

May Lifestyle Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 † 9:00 Power Flow w/ Michelle † 10:00 Forever Strong † 10:30 Stretch and Balance 🏠 11:00 Calendar Talk 🏠 1:00 Sit, Stand, Repeat! ♣️ 4:00 Single and Social Club (R) 🍷 6:00 Firepit Social (R)	2 🏠 8:00 Good Morning Walking Club (R) 🏠 2:00 Cards and Game Time (R) 🏹 3:00 Bocce Ball (R)
3 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) 🏠 2:00 Open Art Studio (R) 🏠 3:00 Puzzle Club (R) 🏠 7:00 Sunset Walking Club (R)	4 † 9:00 Yoga w/ Michelle † 10:00 Forever Strong † 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! ♣️ 1:00 Mahjong (R) 📖 2:30 Book Club (R) 🏠 3:00 OLLI Presentation 📺 5:00 Movie: Anywhere but Here ♣️ 6:00 Line Dancing (R)	5 † 10:30 Pilates (level 2) † 11:00 Power in Motion 🏠 12:00 Cinco de Mayo B'day Bash ♣️ 1:00 Mexican Train (R) ♣️ 3:00 Beginner Mahjong (R) 🏠 4:00 Dried Flower Coasters 📺 4:30 Resident Sing Along (R) † 5:00 Seated Fitness w/Beth (R)	6 🌸 9:30 Barefoot and Breath † 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! 🏠 11:30 Tap Ins Walk Over (R) ♣️ 1:00 Veterans' Group (R) ♣️ 3:00 Wii Games (R) † 5:00 Strength and Stability 🌸 6:30 Garden Opening Uncorked	7 🏠 9:15 Coffee w/ Candace † 10:30 Pilates (level 2) † 11:00 Power in Motion 🏠 11:30 Aldridge Gardens Outing(R) ♣️ 1:00 Brain Booster Games 🏠 2:00 New Resident Orientation 🏠 4:00-5:00 Happy Hour 🏠 5:30 Bingo Club (R)	8 † 9:00 Power Flow w/ Michelle † 10:00 Forever Strong † 10:30 Stretch and Balance 🏠 11:30 Ladies Who Lunch (R) 🏠 1:00 Sit, Stand, Repeat! ♣️ 2:00 Bloom and Create - A Flower Truck Experience (\$) ♣️ 4:00 Single and Social Club(R) 🍷 6:00 Firepit Social (R)	9 🏠 8:00 Good Morning Walking Club (R) 🏠 2:00 Cards and Game Time (R) 🏹 3:00 Bocce Ball (R)
10 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) 🏠 2:00 Open Art Studio (R) 🏠 3:00 Puzzle Club (R) 🏠 7:00 Sunset Walking Club (R) <i>Happy Mother's Day</i>	11 † 9:00 Yoga w/ Michelle † 10:00 Forever Strong † 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! ♣️ 1:00 Mahjong (R) 🏠 3:00 Blueberry Muffins w/Aubrey (fresh milled flour) 📺 5:00 Movie: Mother's Day ♣️ 7:00 Just Dance (R)	12 🏠 9:00-10:00 Sip and Socialize † 10:30 Pilates (level 2) † 11:00 Power in Motion ♣️ 1:00 Mexican Train (R) ♣️ 3:00 Beginner Mahjong (R) 📺 4:30 Resident Sing Along (R) 📺 5:00 Documentary: Jimmy's Big Bee Rescue † 5:00 Seated Fitness w/Beth (R)	13 ♣️ 9:30 Barefoot and Breath † 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! ♣️ 1:00 Left, Right, Center (R) 🌸 2:00 Make & Take Herb Garden ♣️ 3:00 Wii Games (R) † 5:00 Strength and Stability	14 🏠 9:15 Coffee w/ Candace † 10:30 Pilates (level 2) † 11:00 Power in Motion ♣️ 1:00 Brain Booster Games 🏠 2:00 Welcome Wagon Mtg (R) ♣️ 3:30 Signature Sips w/ Ashley 🏠 4:00-5:00 Happy Hour 🏠 5:30 Bingo Club (R)	15 † 9:00 Power Flow w/ Michelle † 10:00 Forever Strong † 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! 🏠 2:00 Cards with Candace ♣️ 3:00 Banana Split Bar ♣️ 4:00 Single and Social Club (R) 🍷 6:00 Firepit Social (R)	16 🏠 8:00 Good Morning Walking Club (R) 🏠 2:00 Cards and Game Time (R) 🏹 3:00 Bocce Ball (R)
