

Sunday

Monday

Tuesday

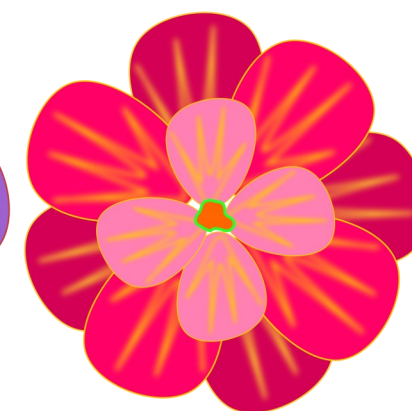
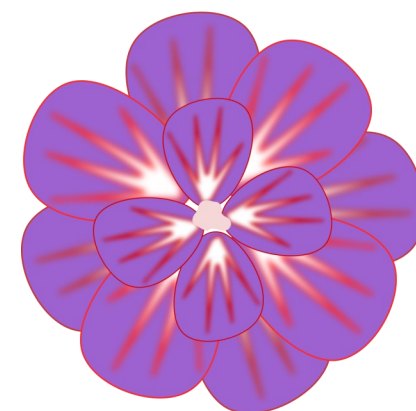
Wednesday

Thursday

Friday

Saturday

May 2024



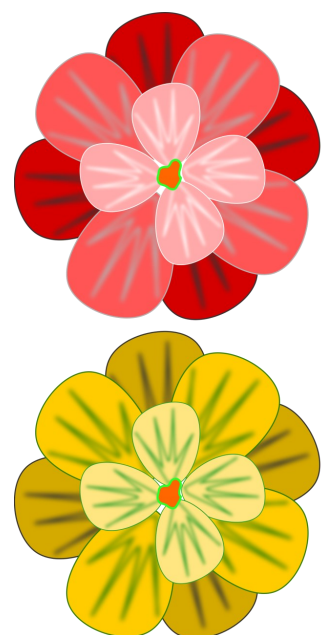
Independent Living & Assisted Living Activity Calendar



Activities are subject to change and any changes will be announced on Channel 16.5 or 993

Location Guide:
B: Bistro
C: Craft Room
CH: Chapel
G: Game Room
HN: Harriet Nelson Room
RC: Ridge Club
T: Theater
WC: Walnut Club

ITV: Watch on Internal TV Station 16.11 or 990



1
 8:30 Cardio Class (ITV)
 9:15 Floor Yoga (RC)
 10:00 Beaverdale Outing – Beaverdale Books & Lunch at Grounds for Celebration (Sign Up)
 10:00 Water Aerobics (RC)
 1:00 Ball Class (RC)
 1:00 Cribbage (G)
 3:00 Bible Study (C)
 4:00 Spring Sips: Cherry Seltzer (B)
 6:00 Rummikub (B)

2
 8:30 Walking Group (RC)
 10:00 Water Aerobics (RC)
 10:00 Pitch Card Group (G)
 10:30 Wii Bowling (T)
 10:30 Clive Learning Academy Band Concert (HN)
 11:00 Strength & Balance I (RC)
 1:00 Strength & Balance II (RC)
 2:00 Bingo (B)
 3:00 Summer Reading Challenge Kick Off (HN)
 4:00 Mexican Train Dominos (HN)

3
 9:00 Sewing & Crafting (C)
 9:15 Chair Yoga & Tai Chi (RC)
 10:00 Brain Games (WC)
 11:45 Catholic Mass (CH)
 1:30 Music with Bill Connet (HN)
 *3:00 Movie: “The Zookeeper’s Wife” (T)
 4:00 BYOB Happy Hour (WC)

4
 9:00 Cocoa & Conversation: What do you like to do on a rainy day? What are the benefits of rain? (WC)
 11:15 Trivia (WC)
 1:00 Movie: “Space Cowboys” (T)
 2:00 Play Pool (Rec Room on 2nd Floor)

5 Cinco de Mayo

11:00 Catholic Readings & Communion (CH)
 2:00 Church Service (CH)
 2:45 After Church Fellowship (B)

6

8:30 Cardio Class (ITV)
 9:15 Chair Yoga & Tai Chi (RC)
 9:30 Jordan Creek Shuttle
 10:00 Water Aerobics (RC)
 1:00 Medical Shuttle (Sign Up)
 1:00 Ball Class (RC)
 1:00 Party Bridge (G)
 1:30 Documentary: “The American Buffalo- Part 2” (T)

