Independent Living

May 2018

Shine. Everyday.						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		 10:30 Exercise: Balance in Action (B) 11:15 Meijer Shopping 1:30 Program Planning Meeting (A) 2:00 Bible Study with Bob (B) 3:00 Preemie Pals: Quilt Squares (A) 6:30 Phase 10 (NL) 	9:00 Coffee Chat (NL) 11:00 Exercise: Balance in Action (B) 1:00 Stitching Sisters (A) 2:00 VA Aid and Attendance Benefits Presentation (TH) 2:00 Non Denomination Church Service (B) 3:00 Advanced Bingo & Beverages (A) 3:00 Bingo (B) 6:30 Evening Stretches (B)	 @ Benny's Bakery 9:00 Coffee Chat (NL) 10:30 Wellness Checks with Heather (W) 11:00 Exercise: Balance in Action (B) 11:00 Lunch Bunch: Paesano's 	9:00 Coffee Chat & Pet Hour (A) 10:00 Catholic Communion & Prayer (B) 11:00 Exercise: Move to the Music (B) 1:00 Veteran's Club (PDR) 2:00 Gardening Club (SL) 3:30 Basic 21 (B) 6:30 The Crown, Season 2: episode 2 (TH)	9:00 Coffee Chat (NL) 11:00 Active Fitness 2:30 The Kentucky Derby (pub) 5:00 Dinner Buffet (DR) 6:30 Movie Night (TH)
6	7	8	9	10	11	12
9:00 Coffee Chat (NL) 1:00 Documentary (TH) Glenn Campbell I'll Be Me 3:00 Aerobic Exercise (B) 6:30 Card Club (NL)	9:00 Coffee Chat (NL) 10:30 Weekly Review of Activities (NL) 11:00 Exercise: Kickboxing (A) 11:00 – 1:00 Open Massages (SL) 2:00 Resident Birthday Celebration (NL) 3:30 AAA Presentation with Clare McCoy (TH) 6:30 Game Night (NL)	10:00 Open Swim at Saline Rec Center 10:30 Exercise: Balance in Action (B) 11:15 Walmart Shopping 2:00 Tea Time Gathering (pub) 2:00 Bible Study with Bob (B) 3:00 Manicures & Mimosas (A) 6:30 Scrabble (NL)	9:00 Waffle Wednesday (NL) 11:00 Exercise: Balance in Action (B) 1:00 Stitching Sisters (A) 2:00 Non Denomination Church Service (TH 2:30 Alzheimer's Association Support Group (CR) 3:00 Advanced Bingo & Beverages (A) 3:00 Bingo (B) 6:30 Live Entertainment:	9:00 Coffee Chat (NL) 10:30 Wellness Checks with Heather (W) 11:00 Exercise: Balance in Action (B) 11:00 Trader Joes Shopping 1:30 Jeopardy (A) 3:30 Happy Hour (pub) Featured Drink: Moscow Mule 6:30 Five Crowns (NL)	9:00 Coffee Chat & Pet Hour (A) 10:00 Catholic Communion & Prayer (B) 11:00 Exercise: Move to the Music (B) 1:00 Veteran's Club (PDR) 2:00 TED Talk: Creativity (TH) 3:30 Basic 21 (B) 6:30 The Crown, Season 2: episode 3 (TH)	9:00 Coffee Chat (NL) 11:00 Theraband Stretching (A) 2:00 Mexican Train Dominoes (NL) 6:30 Movie Night (TH)
13	14	15	16	17	18	19
