website: www.dorttownship.com/soar@dorr