



Activity

May

Calendar 2023

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 9:00a - Water Aerobics 9:15a - Resident Council Meeting 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: "The Client"	2 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/ KLove 10:00a - Tai Chi 10:00a -11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	3 9:00a - Water Aerobics 9:30a - Morning Stretch 9:30a - Origin Bank 10:30 - Program of Duets 10:00a - Water Aerobics 1:00p - Learn How to Play Hand and Foot (Activity Room)	4 10:00a - Coffee with Lisa 2:30p - 3:30p - Book Mobile 3:00p - Joyful Noise Performance 4:00p - Water Walking	5 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 2:30p - Cinco De Mayo Celebration 4:00p - Happy Hour (Cyber Café) 6:30p - Bingo 	6 4:00p Water Walking 7:00p MS Swing Band
7 10:30a Bible Study	8 9:00a - Water Aerobics 9:30a - Morning Stretch 10:30a - Activity Committee Meeting 10:00a - Water Aerobics 1:00p - Movie Matinee: "Les Misérables"	9 8:30a - Yoga w/ Lee 9:30a - Low Impact Cardio w/ KLove Video 10:00a -11:00a - BP Checks 10:30a - Veterans Club 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	10 9:00a - Water Aerobics 9:15a - French Camp Day Trip 10:00a - Water Aerobics 11:00a - 1:00p - Honey for Sale 1:00p - Watercolor Paint Class	11 9:30a - Low Impact Cardio w/ KLove 11:00a - Lunch Bunch: Zea Rotesserie 1:00p - History Club 2:30p - Ladder Ball 4:00p - Water Walking	12 9:00a - Water Aerobics 9:30a - Mother's Day Moms and Mimosas 10:00a - Water Aerobics 2:30p - Darts Begin (cyber café) 4:00p - Happy Hour (Cyber Café) 6:30p - Bingo	13 4:00p Water Walking
14 10:30a Bible Study 	15 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: "Georgia Rule"	16 8:30a - Yoga DVD 9:30a - Low Impact Cardio w/ KLove 10:00a -11:00a - BP Checks 10:30a - Wyatt Waters Presentation 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking 5:00p - Dinner Out: "The Mermaid Café"	17 9:00a - Water Aerobics 9:30a - Morning Stretch 9:30a - Origin Bank 10:00a - Water Aerobics 10:30a - Virtual Tour: Ireland & Scotland 1:00p - Learn How to Play Hand and Foot (Activity Room)	18 9:30a - Low Impact Cardio 10:30a - Arts and Crafts 2:00p - History of Jackson Presentation 2:30p - 3:30p - Book Mobile 4:00p - Water Walking	19 9:00a - Water Aerobics 9:00a - Morning Stretch (Time Change) 10:00a - Water Aerobics 11:00a - National Pizza Party Day! 2:30p - Darts (cyber café) 4:00p - Happy Hour (Cyber Café)	20 4:00p Water Walking
21 10:30a Bible Study	22 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Movie Matinee: "Buck"	23 8:30a - Yoga DVD 9:30a - Low Impact Cardio w/ KLove 10:00a -11:00a - BP Checks 10:30a - World Turtle Day Presentation 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	24 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Nutrition talk with Emily Barnette 1:00p - Watercolor Paint Class	25 9:30a - Low Impact Cardio w/ KLove 2:00p - Penny Auction 4:00p - Water Walking 4:00p - Current Eventz Meeting	26 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - \$1 Bridge Game 2:30p - Darts (cyber café) 4:00p - Happy Hour	27 4:00p Water Walking
28 10:30a Bible Study	29 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 1:00p - Opera Showing: La Traviata 	30 8:30a - Yoga DVD 9:30a - Low Impact Cardio w/ KLove 10:00a - Tai Chi 10:00a -11:00a - BP Checks 1:00p - Happy Stitchers 1:30p - Wii Bowling 2:30p - Wii Bowling 4:00p - Water Walking	31 9:00a - Water Aerobics 9:30a - Morning Stretch 10:00a - Water Aerobics 10:30a - Virtual Tour: Ireland & Scotland 1:00p - Learn How to Play Hand and Foot (Activity Room) 7:30p - New Stage: Ring of Fire			