

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>MONTHLY HIGHLIGHT</b></p> <p>1 Mint Julep Social 3 Military Spouse 4 Resident Services 5 Dollar Tree 5 Cinco de MAMA 6 GA Health Chat 6 Balcony Convsrs. 7 Joy Ride 7 Chat w/ Joshua 7 B.P. Happy Hour 7 RL Banana Gram 8 Coke Float Social 9 Gardening Group 9 Cornhole 10 Movie Selection 12 Walmart 12 Donna &amp; Brandon 13 Balcony Convsrs. 14 Walk &amp; Talk 14 Food for Thought 14 RL Banana Gram 15 Sundeck Social 17 ROMEO 18 Steve Jeffris 18 Movie &amp; a Meal</p>		<p>19 Dollar Tree 20 Balcony Convsrs. 20 Chat w/ Jenny 21 Ritters 21 Smoothie Bar 21 B.P. Happy Hour 21 RL Banana Gram 22 Vanilla Pudding 23 Gardening Group 23 Cornhole 24 Black Jack 25 Resident Council 26 Walmart 26 News/Cal Folding 27 Balcony Convsrs. 27 Steve Elston 28 Lunch Bunch 28 RL Banana Gram 29 Hear Clear 29 Sundeck Social 30 Indy 500 31 Mem. Day Grillout 31 Firecracker Popsi-</p>		<p><b>Path to Optimal Wellness</b></p> <p>Physical Wellness is more than the absence of disease. It reflects positive choices that benefit the body inside and out that factor into good health. Avoiding harmful habits are essential to not only preventing disease but also to maintain and improve health—even as an individual age. One of the best ways to stay fit is to create a daily walking routine. Research has shown that walking daily counteracts the effects of weight-promoting genes (<i>Harvard</i>). Walking helps tame a sweet tooth, and we all have had a problem in this area at some point. More importantly, walking reduces joint pain and can even prevent the development of arthritis. This is because walking helps lubricate and strengthens the muscles around the joints. Finally, walking boosts the immune system.</p>		<p><b>1</b> <b>8:00 - 5:00</b> Kentucky Derby Day <b>10:00 (FSR)</b> Saturday Stretches <b>10:30 (T)</b> Wii Bowling <b>1:00 (FSR)</b> Phase 10 <b>1:30 (T)</b> TV Series <b>2:00 (2SW)</b> Euchre <b>2:00 (BAL)</b> <b>Mint Julep Social</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (T)</b> STA5G <b>7:00 (T)</b> Movie</p>
<p><b>2</b> <b>9:30 (FSR)</b> Sunday Stretches <b>10:00 (T)</b> Communion <b>10:30 (ML)</b> Walking Club <b>11:00 (T)</b> LHB Online Service <b>1:00 - 1:30</b> MagMart <b>1:30 (BP)</b> Snack &amp; Chat <b>2:00 (FSR)</b> Uno <b>3:00 (FSR)</b> Bingo <b>4:00 (BR)</b> Chain Reaction <b>7:00 (T)</b> Movie</p>	<p><b>3</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (T)</b> LHB Bible Study <b>10:30 (S)</b> Pretty Nails <b>1:00 (BP)</b> Hillbilly Golf <b>2:00 (T)</b> Documentary <b>2:00 (DR)</b> <b>Military Spouse Tea</b> <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Spelling Bee <b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>4</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (FSR)</b> Triominos <b>1:00 (ML)</b> Crafts <b>1:00 (T)</b> St Marks Rosary <b>2:00 (BR)</b> <b>Resident Services</b> <b>2:30 (BP)</b> Bird Watching <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Jeopardy! <b>7:00 (T)</b> Movie</p>	<p><b>5</b> <b>9:00 - 10:30 (HC)</b> BP Check <b>10:00 (FSR)</b> Exercise <b>10:30 (O)</b> <b>Dollar Tree</b> <b>10:30 (FSR)</b> RL Scrabble <b>11:30 - 1:30 (DR)</b> <b>Cinco de MAMA</b> <b>1:00 (ML)</b> Live Action Bowling <b>2:00 (T)</b> Dr. Brent BBS <b>3:00 (FSR)</b> Bingo <b>3:00 (T)</b> TV Series <b>4:00 - 4:30 (FSR)</b> Wheel of Fortune <b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>6</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (T)</b> David Jeremiah <b>10:40 (BAL)</b> Balcony Fishing <b>1:00 (T)</b> <b>GA Health Chat</b> <b>1:00 - 1:30</b> MagMart <b>1:15 (BAL)</b> <b>Balcony Convsrs.</b> <b>2:00 (DR)</b> Hymn Sing <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BP)</b> Thirsty Thurs. Trivia <b>7:00 (T)</b> Movie</p>	<p><b>7</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (ML)</b> Giant Kerplunk <b>1:00 (O)</b> <b>Joy Ride</b> <b>2:00 (BR)</b> <b>Chat w/ Joshua</b> <b>2:00 (T)</b> Documentary <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BP)</b> <b>B.P. Happy Hour</b> <b>6:00 (DR)</b> <b>RL Banana Gram</b> <b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>8</b> <b>10:00 (FSR)</b> Saturday Stretches <b>10:30 (T)</b> Wii Bowling <b>1:30 (T)</b> TV Series <b>2:00 (BAL)</b> <b>Coke Float Social</b> <b>2:00 (2SW)</b> Euchre <b>2:00 (FSR)</b> Hand &amp; Foot <b>3:00 (FSR)</b> Bingo <b>4:00 (T)</b> STA5G <b>7:00 (T)</b> Movie</p>
<p><b>9</b> <b>9:30 (FSR)</b> Sunday Stretches <b>10:00 (T)</b> Communion <b>10:30 (BP)</b> <b>Gardening Group</b> <b>11:00 (T)</b> LHB Online Service <b>1:00 - 1:30</b> MagMart <b>1:30 (BP)</b> <b>Cornhole</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (BR)</b> Chain Reaction <b>7:00 (T)</b> Movie</p>	<p><b>10</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (S)</b> Pretty Nails <b>1:00 (FSR)</b> <b>Movie Selection</b> <b>2:00 (FSR)</b> Blackjack <b>2:00 (T)</b> Documentary <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Spelling Bee <b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>11</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (ML)</b> Crafts <b>1:00 (T)</b> St Marks Rosary <b>1:00 (FSR)</b> Triominos <b>2:00 (BP)</b> Hill Billy Golf <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Jeopardy! <b>7:00 (T)</b> Movie</p>	<p><b>12</b> <b>9:00 - 10:30 (HC)</b> BP Check <b>10:00 (FSR)</b> Exercise <b>10:30 (FSR)</b> RL Scrabble <b>10:30 (O)</b> <b>Walmart</b> <b>1:00 (DR)</b> <b>Donna &amp; Brandon</b> <b>2:00 (T)</b> Dr. Brent BBS <b>3:00 (FSR)</b> Bingo <b>3:00 (T)</b> TV Series <b>4:00 - 4:30 (FSR)</b> Wheel of Fortune <b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>13</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (T)</b> Charles Stanley <b>10:40 (BAL)</b> Balcony Fishing <b>1:00 - 1:30</b> MagMart <b>1:15 (BAL)</b> <b>Balcony Convsrs.