

May 2026

Culinary Medicine Classes: 5:30-7 pm

5/11/26: *Eating MINDfully*- Mediterranean-DASH dishes for brain health

5/18/26: *Stars, Stripes & Smart Bites*- healthy options for your summer kick off!

Please RSVP within (2) business days if you are planning to attend.

Fare | Well Book Club: 5/7/26 @ 5-6 pm

Join us for snacks and conversation! *"Broken Country"* by Clare Leslie Hall

Fare | Well Field Trip: 5/16/26 @ 1pm

Buffalo Porch Fest!

Meet at the InnBuffalo off Elmwood: 619 Lafayette Ave. Buffalo, NY 14222

Walk with a Doc: 5/30/26 @ 10am

West Seneca Soccer Complex, 3747 Seneca St West Seneca, NY 14224

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	6	7 Book Club <i>"Broken Country"</i> 5-6 pm	8	9
10	11 Culinary Medicine <i>"Eating MINDfully"</i> 5:30-7 pm	12 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	13	14 Restorative Yoga 5:30-6:30 pm	15	16 Field Trip <i>"Buffalo Porch Fest"</i> 1 pm
17	18 Culinary Medicine <i>"Stars, Stripes and Smart Bites"</i> 5:30-7 pm	19 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	20	21 Restorative Yoga 5:30-6:30 pm	22	23
24/31	25 *Memorial Day* Office Closed	26 All Levels Yoga 8-9 am Chair Yoga 10-10:45 am	27	28 Restorative Yoga 5:30-6:30 pm	29	30 Walk with a Doc <i>WS Soccer Complex</i> 10 am