




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	B= Bistro C= Creative Arts Rm CN= Coffee Nook ER= Exercise Rm. PD= Private Dining Rm P= Pub GR= 4th Floor GR MA= LCV Mast Auditorium	1 <i>National Mother Goose Day</i> 9:30 Functional Strength & Stretch w/video/ER 1:30 Bridge/CN 7:00 Bingo/B	2 10:30 Christian Devotion & Communion/PD 1:30 Chair Yoga w/video/ER 2:30 Recognition Party/B	3 <i>National Day of Prayer</i> 9:30 Functional Strength & Stretch w/video/ER 10:00 Beauty Salon Open 10:45 Music Group/PD 1:30 Bridge/CN	4 <i>National Star Wars Day</i> <i>May the "fourth" be with you!</i> 10:00 Shopping Trip 2:00 Cardio Strength & Stretch w/video/ER 2:30 Bingo Extravaganza/LC Mast Auditorium 4:00 Happy Hour /P	5  10:30 Gospel Singers/LC Mast Auditorium Drop by the Pub any time to watch a Senior TV movie!
6 <i>National Nurse's Day</i> 11:30 -1:30 Sunday Lunch/B 1:30 Faith Landmark Church Services/LC Mast Auditorium 3:00 Bingo/ B	7 Menu Week 4 10:30 Art Class w/Jan/CA 10:30 Bible Study/PD 1:15 Target/Kohls Shopping 2:00 Cardio Strength Stretch w/Sue/ ER 6:30 Larry & Jeff/B	8 <i>National Teacher's Day</i> 9:30 Functional Strength & Stretch w/Sandy/ER 10:30 Manicurist/Beauty Salon 10:45 Book Club/PD 1:30 Bridge/CN 3:00 Hearing Aid Clinic w/ Thom/ER 7:00 Bingo/B	9 <i>National Lost Sock Memorial Day</i> 10:30 Handiwork/P 1:30 Chair Yoga w/ Sue/ER	10 <i>National Shrimp Day</i> 9:30 Functional Strength & Stretch w/Sandy/ER 10:00 Beauty Salon Open 11:00 Lunch Bunch/Crab Louie's Seafood 1:30 Bridge/CN	11 10:00 Shopping Trip 2:00 Cardio Strength & Stretch w/Sue/ER 2:30 Bingo Extravaganza/LC Mast Auditorium 4:00 Happy Hour /P	12 <i>National Limerick Day</i> 2:00 Country Line Dancers/LC Mast Auditorium Drop by the Pub any time to watch a Senior TV movie!
13  12:00 - 2:00 Mother's Day Buffet/B 3:00 Bingo/ B	14 Menu Week 1 Blue Recycle Day 10:30 Bible Study/PD (11:00 Residents' Council Meeting/GR 4th Fl) 1:15 VMFA Trip 2:00 Cardio Strength Stretch w/Sue/ ER (3:00 Dining Services Committee/ PD)	15 9:30 Functional Strength & Stretch w/Sandy/ER 1:30 Bridge/CN 2:30 History of Pocahontas State Park w/Rebecca Bistro 7:00 Bingo/B	16 <i>National Love a Tree Day</i> 10:00 Springdale Health Clinic/ Exercise Equipment Rm. 1:30 Chair Yoga w/ Sue/ER 3:00 Town Hall Meeting/B 6:30 Bingo w/St. John's/LC Mast Auditorium	17 9:30 Functional Strength & Stretch w/Sandy/ER 10:00 Beauty Salon Open 10:15 Classic Service & Lunch/ Ironbridge Baptist Church 1:30 Bridge/CN 2:30 Family Feud/LC Mast Auditorium 7:00 Bracey Junction/B	18 <i>National Pizza Party Day</i> 10:00 Shopping Trip 2:00 Cardio Strength & Stretch w/Sue/ER 4:00 Happy Hour /P	19 2:30 Bingo w/Girl Scouts/LC Mast Auditorium Drop by the Pub any time to watch a Senior TV movie!
20 11:30 -1:30 Sunday Lunch/B 2:30 Mt. Gilead Church Service/LC Mast Auditorium 3:00 Bingo/B	21 <i>National American Red Cross Founder's Day</i> Menu Week 2 10:30 Bible Study/PD 12:30 Book Club - (The Movie) Commonwealth Regal Theater 2:00 Cardio Strength & Stretch w/Sue/ER 6:30 Chris Michael Magic	22 <i>National Maritime Day</i> 9:30 Functional Strength & Stretch w/Sandy/ER 10:30 Gina Romano Sings/B 1:30 Bridge/CN 7:00 Bingo/B	23 <i>National Lucky Penny Day</i> 10:30 Handiwork/P 1:30 Chair Yoga w/ Sue/ER 3:00 Bryan Truzzle/Chesterfield History/B	24 <i>Red Nose Day</i> 9:30 Functional Strength & Stretch w/Sandy/ER 10:00 Beauty Salon Open 1:30 Bridge/CN 6:30 Me & Martha/B	25 <i>National Wine Day</i> 10:00 Shopping Trip 1:00 Exercise Equipment Training w/Sue 2:00 Cardio Strength & Stretchw/Sue/ER 2:30 Bingo Extravaganza/LC Mast Auditorium 4:00 Happy Hour /P	26 2:30 We Don't Know Yet Band/LC Mast Auditorium Drop by the Pub any time to watch a Senior TV movie!
27 9:00-1:30 A La Carte Breakfast 2:30 New Hope Church of God/LC Mast Auditorium 3:00 Bingo	28 Menu Week 1  12:00-2:00 Holiday Cookout/B	29 Blue Monday Recycle Day 9:30 Functional Strength & Stretch w/Sandy/ER 1:30 Bridge/CN 2:30 Johnny Gray Sings/LC Mast Auditorium 7:00 Bingo/B	30 <i>National Senior Health Day</i> 1:30 Chair Yoga w/ Sue/ER 6:30 Ronnie & Jack Sing/LC Mast Auditorium	31 <i>National Save Your Hearing Day</i> 9:30 Functional Strength & Stretch w/Sandy/ER 10:00 Beauty Salon Open 1:30 Bridge/CN 2:30 Gina Romano Sings/LC Mast Auditorium	