</b> <b>2:00 (DR)</b> SingALong <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BP)</b> Thirsty Thurs. Trivia <b>7:00 (T)</b> Movie</p>	<p><b>14</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (ML)</b> Giant Kerplunk <b>1:00 (BP)</b> <b>Walk &amp; Talk</b> <b>2:00 (T)</b> Documentary <b>2:00 (BR)</b> <b>Food for Thought</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (BP)</b> Connect Four <b>6:00 (DR)</b> <b>RL Banana Gram</b> <b>7:00 (T)</b> Movie w/ Popcorn</p>	<p><b>15</b> <b>10:00 (FSR)</b> Saturday Stretches <b>10:30 (T)</b> Wii Bowling <b>1:00 (FSR)</b> Phase 10 <b>1:30 (T)</b> TV Series <b>2:00 (2SW)</b> Euchre <b>2:00 (BAL)</b> <b>Sundeck Social</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (T)</b> STA5G <b>7:00 (T)</b> Movie</p>

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<b>16</b> <b>9:30 (FSR)</b> Sunday Stretches <b>10:00 (T)</b> Communion <b>10:30 (ML)</b> Walking Club <b>11:00 (T)</b> LHB Online Service <b>1:00 - 1:30</b> MagMart <b>1:30 (BP)</b> Snack & Chat <b>2:00 (FSR)</b> Uno <b>3:00 (FSR)</b> Bingo <b>4:00 (BR)</b> Chain Reaction <b>7:00 (T)</b> Movie	<b>17</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (T)</b> LHB Bible Study <b>10:30 (S)</b> Pretty Nails <b>10:40 (O)</b> <b>ROMEO</b> <b>1:00 (BP)</b> Hillbilly Golf <b>2:00 (FSR)</b> Blackjack <b>2:00 (T)</b> Documentary <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Spelling Bee <b>7:00 (T)</b> Movie w/ Popcorn	<b>18</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (FSR)</b> Triominos <b>1:00 (ML)</b> Crafts <b>1:00 (T)</b> St Marks Rosary <b>2:00 (DR)</b> <b>Steve Jeffris</b> <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Jeopardy! <b>5:00 (T)</b> <b>Movie &amp; a Meal</b>	<b>19</b> <b>9:00 - 10:30 (HC)</b> BP Check <b>10:00 (FSR)</b> Exercise <b>10:30 (O)</b> <b>Dollar Tree</b> <b>10:30 (FSR)</b> RL Scrabble <b>1:00 (ML)</b> Live Action Bowling <b>2:00 (T)</b> Dr. Brent BBS <b>3:00 (FSR)</b> Bingo <b>3:00 (T)</b> TV Series <b>4:00 - 4:30 (FSR)</b> Wheel of Fortune <b>7:00 (T)</b> Movie w/ Popcorn	<b>20</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (T)</b> David Jeremiah <b>10:40 (BAL)</b> Balcony Fishing <b>1:00 - 1:30</b> MagMart <b>1:15 (BAL)</b> <b>Balcony Convsr.</b> <b>2:00 (BR)</b> <b>Chat w/ Jenny</b> <b>2:00 (DR)</b> Hymn Sing <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BP)</b> Thirsty Thurs. Trivia <b>7:00 (T)</b> Movie	<b>21</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (ML)</b> Giant Kerplunk <b>1:00 (O)</b> <b>Ritters</b> <b>2:00 (T)</b> Documentary <b>2:30 (BR)</b> <b>Smoothie Bar</b> <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BP)</b> <b>B.P. Happy Hour</b> <b>6:00 (DR)</b> <b>RL Banana Gram</b> <b>7:00 (T)</b> Movie w/ Popcorn	<b>22</b> <b>10:00 (FSR)</b> Saturday Stretches <b>10:30 (T)</b> Wii Bowling <b>1:30 (T)</b> TV Series <b>2:00 (2SW)</b> Euchre <b>2:00 (FSR)</b> Hand & Foot <b>2:00 (BAL)</b> <b>Vanilla Pudding So</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (T)</b> STA5G <b>7:00 (T)</b> Movie
