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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 3:30PM - Move and Groove	2 8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM- Strength and Balance (GF) 12:00PM-3PM - Mahjong 3:00PM- Hand and Foot 4:00PM - Spirituality Study 4:00PM -The Four O'clock Chat	3 10:00AM - Walking Group 2:00PM - Multiple Games 2:30PM - Spirituality Study 4:00PM - The Four O'clock Chat 5:30PM - Bridge	4 8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM - Strength and Balance (GF) 1:00PM - Move and Groove (GF) 3:30PM - ART ON WHEELS: Grattage and Collage 4:00PM - The Four O'Clock Chat	5 10:00AM - Walking Group 12:30PM - Everleigh Talk 4:00PM-6:00PM - Thirsty DeMayo Thursday Cinco de Mayo	6 8:30- 10:30AM - Breakfast 11:00AM - Tai Chi (GF) 12:00PM-3:00PM-Mahjong 2:00PM - Mother's Day Celebration 4:00PM - The Four O'clock Chat	7 3:00PM-BINGO (CH)	
8 3:30PM - Move and Groove Mother's Day	9 8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM- Strength and Balance (GF) 12:00PM-3PM - Mahjong 3:00PM- Hand and Foot 4:00PM - Spirituality Study 4:00PM -The Four O'clock Chat	10 10:00AM - Walking Group 2:00PM-Movie Matinee: Black Widow 2:00PM - Multiple Games 2:30PM - Spirituality Study 4:00PM - The Four O'clock Chat 5:30PM - Bridge Momma s BBQ Food Truck <small>4:30pm 6:30 pm</small>	11 8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM - Strength and Balance (GF) 1:00PM - Move and Groove (GF) 4:00PM - The Four O'clock Chat	12 10:00AM - Walking Group 1:30PM - Restorative Yoga 4:00PM-6:00PM - Thirsty Thursday	13 8:30- 10:30AM - Breakfast 11:00AM - Tai Chi (GF) 12:00PM-3:00PM-Mahjong 2:00PM - Movie Matinee: Die Hard 4:00PM - The Four O'clock Chat	14 3:00PM-BINGO (CH)	
15 3:30PM - Move and Groove	16 8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM- Strength and Balance (GF) 12:00PM-3PM - Mahjong 3:00PM- Hand and Foot 4:00PM - Spirituality Study 4:00PM -The Four O'clock Chat	17 10:00AM - Walking Group 1:00PM- Blood Pressure Event with JenCare 2:00PM-Movie Matinee: Cleopatra 2:00PM - Multiple Games 2:30PM - Spirituality Study 4:00PM - The Four O'clock Chat 5:30PM - Bridge	18 8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM - Strength and Balance (GF) 1:00PM - Move and Groove (GF) 3:30PM - ART ON WHEELS: Paper Pulp Sculpting 4:00PM - The Four O'clock Chat	19 10:00AM - Walking Group 12:30PM - Everleigh Talk 1:30PM - Restorative Yoga 4:00PM-6:00PM - Thirsty Thursday	20 8:30- 10:30AM - Breakfast 11:00AM - Tai Chi (GF) 12:00PM-3:00PM-Mahjong 2:00PM - Movie Matinee: Downton Abbey (In Movie Room) 4:00PM - The Four O'clock Chat	21 3:00PM-BINGO (CH)	
22 3:30PM - Move and Groove	23 8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM- Strength and Balance (GF) 12:00PM-3PM - Mahjong 3:00PM- Hand and Foot 4:00PM - Spirituality Study 4:00PM -The Four O'clock Chat	24 10:00AM - Walking Group 2:00PM-Movie Matinee: Detour 2:00PM - Multiple Games 2:30PM - Spirituality Study 4:00PM - The Four O'clock Chat 5:30PM - Bridge	25 8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM - Strength and Balance (GF) 1:00PM - Move and Groove (GF) 4:00PM - The Four O'clock Chat Short Pump Movie Theater: Downton Abbey A New Era Sign Up Sheet	26 10:00AM - Walking Group 1:30PM - Restorative Yoga 4:00PM-6:00PM -Memorial Day Thirsty Thursday	27 8:30- 10:30AM - Breakfast 11:00AM - Tai Chi (GF) 12:00PM-3:00PM-Mahjong 2:00PM - Movie Matinee: No Time To Die 4:00PM - The Four O'clock Chat	28 3:00PM-BINGO (CH)	
29 3:30PM - Move and Groove	30 8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM- Strength and Balance (GF) 12:00PM-3PM - Mahjong 3:00PM- Hand and Foot 4:00PM - Spirituality Study 4:00PM -The Four O'clock Chat Memorial Day	31 10:00AM - Walking Club 2:00PM-Movie Matinee: Saving Mr. Banks 2:00PM - Multiple Games 2:30PM - Spirituality Study 4:00PM - The Four O'clock Chat 5:30PM - Bridge	<p>MAY IS NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH</p>				
ALL PROGRAMS SUBJECT TO CHANGE!							