



May 2024



Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Bible Study (CR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex 2:30 Stronger with Stairs (FC) 3:00 Zoology- Fireflies (CR) 4:00 Wine Down Wednesday Social (Lby) 7:00 Bingo (GS)	2 9:00 Let's go for a Walk (Lby) 10:00 Balance Exercise (FC) 10:00 Missy the Manicurist (AN) 10:30 Resident Welcomers (Lib) 1:00 Choir (CR) 2:00 Dan the One Man Band (Lby) 3:00 Rummikub (3AC) 3:30 May Trivia (CR)	3 10:00 St. Andrew's Bell Choir (Lby) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 1:30 Chris Wells -CHINA The Forbidden City (CR) 3:00 Can You "C" it? (2AC)	4 8:00 Activity Packets (AN) 10:15 Rummikub (3AC) 1:30 Bingo (GS) 4:00 Kentucky Derby NBC Showing (AN)
5 10:30 Sunday Worship with Chaplain Cheryl (CR) 1:00 Walk 'N' Talk (Lby) 1:00 Bridge (3AC) 2:00 Out of Africa -Sunday Movie (CR) 3:00 Cinco De Mayo Social (Lby) 7:00 Yahtzee (GS)	6 9:30 Knitting 101 (GCS) 9:30 Noodle Ball (Lby) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Zoology- Monarch Butterfly (CR) 2:00 Stretch and Flex 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	7 9:00 Let's Go For A Walk (Lby) 9:30 Men's Coffee Crew (GCS) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:00 Watch Repair (Lby) 10:30 Cooking with Joanna-Trailhead Cereal Bars 1:30 Advisory Committee (3AC) 2:30 Armchair Travel: Verona, Padova & Ravenna (CR)	8 9:15 May Modern Jeopardy Trivia (CR) 10:00 Koelbel Library (Lib) 10:00 Bible Study (CR) 1:00 Balance Exercise (FC) 1:30 EPSO Community Chat (CR) 1:30 MoveMor (FC) 2:00 Stretch and Flex 2:30 Stronger with Stairs (FC) 4:00 Wine Down Wednesday Social (Lby) 7:00 Bingo (GS)	9 9:00 Let's go for a Walk (Lby) 10:00 Balance Exercise (FC) 10:00 Missy the Manicurist (AN) 10:30 Give Unto Others (GS) 1:00 Choir (CR) 2:30 Celebration Of Life-Charlotte Waters (CR) 3:00 Rummikub (3AC) 3:30 Smores Bar Social (Lby)	10 10:00 Food Forum (CR) 10:30 Toys for God's Kids (GCS) 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 2:00 Music with Mindy (Lby) 3:00 Focus Group (CR)	11 8:00 Activity Packets (AN) 10:15 Rummikub (3AC) 1:30 Bingo (GS)
12 10:30 Sunday Worship with Chaplain Cindy (CR) 1:00 Gen Tech Computer Support (Lib) 1:00 Walk 'N' Talk (Lby) 1:00 Bridge (3AC) 2:00 The Lost Pyramid- Sunday Movie (CR) 3:30 Mom-osa Bar for Mother's Day (Lby) 7:00 Yahtzee (GS)	13 9:30 Knitting 101 (GCS) 9:30 Noodle Ball (Lby) 10:00 Visit with Kanai the Canine 10:30 Dollar Store Shopping (B) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Active Minds- Iceland (CR) 2:00 Stretch and Flex 3:00 Rosary/Communion (GCS) 3:00 Ice Cream Social (Lby) 7:00 Canasta (3AC)	14 9:00 Let's Go For A Walk (Lby) 9:30 Men's Coffee Crew (GCS) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:30 Zoology- Flamingo (CR) 2:00 Armchair Travel: Germany's Rhine & Rothenburg (CR) 3:15 Volleyball (Lby)	15 10:00 Bible Study (CR) 11:00 Men's Lunch Outing at Olive Garden (B) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex 2:30 Stronger with Stairs (FC) 3:00 Bible Trivia (CR) 4:00 Wine Down Wednesday Social (Lby) 7:00 Bingo (GS)	16 9:00 Let's go for a Walk (Lby) 10:00 Balance Exercise (FC) 10:00 Missy the Manicurist (AN) 10:30 Fireside Chat (Lby) 12:00 Birthday Luncheon (DR) 1:00 Choir (CR) 2:00 Piano Music with Larry O! (Lby) 2:00 Birthday Social (Lby) 3:00 Rummikub (3AC)	17 1:00 Bridge (3AC) 2:00 The Moon- Monty Astronomy Presentation (CR) 3:15 Kiss the Ground with Woody Harrelson (CR)	18 8:00 Activity Packets (AN) 10:15 Rummikub (3AC) 1:30 Saturday Movie- Dr. Strangelove (CR) 1:30 Bingo (GS)

