



May 2021 Activity Calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
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2 10:30 Bible Study	3 9:00 - Water Aerobics 9:15 - Resident Council Meeting 9:30 - Morning Stretch 10:00 - Group Exercise 10:00 - Water Aerobics 1:00 - Movie Matinee: "Patch Adams"	4 *8:30 - Yoga with Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 4:00 - Water Walking	5 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - Book Club 	6 9:00 - Coffee with Lisa 10:00 - Coffee with Lisa 12:30 - 1:30 - Book Mobile  2:00 - Magician Bentley Burns Performs 4:00 - Water Walking	7 9:00 - Water Aerobics 10:00 - Mother's Day Tea 10:00 - Water Aerobics 1:00 - Wii Bowling 2:30 - Ping Pong 4:00 - Happy Hour 6:30 - BINGO	8 4:00 Water Walking	
9 10:30 Bible Study	10 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Group Exercise 10:00 - Water Aerobics 10:45 - Activity Committee Meeting 1:00 - Movie Matinee: "Fly Away Home"	11 *8:30 - Yoga with Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 4:00 - Water Walking	12 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - Beginner Line Dance Class	13 9:30 - Low Impact Cardio w/ KLove 1:00 - History Club 2:30 - Ladder Ball 4:00 - Water Walking	14 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Group Exercise 10:00 - Water Aerobics 1:00 - Wii Bowling 4:00 - Happy Hour 6:30 - BINGO	15 4:00 Water Walking	
16 10:30 Bible Study	17 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Group Exercise 10:00 - Water Aerobics 1:00 - Movie Matinee: "Message in A Bottle"	18 *8:30 - Yoga with Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 4:00 - Water Walking	19 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - Book Club	20 9:30 - Low Impact Cardio w/ KLove 12:30 - 1:30 - Book Mobile  2:00 - Guest Speaker Joyfully Janie 4:00 - Water Walking	21 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 11:00 - National Pizza Party Day!  1:00 - Wii Bowling 4:00 - Happy Hour 6:30 - BINGO	22 4:00 Water Walking	
23 10:30 Bible Study	24 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Group Exercise 10:00 - Water Aerobics 1:00 - Movie Matinee: "A Long Way Off"	25 *8:30 - Yoga with Lee 9:30 - Low Impact Cardio w/ KLove 11:00 - Blood Pressure Checks 1:00 - Happy Stitchers 2:30 - Paint & Sip Craft Class 4:00 - Water Walking	26 9:00 - Water Aerobics 9:30 - Walk Around the Lake 10:00 - Water Aerobics 2:00 - Beginner Line Dance Class "National Senior Health & Fitness Day!"	27 9:30 - Low Impact Cardio w/ KLove 1:00 - \$1 Bridge Game 4:00 - Water Walking	28 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Group Exercise 10:00 - Water Aerobics 1:00 - Wii Bowling 4:00 - Happy Hour 6:30 - BINGO	29 4:00 Water Walking	
30 10:30 Bible Study	31 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Group Exercise 10:00 - Water Aerobics 1:00 - Movie Matinee: "The Ultimate Gift"	<p>Reminder :</p> <p>Sign - ups start every Wednesday!</p> <p>Activity Office Number</p> <p>(601)856-0130 or (601)856-0134</p>					