17 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) 🏠 2:00 Open Art Studio (R) 🏠 3:00 Puzzle Club (R) ♣️ 3:00 Small Group Widow's Club (R) 🏠 7:00 Sunset Walking Club (R)	18 † 9:00 Yoga w/ Michelle † 10:00 Forever Strong † 10:30 Stretch and Balance 🏠 1:00 Sit, Stand, Repeat! ♣️ 1:00 Mahjong (R) 📖 2:30 Book Club (R) 📺 5:00 Movie: Mona Lisa Smile ♣️ 6:00 Wii Games (R)	19 🏠 9:00-10:00 Sip and Socialize † 10:30 Pilates (level 2) 📺 11:00 Water Aerobics (45mins) ♣️ 1:00 Mexican Train (R) ♣️ 3:00 Beginner Mahjong (R) 📺 4:30 Resident Sing Along (R) † 5:00 Seated Fitness w/Beth (R) 🍷 7:30 Outdoor Movie Night	20 ♣️ 9:30 Barefoot and Breath † 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! 🏠 1:00 Painting Flower Pots 📺 2:00 Resident Refresh ♣️ 3:00 Wii Games (R) 🏠 5:00 Grab & Go: for 9-5 Crew † 5:00 Strength and Stability	21 🏠 9:15 Coffee w/ Candace † 10:30 Pilates (level 2) 📺 11:00 Water Aerobics (45m) ♣️ 1:00 Brain Booster Games 🏠 2:00 Drawing w/Holly (R) 🏠 4:00-5:00 Happy Hour 🏠 5:30 Bingo Club (R)	22 † 9:00 Power Flow w/ Michelle † 10:00 Forever Strong † 10:30 Stretch and Balance 🏠 11:30 Lunch and Learn w/ Brock's Gap Pharmacy 🏠 1:00 Sit, Stand, Repeat! ♣️ 4:00 Single & Social Club (R) 🍷 6:00 Firepit Social (R)	23 🏠 8:00 Good Morning Walking Club (R) 🏠 2:00 Cards and Game Time (R) 🏹 3:00 Bocce Ball (R)
24 ♣️ 9:00 Sunday School (R) ♣️ 10:30 Worship Service (R) 31 🏠 2:00 Open Art Studio (R) 🏠 3:00 Puzzle Club (R) 🏠 7:00 Sunset Walking Club (R)	25 🏠 1:00 Resident Potluck Memorial Day Office Closed No exercise classes	26 🏠 9:00-10:00 Sip and Socialize † 10:30 Pilates(level 2) 📺 11:00 Water Aerobics (45mins) ♣️ 1:00 Mexican Train (R) 🏠 2:00 Pepper Pong (R) ♣️ 3:00 Beginner Mahjong (R) 📺 4:30 Resident Sing Along (R) † 5:00 Seated Fitness w/Beth (R)	27 ♣️ 9:30 Barefoot and Breath † 10:00 Stretch and Balance 🏠 10:30 Sit, Stand, Repeat! 🏠 1:00 Project Lean Nation Nutrition Workshop 🏠 2:00 Cards with Candace ♣️ 3:00 Wii Games (R) † 5:00 Strength and Stability	28 🏠 9:15 Coffee w/ Candace † 10:30 Pilates (level 2) 📺 11:00 Water Aerobics (45m) ♣️ 1:00 Brain Booster Games 🏠 3:00-5:00 Aloha Summer Kickoff (RSVP Required) 🏠 5:30 Bingo Club (R)	29 † 9:00 Power Flow w/ Michelle † 10:00 Forever Strong † 10:30 Stretch and Balance 🏠 11:00 Lunch Bunch to Ozan Winery (R) 🏠 1:00 Sit, Stand, Repeat! ♣️ 4:00 Single & Social Club (R) 🍷 7:30 Outdoor Movie Night	30 🏠 8:00 Good Morning Walking Club (R) 🏠 2:00 Cards and Game Time (R) 🏹 3:00 Bocce Ball (R)