Bold activity = Sign up mandatory

CR = Community Room, FC = Fitness Center, Lby = Lobby, GS = Gift Shop, AN = All Neighborhoods, Lib = Library, 3AC = 3rd Floor AL Alcove, 2AC = 2nd Floor AL Alcove, GCS = Grand Central Station, HC = Health Clinic, B = Bus, DR = Dining Room

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19 10:30 Sunday Worship with Chaplain Kendall (CR) 1:00 Gen Tech Computer Support (Lib) 1:00 Walk 'N' Talk (Lby) 1:00 Bridge (3AC) 2:00 Places in the Heart- Sunday Movie (CR) 3:30 Crafting Corner- Coasters (GCS) 7:00 Yahtzee (GS)	20 9:30 Knitting 101 (GCS) 9:30 Noodle Ball (Lby) 1:00 Balance Exercise (FC) 1:30 Resident Sharing (CR) 1:30 MoveMor (FC) 2:00 Active Minds- Hawaii (CR) 2:00 Stretch and Flex 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	21 9:00 Let's Go For A Walk (Lby) 9:30 Men's Coffee Crew (GCS) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 11:00 Picnic at DeKoevend Park (B) 2:00 Armchair Travel: Assisi & Italian Country Charm (CR)	22 10:00 Koelbel Library (Lib) 10:00 Bible Study (CR) 12:00 Ladies Lunch Outing at Olive Garden (B) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex 2:30 Stronger with Stairs (FC) 4:00 Wine Down Wednesday Social (Lby) 7:00 Bingo (GS)	23 9:00 Let's go for a Walk (Lby) 10:00 Balance Exercise (FC) 10:00 Missy the Manicurist (AN) 10:30 Zoology- Red Panda (CR) 1:00 Choir (CR) 3:00 Rummikub (3AC) 3:30 May Hangman Challenge (CR)	24 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 2:00 Piano Music with Chris! (Lby) 3:15 Backyard BBQ Trivia (CR)	25 8:00 Activity Packets (AN) 10:15 Rummikub (3AC) 1:30 Bingo (GCS) 2:00 Denver Ukulele Jammers (Lby)
26 10:30 Sunday Worship with Anisia Bremerman (CR) 1:00 Gen Tech Computer Support (Lib) 1:00 Walk 'N' Talk (Lby) 1:00 Bridge (3AC) 2:00 Beethoven- Sunday Movie (CR) 3:30 Crafting Corner- Wind Chimes (GCS) 7:00 Yahtzee (GS)	27 9:30 Knitting 101 (GCS) 9:30 Noodle Ball (Lby) 2:00 Memorial Day Jeopardy (CR) 3:00 Rosary/Communion (GCS) 7:00 Canasta (3AC)	28 9:00 Let's Go For A Walk (Lby) 9:30 Men's Coffee Crew (GCS) 10:00 Redwood BP Clinic (HC) 10:00 Balance Exercise (FC) 10:30 Zoology- Hedgehog (CR) 1:30 Catholic Mass (CR) 2:30 Armchair Travel: Ireland- Waterford to the Ring of Kerry (CR) 3:30 Volleyball (Lby)	29 10:00 Koelbel Library (Lib) 10:00 Bible Study (CR) 1:00 Balance Exercise (FC) 1:30 MoveMor (FC) 2:00 Stretch and Flex 2:30 Mens vs Womens Games (CR) 2:30 Nature Walk (Lby) 2:30 Stronger with Stairs (FC) 4:00 Wine Down Wednesday Social (Lby) 7:00 Bingo (GS)	30 9:00 Let's go for a Walk (Lby) 10:00 Balance Exercise (FC) 10:00 Missy the Manicurist (AN) 10:30 Cooking with Joanna- Brownies (CR) 1:00 Choir (CR) 2:00 Spring Choir Concert (Lby) 3:00 Rummikub (3AC)	31 1:00 Bridge (3AC) 1:00 Balance Exercise (FC) 2:00 Music & Singing with Joyce! (Lby)	

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