

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

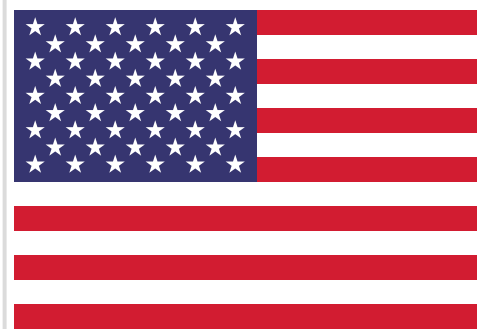
FRIDAY

SATURDAY

**Key Legend:**  
**B- Bistro**  
**CAR- Creative Arts Room**  
**GR- Great Room**  
**MS- Movement Studio**

**MR- Media Room**  
**PR- Party Room**  
**P- Pool**  
**SC- South Lawn Courtyard**

**BLUE- Fitness**  
**RED- Social (NEED RSVP)**  
**PINK- Games**  
**GREEN- Arts/Crafts**  
**BLACK- Events**



**10a- Senior Dance** 1  
**Fitness (MS)**  
**11a- Mahjong (GR)**  
**4:30p- HH: Party at the Pool (P)**  
**Massages With Nazia**

**10a- Strength & Balance (MS)** 2  
**11a- Strength & Balance (MS)**  
**1p- Guest Speaker: Jeremy Grisel, PT (MS)**  
**2p- Poker Palooza (PR)**  
**4:30p- Bingo (PR)**

**9a- Walking Club (SC)** 3  
**10a- Bridge (GR)**

**10a- Virtual Stretch Class (MS)** 4

**10a- Chair Yoga (MS)** 5  
**11a- Chair Yoga (MS)**  
**1p- Mahjong (GR)**  
**3p- Book Club Meeting (PR)**  
**5p- Cinco de Mayo Fiesta (P)**

**10a- Circuit Training (FS)** 6  
**11a- Handbell Choir Performance (GR)**  
**1p- Game Day (GR)**  
**6p- Chair Yoga (MS)**

**11a- Pilates (MS)** 7  
**1p- Mahjong (GR)**  
**2p- Diamond Dotz Art Class (CAR)**  
**6p- Full Body Strength (MS)**

**10a- Senior Dance Fitness (MS)** 8  
**11a- Mahjong (GR)**  
**2p- Special Art Class (CAR)**  
**4:30p- HH: Musical Trivia (GR)**  
**Spa Day With Chanel**

**10a- Strength & Balance (MS)** 9  
**11a- Strength & Balance (MS)**  
**2p- Pop Up Jewelry Shop (PDR)**  
**2p- Poker Palooza (PR)**  
**3p- Line Dancing with Sydney (MS)**  
**4:30p- Bingo (PR)**

**9a- Walking Club (SC)** 10  
**11a- Mom's Symphony of Love (GR)**



**10a- Chair Yoga (MS)** 12  
**11a- Chair Yoga (MS)**  
**1p- Lunch On The Town (Glorias) \$**  
**1p- Mahjong (GR)**  
**6p- Jeopardy Game Night (MR)**

**10a- Water Aerobics (P)** 13  
**1p- Game Day (GR)**  
**6p- Chair Yoga (MS)**

**10a- Pickleball w/ Anna (PC)** 14  
**11a- Pilates (MS)**  
**1p- Mahjong (GR)**  
**2p- Fashion Nook Pop Up (GR)**  
**6p- Full Body Strength (MS)**  
**Massages With Nazia**

**10a- Senior Dance Fitness (MS)** 15  
**11a- Mahjong (GR)**  
**3p- Resident Forum (MR)**  
**4:30p- HH: Pizza Party (GR)**

**10a- Strength & Balance (MS)** 16  
**11a- Strength & Balance (MS)**  
**2p- Poker Palooza (PR)**  
**4:30p- Bingo (PR)**

**9a- Walking Club (SC)** 17  
**10a- Farmers Market**  
**10a- Bridge (GR)**  
**5p- Block Party**

**10a- Virtual Cardio Class (MS)** 18

**10a- Chair Yoga (MS)** 19  
**11a- Chair Yoga (MS)**  
**1p- Mahjong (GR)**  
**2p- CPR Certification (PR)**  
**6p- Resident Led- Ladies Night (GR) \$**

**10a- Water Aerobics (P)** 20  
**1p- Game Day (GR)**  
**6p- Chair Yoga (MS)**  
**6:30p- Dinner with the Doc (GR)**

**11a- Pilates (MS)** 21  
**1p- Mahjong (GR)**  
**2p- Jewelry Making Class (CAR)**  
**6p- Full Body Strength (MS)**

**10a- Senior Dance Fitness (MS)** 22  
**11a- Mahjong (GR)**  
**4:30p- HH: Memorial Day Grill Out (P)**

**10a- Strength & Balance (MS)** 23  
**11a- Strength & Balance (MS)**  
**2p- Poker Palooza (PR)**  
**4:30p- Bingo (PR)**

**9a- Walking Club (SC)** 24  
**10a- Bridge (GR)**  
**4p- Cooking with the Chef (PDR)**  
**Spa Day With Chanel**

**10a- Virtual Cardio Class (MS)** 25



**10a- Water Aerobics (P)** 27  
**10a- Carter Blood Care Drive**  
**1p- Game Day (GR)**  
**6p- Chair Yoga (MS)**

**11a- Pilates (MS)** 28  
**1p- Mahjong (GR)**  
**2p- Floral Expression w/ Sydney (CAR)**  
**6p- Full Body Strength (MS)**

**10a- Senior Dance Fitness (MS)** 29  
**11a- Mahjong (GR)**  
**4:30p- HH: Food Truck \$ (GR)**

**10a- Strength & Balance (MS)** 30  
**11a- Strength & Balance (MS)**  
**2p- Poker Palooza (PR)**  
**3p- May Birthday Celebrations (PDR)**  
**4:30p- Bingo (PR)**

**9a- Walking Club (SC)** 31  
**10a- Bridge (GR)**

MAY

2025