

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May 2026</h1> <h2>Activities</h2>					9:00 Women's Billiards 2:00 Bible Study 4:30 Shabbat Service	7:30 Ping Pong 4:00 Bocce Ball & BYOB 8:00 Men's Billiards
3	9:00 Women's Billiards 10:15 Dance/ Vickie Oates 3:00 Bingo 3:30 Board Games 4:45 Cocktails & Conversations	9:00 Audiology Associates 9:00 Men's Coffee 10:00 Grocery Trip/ Publix 3:00 Knit Time 3:00 Whist Card Games 3:30 Mexican Train Dominoes 5:00 Cinco De Mayo Party/ Music by Calentano	9:00 Women's Billiards 10:30 Catholic Communion 10:30 Movie/ Devil Wears Prada 2 3:00 Bingo 3:30 Board Games 3:30 Mah-Jongg	9:30 Women's Coffee 10:00 Mimosas & Blooms/Potting a flower with Lenore & Crystal 2:00 Rewards for Walk Challenge 3:00 Trivia: Vicki & Lavonne	9:00 Women's Billiards 2:00 Bible Study	7:30 Ping Pong 4:00 Bocce Ball & BYOB 8:00 Men's Billiards
10	9:00 Women's Billiards 10:15 Dance/ Vickie Oates 2:00 Lecture/ Cheekwood Jane MacLeod 3:00 Bingo 3:30 Board Games 4:45 Cocktails & Conversations 7:15 Music/ Uke- A- Ladies	9:00 Men's Coffee 10:00 Grocery/ Kroger 2:00 Lecture/ Stephanie Silverman/ Belcourt Theatre 3:00 Knit Time 3:00 Whist Card Games 3:30 Mexican Train Dominoes	9:00 Women's Billiards 10:30 Catholic Communion 3:00 Bingo 3:30 Board Games 3:30 Mah-Jongg	9:30 Women's Coffee 2:00 Lecture/ Alison Gower/ Owl's Hill Nature Sanctuary	9:00 Women's Billiards 10:45 Lunch Bunch/ Blue Moon Water Front Grille 2:00 Bible Study	7:30 Ping Pong 4:00 Bocce Ball & BYOB 8:00 Men's Billiards
17	9:00 Women's Billiards 10:15 Dance/ Vickie Oates 2:00 Lecture/ Laura Landon Cook/ Warner Park 3:00 Bingo 3:30 Board Games 3:30 Ping Pong/ Cornhole 4:45 Cocktails & Conversations	9:00 Men's Coffee 10:00 Grocery Trip/ Publix 2:00 OSHER Integrative Health/ Dr. Birdee & Elizabeth Walsh 3:00 Knit Time 3:00 Whist Card Games 3:30 Mexican Train Dominoes	9:00 Women's Billiards 10:30 Catholic Communion 3:00 Bingo 3:30 Board Games 3:30 Mah-Jongg 3:30 St. George's Communion	9:30 Women's Coffee 3:00 Trivia: Alene & Tom	9:00 Women's Billiards 10:00 Owl's Hill Nature Sanctuary Tour 2:00 Bible Study	7:30 Ping Pong 4:00 Bocce Ball & BYOB 8:00 Men's Billiards
24	9:00 Women's Billiards 10:15 Dance/ Vickie Oates 11:15 Memorial Day Brunch & Music by Bill Sleeter 3:00 Bingo 3:30 Board Games 4:45 Cocktails & Conversations	9:00 Men's Coffee 2:00 Resident Council 3:00 Knit Time 3:00 Whist Card Games 3:30 Mexican Train Dominoes 5:30 Birthday Dinner	9:00 Women's Billiards 10:30 Catholic Communion 3:00 Bingo 3:30 Board Games 3:30 Mah-Jongg	9:30 Women's Coffee 2:00 OPERA on Wheels 3:30 Mexican Train Dominoes	9:00 Women's Billiards 2:00 Bible Study 3:00 Book Club: Kathy Schultenover	7:30 Ping Pong 4:00 Bocce Ball & BYOB 8:00 Men's Billiards
31				<b>Abbreviation Key</b>  <b>MR= Meeting Room</b> <b>DR= Dining Room</b> <b>GR= Game Room</b> <b>A= Atrium</b> <b>L= Lounge</b> <b>SS= Soda Shop</b>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May 2026</h1> <h2>Exercise</h2>					<b>1</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi with Rusty 10:00 Line Dance Class 11:00 Strength, Mobility & Balance	<b>2</b>
<b>3</b>	<b>4</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Chair Cardio 10:15 Dance with Vickie 11:00 Strength, Mobility & Balance	<b>5</b> 8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<b>6</b> 8:00 Weight Management 8:30 Stretch 9:00 Gym Time 9:00 Watercise 9:30 Tai Chi 10:00 Weights & Motion 10:30 Weight Management 11:00 Strength, Mobility & Balance 11:30 Chair Yoga 12:00 Gym Time 1:00 Meditation	<b>7</b> 8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<b>8</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi with Rusty 10:00 Line Dance Class 11:00 Strength, Mobility & Balance	<b>9</b>
<b>10</b>	<b>11</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Chair Cardio 10:15 Dance with Vickie 11:00 Strength, Mobility & Balance	<b>12</b> 8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<b>13</b> 8:00 Weight Management 8:30 Stretch 9:00 Gym Time 9:00 Watercise 9:30 Tai Chi 10:00 Weights & Motion 10:30 Weight Management 11:00 No Class 11:00 Strength, Mobility & Balance 11:30 Chair Yoga 12:00 Gym Time 1:00 Meditation	<b>14</b> 8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<b>15</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi with Rusty 10:00 Line Dance Class 11:00 Strength, Mobility & Balance	<b>16</b>
<b>17</b>	<b>18</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Chair Cardio 10:15 Dance with Vickie 11:00 Strength, Mobility & Balance	<b>19</b> 8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<b>20</b> 8:00 Weight Management 8:30 Stretch 9:00 Gym Time 9:00 Watercise 9:30 Tai Chi 10:00 Weights & Motion 10:30 Weight Management 11:00 Strength, Mobility & Balance 11:30 Chair Yoga 12:00 Gym Time 1:00 Meditation	<b>21</b> 8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<b>22</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi with Rusty 10:00 Line Dance Class 11:00 Strength, Mobility & Balance	<b>23</b>
<b>24</b>	<b>25</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi 10:00 Chair Cardio 10:15 Dance with Vickie 11:00 Strength, Mobility & Balance	<b>26</b> 8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<b>27</b> 8:00 Weight Management 8:30 Stretch 9:00 Gym Time 9:00 Watercise 9:30 Tai Chi 10:00 Weights & Motion 10:30 Weight Management 11:00 Strength, Mobility & Balance 11:30 Chair Yoga 12:00 Gym Time 1:00 Meditation	<b>28</b> 8:00 Open Gym 9:00 Mat Yoga 10:00 Sit, Be Fit 10:35 Get Fit 11:00 Open Gym 12:30 Standing Tall 1:00 Standing Tall (A)	<b>29</b> 8:30 Stretch 9:00 Watercise 9:30 Tai Chi with Rusty 10:00 Line Dance Class 11:00 Strength, Mobility & Balance	<b>30</b>
<b>31</b>				<p><b>All classes are in Meeting Room except the below.</b></p> <p><b>Chair Dance Yoga - Lounge</b>  <b>Weights &amp; Motion-Gym &amp; back hall</b></p> <p><b>Watercise- Pool</b>  <b>Weight Management- Game Room</b></p>		