



May 2019

Key

(1L) 1st Floor Lobby (LR) Living Room  
 (2L) 2nd Floor Lobby (MR) Media Room  
 (GS) Garden Suites (SU) Sign-Up  
 (DRP) 1st Floor Dining Room Porch

Mon	Tue	Wed	Thu	Fri
		1 11:00 am Strength & Tone Class (AR) 1:00pm Sunshine Walk (1L) 2:30 pm "Bean Bag Toss" (2L)	2 10:00am Beach Ball Fun & Music (GS) 10:45 am Balance Class (AR) 1:00pm Sunshine Walk (1L) 2:30 pm Chair Dancing (2L)	3 9:30am Nature Walk (1L) 10:00am Exercise with Music (GS) 10:45am Morning Stretch (2L)
6 9:45 am Exercises & Music (GS) 10:45 am Morning Stretch (2L) 1:00 pm Sunshine Walk (1L) 2:30 pm Fun with Sports "Basket Ball" (2L)	7 10:45 am Balance Class (AR) 2:30 pm Chair Dancing (2L) 3:15 pm Wii Bowling (2L)	8 9:30 am Ready Aim Shoot "Hockey" (GS) 11:00 am Strength & Tone Class (AR) 1:00pm Sunshine Walk (1L) 2:30 pm "Putt Putt Golf" (2L)	9 10:45 am Balance Class (2L) 1:00pm Sunshine Walk (1L) 2:30 pm Chair Dancing (2L)	10 10:00am Exercise with Music (GS) 10:45am Morning Stretch (2L)
13 9:45 am Exercises & Music (GS) 10:45 am Morning Stretch (2L) 1:00 pm Sunshine Walk (1L) 2:30 pm Fun with Sports "Bowlarama" (2L)	14 10:45 am Balance Class (AR) 2:30 pm Chair Dancing (2L) 3:15 pm Wii Bowling (2L)	15 10:00am Special Music with Emery & Friend (2L) 1:00pm Sunshine Walk (1L) 2:30 pm "Bean Bag Toss" (2L)	16 10:45 am Balance Class (AR) 1:00pm Sunshine Walk (1L) 2:30 pm Chair Dancing (2L)	17 10:00am Exercise with Music (GS) 10:45am Morning Stretch (2L)
20 9:45 am Exercises & Music (GS) 10:45 am Morning Stretch (2L) 1:00 pm Sunshine Walk (1L) 2:30pm Fun with Sports "Basket Ball" (2L)	21 10:45 am Balance Class (AR) 2:30 pm Chair Dancing (2L) 3:15 pm Wii Bowling (2L)	22 9:30 am Ready Aim Shoot "Bean Bag Toss" (GS) 1:00pm Sunshine Walk (1L) 2:30 pm "Putt Putt Golf" (2L)	23 10:45 am Balance Class (2L) 1:00pm Sunshine Walk (1L) 2:30 pm Chair Dancing (2L)	24 10:00am Exercise with Music (GS) 10:45am Morning Stretch (2L)
27 9:45 am Exercises & Music (GS) 10:45am Morning Stretch (2L) 1:00 pm Sunshine Walk (1L) 2:30 pm Fun with Sports "Bowlarama" (2L)	28 10:45 am Balance Class (AR) 2:30 pm Chair Dancing (2L) 3:15 pm Wii Bowling (2L)	29 9:30 am Ready Aim Shoot "Putt Putt Golf" (GS) 11:00 am Strength & Tone Class (AR) 1:00pm Sunshine Walk (1L) 2:30 pm "Hockey" (2L)	30 10:45 am Balance Class (AR) 1:00pm Sunshine Walk (1L) 2:30 pm Chair Dancing (2L)	31 10:00am Exercise with Music (GS) 10:45am Morning Stretch (2L)