

activity



Independent Living

2025

calendar

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Church Services Catholic Service: Monday - Friday 8:30am/Sunday 9:00am (Chapel) Methodist Service: Every Tuesday 4:00pm (Chapel) Episcopal Service: Every Wednesday 4:00pm (Chapel) Protestant Service: Every Sunday 10:30am (Activity Room)				1 9:30 - Low Impact Cardio w/KLove Video 2:00 - Kentucky Derby Celebration 4:00 - Water Walking	2 9:00- Water Aerobics 9:00 - Peripheral Artery Disease Screening 9:30- Morning Stretch 10:00- Water Aerobics 11:00- Lunch Bunch: Jutamas 2:00 - Ping Pong 4:00 - Happy Hour 6:30 - Bingo	3 4:00 Water Walking
4 10:30 Bible Study	5 9:00- Water Aerobics 9:15 - Resident Council Meeting 9:30 - Morning Stretch 10:00 - Water Aerobics 2:00 - Cinco De Mayo Celebration	6 10:00 - Coffee w/Lisa 11:00 - BP Checks 1:00 - Happy Stitchers 1:30 - Wii Bowling 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking	7 9:00- Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:00 - Origin Bank 10:30- Virtual Tour of Spain 1:00- Hand and Foot 3:00 - Wednesday Bible Study	8 8:30 - Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 1:00 - History Club (David VanLandingham) 4:00 - Water Walking	9 9:00- Water Aerobics 9:30- Morning Stretch 10:30 - Mother's Day Brunch 2:00 - Trip to CW Organics 10:00a - Water Aerobics 4:00p - Happy Hour 6:30p - Bingo	10 3:00 MS Community Band Concert 4:00 Water Walking
11 10:30 Bible Study 	12 9:00 - Water Aerobics 9:30- Morning Stretch 10:00 - Water Aerobics 10:30- Activity Committee Meeting 1:00 - Movie Matinee: Bridges of Spies	13 8:30- Yoga w/ Lee 9:30 - Low Impact Cardio w/ KLove 10:00 -11:00- BP Checks 1:00 - Happy Stitchers 2:00 - Sassy Steppers Perform 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking 5:00 - Dinner Out: Mermaid Café	14 9:00 - Water Aerobics 9:30- Morning Stretch 10:00 - Water Aerobics 10:30- Virtual Tour of Spain 11:00- 1:00- Honey for Sale 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	15 9:30 - Low Impact Cardio w/ KLove 2:00- 3:00 - Book Mobile 2:00 - Naomi Ruth: Eyes of A Child 4:00 - Water Walking	16 9:00- Water Aerobics 9:30- Morning Stretch 10:00- Water Aerobics 1:00- \$1 Bridge Game 4:00 - Happy Hour 6:30 - Bingo	17 4:00 Water Walking
18 10:30 Bible Study	19 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 10:30 - Urology Screening 1:00 - Movie Matinee: The Client	20 8:30 - Yoga w/ Lee 9:30- Low Impact Cardio w/ KLove 10:00 -11:00- BP Checks 1:00 - Happy Stitchers 1:30 - Wii Bowling 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking	21 9:00 - Water Aerobics 9:30- Morning Stretch 10:00 - Water Aerobics 10:00 - Origin Bank 10:30 - Alzheimer's and Dementia Research and Brain Health Presentation 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	22 9:30 - Low Impact Cardio w/ KLove 2:00 - Watercolor Paint Class w/Peaches 4:00 - Water Walking	23 9:00- Water Aerobics 9:30 - Morning Stretch 10:00- Water Aerobics 2:00 - Chocolate Chip Cookie Treat 4:00- Happy Hour 6:30- Bingo	24 4:00 Water Walking
25 10:30 Bible Study	MEMORIAL DAY 26 9:00 - Water Aerobics 9:30 - Morning Stretch 10:00 - Water Aerobics 11:30 - Memorial Day Activity / Lunch (Activity Room)	27 9:30- Low Impact Cardio w/ KLove 10:00 -11:00- BP Checks 1:00 - Happy Stitchers 1:30 - Wii Bowling 3:00 - Men's Bible Study (Dogwood Room) 4:00 - Water Walking	28 9:00- Water Aerobics 9:30 - Morning Stretch 10:30- Virtual Tour of Spain 10:00 - Water Aerobics 1:00 - Hand and Foot 3:00 - Wednesday Bible Study	29 9:30- Low Impact Cardio w/ KLove 10:30 - Steve Sachs Piano Performance 4:00- Water Walking 4:00- Current Eventz Meeting	30 9:00 - Water Aerobics 9:30- Morning Stretch 10:00 - Water Aerobics 11:45 - Pizza Party Day! 4:00 - Happy Hour 6:30 - Bingo	31 4:00 Water Walking