



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>10:00 Exercise with Maynette- CH 11:30 Monday Meditation- Zoom 3:00 Mexican Train *4:00 Abstract Painting Class- 2<sup>nd</sup> Flr*</p> <p>May Day</p>	<p>10:00 Cardio with Kelly- CH 12:00 Scrabble- CH *2:00 Flower Arranging- CH* 2:00 VAB Book Exchange- CH 3:00 Knitting Group- CH</p>	<p>10:00 Exercise with Maynette- CH 1:30 Community Chat- CH 2:30 Paint by Numbers- CH *3:30 Travel Talk W/ Diego: Malaysia- 2<sup>nd</sup> Flr.</p>	<p>10:30 Tai Chi with Eric- CH *11:00 Volunteer Group Meeting- DR* *12:00 Painting Maracas- CH* 3:00 Pinochle- Bistro *3:30 Salsa Tasting- CH* 6:30 Movie Night: Casablanca- TR</p>	<p>10:00 Exercise with Maynette- CH 11:15 Film Discussion- Zoom *11:30 Margs and Flamenco Dancers- VG/CH* *1:00 King Soopers Outing* 4:00 Happy Hour- Bistro</p> <p>Cinco de Mayo</p>	<p>9:00 Stretch with Ryan- Zoom 10:00 Coffee and Donuts- VG *12:00 Kentucky Derby Party- VG* 1:00 Tai Chi with Eric- CH</p>	
<p>7 Sunday Brunch Dine in @ 11:30 Pick up @ 1:00</p>	<p>8 10:00 Exercise with Maynette- CH 11:30 Monday Meditation- Zoom 3:00 Mexican Train *3:00 Drip Paint Pots- 2<sup>nd</sup> Flr*</p>	<p>9 10:00 Cardio with Kelly- CH 1:00- 3:00 Em's Ice Cream- Outside CH *2:00 Flower Arranging- CH* 3:00 Knitting Group- CH 6:30 Clubhouse Blackjack- CH</p>	<p>10 10:00 Exercise with Maynette- CH *1:15 Culinary Chat- CH* 2:00 VAB Book Group-PDR 2:30 Pant by Numbers- CH *3:30 Framing Dried Flowers-CH*</p>	<p>11 10:30 Tai Chi with Eric- CH *12:00 Picnic in the Park: Addenbrooke* 2:00 Shared Journeys- PDR *5:30 Out to Dinner: El Rancho/ Trivia Night* 6:30 Movie Night: Some Like it Hot- TR</p>	<p>12 10:00 Exercise with Maynette- CH 11:15 Film Discussion- Zoom *11:00 Older Adult Wellness Fair* 1:00 Active Minds: Music in the Form of Protest- TR 4:00 Happy Hour- 3<sup>rd</sup> Flr.</p>	<p>13 9:00 Stretch with Ryan- Zoom 10:00 Aces of Bridge Club- VG *11:00 Belmar Farmers Market* *3:00 Mimosas for the Mothers- VG*</p>	
<p>14 Sunday Brunch Dine in @ 11:30 Pick up @ 1:00</p> <p>Mother's Day National Skilled Nursing Week</p>	<p>15 10:00 Exercise with Maynette- CH 11:30 Monday Meditation- Zoom 3:00 Mexican Train *3:00 Lemonade Social- 2<sup>nd</sup> Flr*</p>	<p>16 10:00 Cardio with Kelly- CH *12:00 O'tools Garden Center* *2:00 Potting Flowers- CH* 2:00 Documentary: Ancient Impossible- TR 3:00 Knitting Group- CH</p>	<p>17 10:00 Exercise with Maynette- CH *10:15 Jeffery Siegal Concert* 2:30 Paint by Numbers- CH *3:30 Wine Down Wednesday W/ Roz- VG*</p>	<p>18 10:30 Tai Chi with Eric- CH *11:30 Women's Lunch W/ Susie: Old Spaghetti Factory* 3:00 Pinochle- Bistro *3:30 Making Floral Infused Candles- CH* 6:30 Movie Night: Top Gun: Maverick</p>	<p>19 10:00 Exercise with Maynette- CH *11:15 Intro to Wellness W/ Optimal- CH* 11:15 Film Discussion- Zoom *1:00 King Soopers Outing* 4:00 Happy Hour- Bistro</p>	<p>20 9:00 Stretch with Ryan- Zoom 10:00 Coffee and Donuts- VG *12:00 Armed Forces Luncheon- VG* 1:00 Tai Chi with Eric- CH</p> <p>Armed Forces Day</p>	
<p>21 Sunday Brunch Dine in @ 11:30 Pick up @ 1:00</p>	<p>22 10:00 Exercise with Maynette- CH 11:30 Monday Meditation- Zoom 3:00 Mexican Train *4:00 Marble Mugs Class- 2<sup>nd</sup> Flr*</p> <p>Victoria Day (Canada)</p>	<p>23 10:00 Cardio with Kelly- CH *12:00 Magnet Making- CH* *2:00 Flower Arranging- CH* 3:00 Knitting Group- CH *4:00 BINGO- VG* 6:30 Clubhouse Blackjack- CH</p>	<p>24 *9:30 Senior Olympics @ Hilltop* 10:00 Fitness Video- Zoom 2:30 Paint by Numbers- CH 2:30 Scrabble- CH *3:30 Outing to Trader Joes*</p>	<p>25 10:30 Tai Chi with Eric- CH *11:30 The Passions Project @ LCC* *1:30 Chris Wells: National Parks-TR* *3:00 Sand Art- CH* 6:30 Movie Night: Yours, Mine and Ours- TR</p> <p>Shavuot Begins</p>	<p>26 10:00 Exercise with Maynette- CH 11:15 Film Discussion- Zoom 1:00 Active Minds: Morocco- TR 4:00 Happy Hour- Bistro</p>	<p>27 9:00 Stretch with Ryan- Zoom 10:00 Aces of Bridge Club- VG 2:00 Sequence- CH 4:00 Explained Documentary- TR</p>	
<p>28 Sunday Brunch Dine in @ 11:30 Pick up @ 1:00</p>	<p>29 10:00 Exercise with Maynette- CH 10:00 Bugler Performance- Flagpole 11:30 Monday Meditation- Zoom *12:00 Memorial Day BBQ- 2<sup>nd</sup> Flr Patio* 3:00 Mexican Train</p> <p>Memorial Day</p>	<p>30 10:00 Cardio with Kelly- CH *11:00 Culinary Chat- CH* *12:30 Chocolate Fountain/ Fruit Skewer Social- CH* *2:00 Flower Arranging- CH* *3:30 May Birthday Celebration- VG*</p>	<p>31 10:00 Exercise with Maynette- CH *12:00 Making Potpourri- CH* *2:30 Charcuterie Board Social- CH* *5:00 Bocce W/ Phil- Bocce Courts*</p>	<h1>May 2023</h1> <h2>Independent Living</h2>			

ALL ACTIVITIES ARE SUBJECT TO CHANGE DUE TO WEATHER, COVID 19-CANCELATIONS/ LOW SIGN UPS ETC