

# MAY EVENTS 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 **Garden Sign Up**  
10:00am - 6:00pm | Office

 **Lunch Power Hour**  
11:30am - 12:30pm | Liv Fit

01


02

03

04

05

06

 **Slow Flow Yoga**  
9:00am - 10:00am | The Hub

07

 **Lunch Power Hour**  
11:30am - 12:30pm | Liv Fit

08


 **Small Dog Yappy Hour**  
5:00pm - 6:00pm | Bark Park

10

11

 **Greatest HIITs**  
6:00am - 7:00am | Liv Fit

12

 **Coffee Chat**  
10:00am - 11:00am | The Hub

 **Pancake Breakfast**  
10:00am - 11:00am | The Hub

13

 **Slow Flow Yoga**  
9:00am - 10:00am | The Hub

14

 **Lunch Power Hour**  
11:30am - 12:30pm | Liv Fit

15

 **Kid's Club Deliveries**  
9:00am - 6:00pm


16

17

18

 **Greatest HIITs**  
6:00am - 7:00am | Liv Fit

19

 **Coffee Chat**  
10:00am - 11:00am | The Hub

20

 **Slow Flow Yoga**  
9:00am - 10:00am | The Hub


21

 **Lunch Power Hour**  
11:30am - 12:30pm | Liv Fit

22

 **New to the Area Meet and Greet**  
5:00pm - 6:30pm  
Outdoor Lounge

23

 **Yappy Hour**  
5:00pm - 6:00pm | Bark Park

24

25

 **Greatest HIITs**  
6:00am - 7:00am | Liv Fit

26

 **Coffee Chat**  
10:00am - 11:00am | The Hub

27

 **Slow Flow Yoga**  
9:00am - 10:00am | The Hub

28

OFFICE CLOSED

29

30

31

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KEY



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responsibly  
event



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well  
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Event Benefiting  
The American  
Cancer Society's  
"Relay for Life"



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connected  
event