LEGEND



- Please note a level 2 exercise class would include floor work
- (R) means resident run
- Daily Devotional Group (R) 11:00 every day except Sunday in the Gentry

A Friendly Reminder About Shared Spaces

We're so glad to see our community spaces being enjoyed in so many ways—games, conversations, classes, and more! To help everything run smoothly, we kindly ask that residents be mindful of the activity calendar when planning to use shared areas.

Scheduled programs and classes always take priority in the space at their designated times. If an activity is listed on the calendar, we ask that the room be left available for that purpose, and that other activities—like puzzles, card games, or small gatherings—be enjoyed in another available area during that time.

We truly appreciate your cooperation in helping us create a welcoming and organized environment where everyone can participate in the activities they enjoy. If you ever need help finding an alternative space, we're happy to assist!

Thank you for helping make our community a great place for all.

Happy Birthday

May 4 - Roy D and Linda R

May 5 - Jeffrey M

May 6 - Jimmy W

May 7 - Gordon L

May 12 - Jim D, Marylyn P & Bobbi G

May 22 - Casey B

May 25 - Ida C

May 26 - Beth K

May 28 - Andrea V

May 30 - Janice S

May 31 - Irma M

Happy Hour Update

Good news—there's no need to RSVP for our weekly happy hours anymore! These gatherings are open to everyone, so feel free to stop by, relax, and enjoy the time together whenever it fits your schedule.

Once a month, we'll be hosting a special themed party during happy hour. For these events, an RSVP will be required, and you'll receive a ticket to attend. This helps us plan ahead and make each monthly celebration extra special.

We look forward to seeing you at happy hour—whether it's a casual weeknight or one of our festive monthly parties!

MAY 2026

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COMMUNITY NEWSLETTER

Fresh Air, Fresh Flavors & Fun Ahead!

We'll kick things off with our **Cinco de Mayo Birthday Celebration**, then open the garden for the season with **Garden Opening: Uncorked**, a relaxed wine and cheese gathering.

Enjoy time out and about with a visit to **Aldridge Gardens** and our Lunch Bunch trip to **Ozan Winery and Vineyard**. Back by popular demand, Aubrey returns for a cooking demo featuring **blueberry muffins made with fresh milled flour**.

Get creative with our **Make & Take Herb Garden** and **painting flower pots**, or treat yourself at the **Banana Split Bar**. We'll also host a **Lunch & Learn with Brock's Gap Pharmacy** and a **nutrition workshop with Project Lean Nation**.

We'll wrap up the month with our **Aloha Summer Kickoff Luau!** Be sure to check the calendar for details—we hope to see you there!

Movie Schedule Update

We want to keep our programming enjoyable and well-attended for everyone, so we're making a small change to the movie schedule. Due to low attendance, we will no longer be offering movies on Sundays.

Be sure to check the monthly calendar for updated movie days and times.

Don't forget, the theater is available for resident use anytime a movie is not scheduled. Feel free to gather with friends and enjoy your own showing, and the DVD player is available for you to use as well.

Thank you for your understanding, and we look forward to seeing you at our upcoming movie events!

Walking Club

Walking club is getting a refresh. We will go on a Good Morning walk on Saturday mornings at 8:00 and Sunday evening sunset walk at 7:00 pm. Everyone welcome!

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