

# May 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

## Subject to change

We will be exploring the flavors of **Columbia** this month so be sure to come out to Happy hour.

|   |  |  |   |   |  |  |  |
|---|--|--|---|---|--|--|--|
|   |  |  |   |   | 1<br>10 Dynamic Walking<br>1:30 Bingo with 50/50<br>3 Happy Hour   | 2<br>10 Guided Meditation<br>1 String Art<br>2:30 Tele Rehab<br>4 Catholic Service | 3<br>1 Crochet Club<br>2:30 Self- Directed Silver Sneakers |
| 4<br>2:30 Cribbage                      | 5<br>10 Standing Balance<br>11 Trivial Pursuit Practice<br>1:30 Walk Uptown Errands and Coffee | 6<br>10 Hand Strength with Flexibility<br>11 Silver Sneakers<br>1 Library Program  | 7<br>10 Senior Strength<br>10:45 Music with Laura<br>1:30 Billiards Club<br>2 Christian Fellowship<br>6 Letter Writing Club with Cassie | 8<br>10 Dynamic Walking<br>1:30 Bingo with 50/50<br>3 Mother's Day Tea                    | 9<br>10:45 Water Movement with Kelly (Rec Center)<br>1:30 Movie and Popcorn<br>4 Catholic Services             | 10<br>1 Crochet Club<br>2:30 Self- Directed Silver Sneakers                        |  |
| 11<br>2:30 Cribbage<br><br>Mother's Day | 12<br>10 Standing Balance<br>11 Words in a Word<br>1:30 Walk Uptown Errands and Coffee         | 13<br>10 Flexibility<br>11 Resident Meeting<br>1 Library Program                   | 14<br>9 Trivia at Alpine Summit Seniors Lodge WPL vs ASSL<br><br>2 Christian Fellowship   | 15<br>10 Dynamic Walking<br>1:30 Bingo with 50/50<br>3 Happy Hour                         | 16<br>10 Chair Yoga<br>1:30 Painting with Beth<br>2:30 Tele Rehab<br>3:30 Pet Visit<br>4 Catholic Services     | 17<br>1 Crochet Club<br>2:30 Self- Directed Silver Sneakers                        |  |
| 18<br>2:30 Cribbage                     | 19<br>No Admin on Site   | 20<br>10 Hand Strength with Flexibility<br>11 Silver Sneakers<br>1 Library Program | 21<br>10 Senior Strength<br>10:45 Music with Laura<br>2 Tourism Center<br>2 Christian Fellowship<br>6 Letter Writing Club with Cassie   | 22<br>9 Trivia at Pine Valley Lodge WPL vs PVL  | 23<br>10:45 Water Movement with Kelly (Rec Center)<br>1:30 Food and Friends<br>4 Catholic Services             | 24<br>1 Crochet Club<br>2:30 Self- Directed Silver Sneakers                        |  |
| 25<br>2:30 Cribbage                     | 26<br>10 Standing Balance<br>11 Word Association Game<br>1:30 Walk Uptown Errands and Coffee   | 27<br>10 Flexibility<br>11 Silver Sneakers<br>1 Library Program<br>1:30 Nail Care  | 28<br>10 Senior Strength<br>10:45 Music with Laura<br>1:30 Billiards Club<br>2 Christian Fellowship                                     | 29<br>10 Dynamic Walking<br>1:30 Bingo with 50/50<br>3 Happy Hour with Universal Yums Box | 30<br>10:45 Water Movement with Kelly (Rec Center)<br>1 Hand Massage<br>2:30 Tele Rehab<br>4 Catholic Services | 31<br>1 Crochet Club<br>2:30 Self- Directed Silver Sneakers                        |  |