


MAY CALENDAR 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8-11:00am - Foot care/Blood Pressure 8:30am - Cribbage 9:00am - Exercise Group 1:00-4:00pm - Hairdresser 1:00pm - Poker & Dominoes	2 8:30am - Zumba Gold 8:30am - Cribbage 11:30AM-4PM - FACIALS 1:00pm - Wii Bowling 1:00pm - Bridge 1:00pm - Learn Mahjong	3 8:30am - Morning Walk 8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 1:00pm - Dominoes & Mahjong 12:45pm - Tai Chi	4
5	6 8:30am - Cribbage 8:30am - Good Shepherd Food 9:00am - Exercise Group 10:00am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Scrabble/Chess 4PM-6PM - FACIALS	7 8:30am - Zumba Gold 8:30am - Cribbage 9am-Noon - Reiki Healing by appt. 1:00pm - Craft Club 1:00pm - Hand and Foot 1:00pm - Bridge	8 8:45am - MYSTERY BREAKFAST 8-11:00am - Foot care/Blood Pressure 8:30am - Cribbage 9:00am - Exercise Group 10:30am - MANAGING NECK PAIN 1:00-4:00pm - Hairdresser 1:00pm - Poker & Dominoes	9 8:30am - Zumba Gold 8:30am - Cribbage 10:30AM - S.O.S. FILE OF LIFE 11:30AM-4PM - FACIALS 1:00pm - Wii Bowling 1:00pm - Bridge 1:00pm - Learn Mahjong 3:00pm - WORLD CINEMA	10 8:30am - Morning Walk 8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 1:00pm - NO Dominoes & Mahjong 12:45pm - NO Tai Chi	11
12	13 8:30am - Cribbage 8:30am - Good Shepherd Food 9:00am - Exercise Group 10:00am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Scrabble/Chess 4PM-6PM - FACIALS	14 8:30am - Zumba Gold 8:30am - Cribbage 9am-Noon - Reiki Healing by appt. 10:30am - ESSENTIAL OILS 10:30am - Q&A AMBER SHAW 1:00pm - Craft Club 1:00pm - Hand and Foot 1:00pm - Bridge	15 8-11:00am - Foot care/Blood Pressure 8:30am - Cribbage 9:00am - Exercise Group 10:30AM-COMMUNICATION STRATEGIES 1:00-4:00pm - Hairdresser 1:00pm - Poker & Dominoes FINDING NEVERLAND - TBA	16 8:30am - NO Zumba Gold today 8:30am - Cribbage 9:00AM - AARP DRIVING CLASS 11:30AM-4PM - FACIALS 1:00pm - Wii Bowling 1:00pm - Bridge 1:00pm - Learn Mahjong	17 8:30am - NO Morning Walk 8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 1:00pm - Dominoes & Mahjong 12:45pm - Tai Chi 2:00PM - ZENTANGLE ABBA TOUR - TBA	18
19	20 8:30am - Cribbage 8:30am - Good Shepherd Food 9:00am - Exercise Group 10:00am - Ballroom Dancing 12:45pm - Yoga-Strong Bones 1:00pm-Dominoes/Scrabble/Poker 1:00pm - Scrabble/Chess 4PM-6PM - FACIALS	21 8:30am - Zumba Gold/Cribbage 9:30am - CALLING ALL GARDNERS 9am-Noon - Reiki Healing by appt. 10:30AM - BLOOD GLUCOSE 1:00pm - Craft Club/Hand and Foot 1:00pm - ADVISORY BOARD 1:00pm - Bridge 4:30PM - POTLUCK DINNER - BINGO	22 8-11:00am - Foot care/Blood Pressure 8:30am - Cribbage 9:00am - Exercise Group 10:30am - TIME TO SELL HOUSE 1:00-4:00pm - Hairdresser 1:00pm - Poker & Dominoes 1:00Pm - TIME TO BUY HOME	23 8:30am - Zumba Gold 8:30am - Cribbage 10:45am - MEET & GREET 11:30AM-4PM - FACIALS 1:00pm - Wii Bowling 1:00pm - Bridge 1:00pm - Learn Mahjong WAITRESS - TBA	24 8:30am - Morning Walk 8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 1:00pm - Dominoes & Mahjong 12:45pm - Tai Chi	25
26	27 	28 8:30am - Zumba Gold 8:30am - Cribbage 9am-Noon - Reiki Healing by appt. 1:00pm - Craft Club 1:00pm - Hand and Foot 1:00pm - Bridge 3:45pm - MYSTERY DINNER	29 8-11:00am - Foot care/Blood Pressure 8:30am - Cribbage 9:00am - Exercise Group 10:30AM - CARDIAC CONCERNS L&L 1:00-4:00pm - Hairdresser 1:00pm - Poker & Dominoes	30 8:30am - Zumba Gold 8:30am - Cribbage 11:30AM-4PM - FACIALS 1:00pm - Wii Bowling 1:00pm - Bridge 1:00pm - Learn Mahjong 2:00PM - MANDALA DOT	31 8:30am - Morning Walk 8:30am - Cribbage 9:00am - Exercise Group 10:30am - Line Dancing 1:00pm - Dominoes & Mahjong 12:45pm - Tai Chi	