

May 2025

Ethos Lunch on Mondays,
Wednesdays, and Fridays.
\$2.00 Donation



Thursday 1

Advocacy Support 8-2 pm
Coffee & Conversation 8-10
am Yoga (9-10) & (10-11am)
Friendship Club 11-1 pm

Friday 2

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Card Games 9-10:15
Yoga with mats 9:15-10 AM
Bingo (10:12) & (12:30-3:30)
Ethos Lunch 12-12:45 pm

Monday 5

Advocacy Support 8-2 pm
Coffee & Conversation 8-10am
Tech Help 9-11 am
Card Games 11-2 pm
Ethos Lunch
12-12:45 pm

Tuesday 6

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Cardio Exercise
(10-10:40am) & (11:30-12:15)
Line Dancing (10:40-11: 05 am)

Wednesday 7

Card Games 9-10:15
Walk the Beat 10-11am
ABC Forever Young Program
Archery (Langone Park North
End) 11:30-2:30 pm
Bingo (10-12) & (12:30-3:30 pm)

Thursday 8

Advocacy Support 8-2 pm
Coffee & Conversation 8-10
am Yoga (9-10) & (10-11am)
Mothers Association Lunch
11:30-2:00 pm

Friday 9

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Card Games 9-10:15
Yoga with mats 9:15-10 AM
Bingo (10-12) & (12:30-3:30 pm)
Ethos Lunch 12-12:45 pm

Monday 12

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Tech Help 9-11 am
Compass on the Bay 11:30-2:30
No Cards
Ethos Lunch 12-12:45 pm

Tuesday 13

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Cardio Exercise
(10-10:40 am) & (11:30-12:15)
Line Dancing (10:40-11: 05 am)

Wednesday 14

Card Games 9-10:15
Walk the Beat 10-11am
ABC Forever Young Program
Archery (Langone Park North
End) 11:30-2:30 pm
Bingo (10-12) &
(12:30-3:30 pm)

Thursday 15

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Yoga (9-10) & (10-11am)
Friendship Club 11-1 pm
Lunch & Learn (Health Center)
Topic - Pelvic Health (11:45-2:00)

Friday 16

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Card Games 9-10:15 am
Yoga with mats 9:15-10 AM
Bingo (10-12) & (12:30-3:30)
Ethos Lunch 12-12:45 pm

Monday 19

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Tech Help 9-11 am
Card Games 11-2 pm
Ethos Lunch 12-12:45 pm

Tuesday 20

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Cardio Exercise
(10-10:40 am) & (11:30-12:15)
Line Dancing (10:40-11: 05 am)

Wednesday 21

Card Games 9-10:15
Walk the Beat 10-11am
ABC Forever Young Program
Archery (Langone Park North
End) 11:30-2:30 pm
Bingo (10-12) & (12:30-3:30 pm)

Thursday 22

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Yoga (9-10) & (10-11am)
One Woman Show &
Tea Party 11:30-2:00 pm

Friday 23

Advocacy Support 8-2 pm
Coffee & Conversation 8-10 am
Card Games 9-10:15 am
Yoga with mats 9:15-10 AM
Bingo (10-12) & (12:30-3:30 pm)
Ethos Lunch 12-12:45 pm

Monday 26

CLOSED FOR
MEMORIAL DAY



Tuesday 27

Advocacy Support 8-2 pm Coffee
& Conversation 8-10 am
Cardio Exercise (10-10:40 am) &
(11:30-12:15 pm)
Line Dancing (10:40-11: 05 am)

Wednesday 28

Card Games 9-10:15
Walk the Beat 10-11am
ABC Forever Young Program
Archery (Langone Park North End)
11:30-2:30 pm
Bingo (10-12) & (12:30-3:30 pm)

Thursday 29

Advocacy Support 8-2 pm Coffee
& Conversation 8-10 am
Yoga (9-10) & (10-11am)
Friendship Club 11-1 pm
Danny Ryan's BBQ 11:30-3:00 pm

Friday 30

Coffee & Conversation 8-10 am
Card Games 9-10:15 am
Yoga with mats 9:15-10 AM
Bingo (10-12) & (12:30-3:30 pm)
Ethos Lunch 12-12:45 pm