7

8:30 Walking Group (RC)
 9:00 Devotions (ITV)
 10:00 Rosary (C)
 10:00 Water Aerobics (RC)
 11:00 Strength & Balance I (RC)
 1:00 Strength & Balance II (RC)
 1:30 Resident Birthday Party (B)
 2:00 Life Discussions (WC)
 3:00 Wii Bowling (T)
 3:00 Gables Friends Social (Gables)
 4:00 Writer’s Club (HN)

8

8:30 Cardio Class (ITV)
 9:15 Floor Yoga (RC)
 10:00 Water Aerobics (RC)
 1:00 Ball Class (RC)
 1:00 Cribbage (G)
 3:00 Bible Study (C)
 4:00 Spring Sips: Pina Colada (B)
 6:00 Rummikub (B)

9





8:30 Walking Group (RC)
 10:00 Water Aerobics (RC)
 10:00 Pitch Card Group (G)
 10:30 Wii Bowling (T)
 11:00 Strength & Balance I (RC)
 1:00 Strength & Balance II (RC)
 2:00 Bingo (B)
 4:00 Mexican Train Dominos (HN)

10

9:00 Sewing & Crafting (C)
 9:15 Chair Yoga & Tai Chi (RC)
 10:00 Brain Games (WC)
 1:00 Mother’s Day Social: Make Your Own Fruit Pizza! (WC)
 2:00 Movie: “Year by the Sea” (T)
 4:00 BYOB Happy Hour (WC)

