

May 2026

Episcopal SeniorLife Communities – Geneseo Neighborhood Program

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|---|--|----------|
| Upper South St 600 Country Lane, Geneseo, NY, 14454 | | | | | 1 9:15am Virtual Walk 22 10:30am Virtual MITE | 2 |
| 3 Please visit our website EpiscopalSeniorLife.org for zoom links or contact Brian Potvin at Bpotvin@EpiscopalSeniorLife.org | 4 10:30am Virtual MITE 1:30pm Virtual Chair Yoga | 5 9:00am Virtual Chair Energy & Strength 8:00pm Virtual Meditation | 6 10:30am Virtual MITE 2:00pm Coffee Hour 6:00pm Bible Study | 7 10:30am Virtual Drumming 3:30pm Virtual Chair Yoga | 8 9:15am Virtual Walk 22 10:30am Virtual MITE 1:00pm Nascentia BINGO | 9 |
| 10 Mother's Day | 11 10:30am Virtual MITE 1:30pm Virtual Chair Yoga 2:30pm Fitness Class | 12 9:00am Virtual Chair Energy & Strength 10:30am Nutrition Class 8:00pm Virtual Meditation | 13 10:30am Virtual MITE 2:00pm Coffee Hour 6:00pm Bible Study | 14 10:30am Virtual Drumming 3:30pm Virtual Chair Yoga | 15 9:15am Virtual Walk 22 10:30am Virtual MITE | 16 |
| 17 | 18 10:30am Virtual MITE 1:30pm Virtual Chair Yoga | 19 9:00am Virtual Chair Energy & Strength 8:00pm Virtual Meditation | 20 10:30am Virtual MITE 2:00pm Coffee Hour 6:00pm Bible Study | 21 10:30am Virtual Drumming 11:00am Craft Day 3:30pm Virtual Chair Yoga 5:00pm Virtual Episcopal Diocese Support Group | 22 9:15am Virtual Walk 22 10:30am Virtual MITE | 23 |
| 24 | 25 10:30am Virtual MITE 1:30pm Virtual Chair Yoga | 26 9:00am Virtual Chair Energy & Strength | 27 10:30am Virtual MITE 2:00pm Coffee Hour 6:00pm Bible Study | 28 3:30pm Virtual Chair Yoga | 29 9:15am Virtual Walk 22 10:30am Virtual MITE | 30 |