9:00 Coffee Chat (NL) 10:30 Mother's Day Brunch (DR) 1:00 Mother's Day Brunch (DR) 2:30 Euchre Tournament (A) 4:00 Aerobic Exercise (A) 6:30 Learn to play Euchre (NL)	9:00 Coffee Chat (NL) 10:30 Weekly Review of Activities (NL) 11:00 Exercise: Yoga (A) 1:00 Technology Help (L) 2:00 Collier Financial: Senior Scams (TH 3:30 Guided Meditation with Kamau (A) 6:30 Game Night (NL)	 10:30 Exercise: Balance in Action (B) 11:15 Meijer Shopping 1:30 Chef Adam Cooking Demo: Risotto (A) 2:00 Bible Study with Bob (B) 2:30 Book Club (PDR) 	9:00 Coffee Chat (NL) 11:00 Exercise: Balance in Action (B) 1:00 Stitching Sisters (A) 2:00 Non Denomination Church Service (TH 3:00 Advanced Bingo & Beverages (A) 3:00 Bingo (B) 6:30 Evening Stretches (B)	 10:30 Wellness Checks with Heather (W) 11:00 Exercise: Balance in Action (B) 2:00 Resident Forum (TH) 3:30 Happy Hour (pub) Featured Drink: Bloody Mary Bar 	9:00 Coffee Chat & Pet Hour (A) 10:00 Catholic Communion & Prayer (B) 11:00 Exercise: Move to the Music (B) 1:00 Veteran's Club (PDR) 2:00 Gardening Club (SL) 3:30 Basic 21 (B) 6:30 The Crown, Season 2: episode 4 (TH)	9:00 Coffee Chat (NL) 11:00 Active Fitness 2:00 Cooking with Ingrid (A) 2:00 StoryPoint Band: 2 Guys & 2 Gals (N 6:30 Movie Night (TH)
20	21	22	23	24	25	26
9:00 Coffee Chat (NL) 1:00 Documentary (TH) American Masters: This is Bob Hope 3:00 Aerobic Exercise (A) 6:30 Card Club (NL)	9:00 Coffee Chat (NL) 10:30 Weekly Review of Activities (NL) 11:00 Exercise: Kickboxing (A) 2:00 Nurse Chat with Heather (TH) 3:30 Art Committee Meeting (A) 6:30 Game Night (NL)	 10:00 Open Swim at Saline Rec Center 10:30 Exercise: Balance in Action (B) 11:15 Walmart Shopping 1:30 Men's Group: Cards with Jim (NL) 2:00 Chair Zumba (A) 2:00 Bible Study with Bob (B) 3:00 Memorial Day Centerpieces (A) 6:30 Scrabble (NL) 	1:00 Stitching Sisters (A) 2:00 Non Denomination Church Service (TH 3:00 Advanced Bingo & Beverages (A) 3:00 Bingo (B) 7:00 Live Entertainment: Christine Schinker (TH)	10:30 Wellness Checks with Heather (W) 11:00 Toldeo Zoo 11:00 Exercise: Balance in Action (B) 1:30 Making Sangria (A) 3:30 Happy Hour (pub)		9:00 Coffee Chat (NL) I I:00 Theraband Stretching (A) 2:00 Cooking with Ingrid (A) 6:30 Movie Night (TH)
27	28		30	31		
9:00 Coffee Chat (NL) 1:00 Euchre Tournament (A) 3:00 Aerobic Exercise (A) 6:30 Learn to play Euchre (NL)		 10:30 Exercise: Balance in Action (B) 11:15 Meijer Shopping 1:30 New Resident Social: Macaroon Party (A) 2:00 Bible Study with Bob (B) 6:30 Phase 10 (NL) 	9:00 Coffee Chat (NL) I I:00 Exercise: Balance in Action (B) I:00 Stitching Sisters (A) 2:00 Cooking: Italian Spaghetti Salad (B 3:00 Advanced Bingo & Beverages (A) 3:00 Bingo (B) 6:30 Live Entertainment: Paul Keller Trio (TH)	9:00 Coffee Chat (NL) 10:30 Wellness Checks with Heather (W) 3 11:00 Cherry Creek Winery 11:00 Exercise: Balance in Action (B) 3:30 Happy Hour (pub) Featured Drink: Cherry Limeade 6:30 Yahtzee (NL)		
A - Community Room ATheater - TheaterSL - South LobbyBistro - BistroW - WellnessDR - Dining RoomB - Community Room BNL - North LobbyFC - Fitness CenterICR - Independent Conference RoomCY - CourtyardL - Library						

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