11

9:00 Cocoa & Conversation: Share memories about your mother! (WC)
 11:15 Trivia (WC)
 1:00 Movie: “Stepmom” (T)
 2:00 Play Pool (Rec Room on 2nd Floor)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12 </p> <p>11:00 Catholic Readings & Communion (CH)</p> <p>11:00-1:00 Mother's Day Brunch (GM)</p> <p>2:00 Church Service (CH)</p> <p>2:45 After Church Fellowship (B)</p>	<p>13</p> <p>8:30 Cardio Class (ITV)</p> <p>9:15 Chair Yoga & Tai Chi (RC)</p> <p>9:30 Valley West Shuttle</p> <p>10:00 Water Aerobics (RC)</p> <p>1:00 Medical Shuttle (Sign Up)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Party Bridge (G)</p> <p>1:30 Documentary: "The American Buffalo-Part 3" (T)</p>	<p>14</p> <p>8:30 Walking Group (RC)</p> <p>9:00 Devotions (ITV)</p> <p>10:00 Rosary (C)</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 Strength & Balance (RC)</p> <p>1:00 Strength & Balance (RC)</p> <p>3:00 Wii Bowling (T)</p> <p>An Evening Under the Sea</p> <p>4:00 Coral Reef Cocktail Hour (HN) followed by Dinner (GM) (Sign Up)</p>	<p>15</p> <p>8:30 Cardio Class (ITV)</p> <p>9:15 Floor Yoga (RC)</p> <p>10:00 Water Aerobics (RC)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Cribbage (G)</p> <p>2:00 Book Club (HN)</p> <p>3:00 Bible Study (Theater)</p> <p>4:00 Spring Sips: Chocolate Milk & Chocolate Chip Cookies! (B)</p> <p>6:00 Rummikub (B)</p>	<p>16</p> <p>8:30 Walking Group (RC)</p> <p>10:00 Water Aerobics (RC)</p> <p>10:00 Pitch Card Group (G)</p> <p>10:30 Wii Bowling (T)</p> <p>11:00 Strength & Balance I (RC)</p> <p>1:00 Strength & Balance II (RC)</p> <p>2:00 Bingo (B)</p> <p>4:00 Mexican Train Dominos (HN)</p>	<p>17</p> <p>9:00 Sewing & Crafting (C)</p> <p>9:15 Chair Yoga & Tai Chi (RC)</p> <p>10:00 Brain Games (WC)</p> <p>1:00 Craft Class: Button Flowers (HN)</p> <p>2:00 Movie: "The Blind" (T)</p> <p>4:00 BYOB Happy Hour (WC)</p>	<p>18</p> <p>9:00 Cocoa & Conversation: Share about your experiences at the sea! Cruise? Beach Vacation? (WC)</p> <p>11:15 Trivia (WC)</p> <p>1:00 Movie: "Mona Lisa Smile" (T)</p> <p>2:00 Play Pool (Rec Room on 2nd Floor)</p>
<p>19</p> <p>11:00 Catholic Readings & Communion (CH)</p> <p>2:00 Church Service (CH)</p> <p>2:45 After Church Fellowship (B)</p>	<p>20</p> <p>8:30 Cardio Class (ITV)</p> <p>9:15 Chair Yoga & Tai Chi (RC)</p> <p>No Shuttle Today</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 AL Resident Meeting (HN)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Party Bridge (G)</p> <p>1:30 Documentary: "America's Darling: The Story of Jay N. Darling" (T)</p> <p>*Rescheduled from April</p>	<p>21</p> <p>8:30 Walking Group (RC)</p> <p>9:00 Devotions (ITV)</p> <p>10:00 Rosary (C)</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 Strength & Balance I (RC)</p> <p>1:00 Strength & Balance II (RC)</p> <p>1:30 IL Resident Meeting (HN)</p> <p>3:00 Wii Bowling (T)</p> <p>3:00 Gables Friends Social (Gables)</p> <p>4:00 Writer's Club (HN)</p>	<p>22</p> <p>8:30 Cardio Class (ITV)</p> <p>9:15 Floor Yoga (RC)</p> <p>*9:30 Jordan Creek Shuttle</p> <p>10:00 Water Aerobics (RC)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Cribbage (G)</p> <p>1:00 Ice Cream Shuttle (Sign Up)</p> <p>3:00 Bible Study (Theater)</p> <p>4:00 Spring Sips: Cran Apple Spritz (B)</p> <p>6:00 Rummikub (B)</p>	<p>23 No Walking Group Today</p> <p>10:00 Water Aerobics (RC)</p> <p>10:00 Pitch Card Group (G)</p> <p>10:30 Wii Bowling (T)</p> <p>11:00 Strength & Balance I (RC)</p> <p>1:00 Strength & Balance II (RC)</p> <p>2:00 Bingo (B)</p> <p>3:30 Questers (C)</p> <p>4:00 Mexican Train Dominos (HN)</p> <p>7:00 Music with Junction Jazz Band (HN)</p>	<p>24</p> <p>9:00 Sewing & Crafting (C)</p> <p>9:15 Chair Yoga & Tai Chi (RC)</p> <p>10:00 Brain Games (WC)</p> <p>1:00 Craft Class: Pressed Flower Bookmark (HN)</p> <p>2:00 Movie: "Greyhound" (T)</p> <p>4:00 BYOB Happy Hour (WC)</p>	<p>25</p> <p>9:00 Cocoa & Conversation: Memorial Day Memories & Traditions (WC)</p> <p>11:15 Trivia (WC)</p> <p>1:00 Movie: "Wonder" (T)</p> <p>2:00 Play Pool (Rec Room on 2nd Floor)</p>
<p>26</p> <p>11:00 Catholic Readings & Communion (CH)</p> <p>2:00 Church Service (CH)</p> <p>2:45 After Church Fellowship (B)</p>	<p>27</p> <p></p> <p>Front Desk Hours: 8:00-4:30</p> <p>Ridge Club Hours: 8:00-4:30</p> <p>Pool Closed</p> <p>No Shuttle Bus Today</p>	<p>28</p> <p>8:30 Walking Group (RC)</p> <p>9:00 Devotions (ITV)</p> <p>10:00 Rosary (C)</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 Perspectives on Faith and Reason: Noah's Ark (T)</p> <p>11:00 Strength & Balance I (RC)</p> <p>1:00 Strength & Balance II (RC)</p> <p>2:00 Life Discussions (WC)</p> <p>3:00 Wii Bowling (T)</p> <p>3:00 Gables Friends Social (Gables)</p>	<p>29 National Senior Health & Fitness Day</p> <p>8:30 Cardio Class (ITV)</p> <p>9:15 Floor Yoga (RC)</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00-3:00 Senior Health & Fitness Fair!</p> <p>No Ball Class Today</p> <p>1:00 Cribbage (G)</p> <p>3:00 Bible Study (C)</p> <p>4:00 Spring Sips: Raspberry Seltzer (B)</p> <p>6:00 Rummikub (B)</p>	<p>30</p> <p>8:30 Walking Group (RC)</p> <p>10:00 Water Aerobics (RC)</p> <p>10:00 Pitch Card Group (G)</p> <p>10:30 Wii Bowling (T)</p> <p>11:00 Strength & Balance I (RC)</p> <p>1:00 Strength & Balance II (RC)</p> <p>2:00 Bingo (B)</p> <p>4:00 Mexican Train Dominos (HN)</p>	<p>31</p> <p>9:00 Sewing & Crafting (C)</p> <p>9:15 Chair Yoga & Tai Chi (RC)</p> <p>10:00 Brain Games (WC)</p> <p>1:30 Social Drumming (HN)</p> <p>*3:00 Western Movie: "The Searchers" (T)</p> <p>4:00 BYOB Happy Hour (WC)</p>	<p></p> <p>May 2024</p> <p></p> <p>Walnut Ridge</p>