<b>23</b> <b>9:30 (FSR)</b> Sunday Stretches <b>10:00 (T)</b> Communion <b>10:30 (BP)</b> <b>Gardening Group</b> <b>11:00 (T)</b> LHB Online Service <b>1:00 - 1:30</b> MagMart <b>1:30 (BP)</b> <b>Cornhole</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (BR)</b> Chain Reaction <b>7:00 (T)</b> Movie	<b>24</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (S)</b> Pretty Nails <b>1:00 (FSR)</b> Uno <b>2:00 (FSR)</b> <b>Black Jack</b> <b>2:00 (T)</b> Documentary <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Spelling Bee <b>7:00 (T)</b> Movie w/ Popcorn	<b>25</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (FSR)</b> Triominos <b>1:00 (ML)</b> Crafts <b>1:00 (T)</b> St Marks Rosary <b>2:00 (FSR)</b> <b>Resident Council</b> <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BR)</b> Jeopardy! <b>7:00 (T)</b> Movie	<b>26</b> <b>9:00 - 10:30 (HC)</b> BP Check <b>10:00 (FSR)</b> Exercise <b>10:30 (FSR)</b> RL Scrabble <b>10:30 (O)</b> <b>Walmart</b> <b>1:00 (ML)</b> Live Action Bowling <b>2:00 (T)</b> Dr. Brent BBS <b>2:00 (RK)</b> <b>News/Cal Folding</b> <b>3:00 (FSR)</b> Bingo <b>3:00 (T)</b> TV Series <b>4:00 - 4:30 (FSR)</b> Wheel of Fortune <b>7:00 (T)</b> Movie w/ Popcorn	<b>27</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (T)</b> Charles Stanley <b>10:40 (BAL)</b> Balcony Fishing <b>1:00 - 1:30</b> MagMart <b>1:15 (BAL)</b> <b>Balcony Convsr.</b> <b>2:00 (DR)</b> <b>Steve Elston</b> <b>3:00 (FSR)</b> Bingo <b>4:00 - 4:30 (BP)</b> Thirsty Thurs. Trivia <b>7:00 (T)</b> Movie	<b>28</b> <b>10:00 (FSR)</b> Exercise <b>10:45 (O)</b> <b>Lunch Bunch</b> <b>1:00 (FSR)</b> Kings in the Corner <b>2:00 (T)</b> Documentary <b>2:00 (FSR)</b> Giant Dominoes <b>3:00 (FSR)</b> Bingo <b>4:00 (BP)</b> Connect Four <b>6:00 (DR)</b> <b>RL Banana Gram</b> <b>7:00 (T)</b> Movie w/ Popcorn	<b>29</b> <b>10:00 (FSR)</b> Saturday Stretches <b>10:30 (HC)</b> <b>Hear Clear</b> <b>10:30 (T)</b> Wii Bowling <b>1:00 (FSR)</b> Phase 10 <b>1:30 (T)</b> TV Series <b>2:00 (2SW)</b> Euchre <b>2:00 (BAL)</b> <b>Sundeck Social</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (T)</b> STA5G <b>7:00 (T)</b> Movie
<b>30</b> <b>9:30 (FSR)</b> Sunday Stretches <b>10:00 (T)</b> Communion <b>10:30 (ML)</b> Walking Club <b>11:00 (T)</b> LHB Online Service <b>12:45 (T)</b> <b>Indy 500</b> <b>1:00 - 1:30</b> MagMart <b>1:30 (BP)</b> Snack & Chat <b>2:00 (FSR)</b> Uno <b>3:00 (FSR)</b> Bingo <b>4:00 (BR)</b> Chain Reaction <b>7:00 (T)</b> Movie	<b>31</b> <b>10:00 (FSR)</b> Exercise <b>10:30 (S)</b> Pretty Nails <b>11:30 - 1:30 (DR)</b> <b>Mem. Day Grillout</b> <b>1:00 (BP)</b> <b>Firecracker Popsicl</b> <b>1:30 (T)</b> Documentary <b>2:00 (ML)</b> <b>MDay Scavenger H</b> <b>3:00 (FSR)</b> Bingo <b>4:00 (BR)</b> Spelling Bee <b>7:00 (T)</b> Movie w/ Popcorn	<p><b>Mother's Day Riddle</b></p> <p>A mother gave birth to twin boys, but they were born in different years and on different days. And no, they are not part of 2 sets. How is this possible?</p>	<p><b>HAPPY BIRTHDAY!</b></p> <p>5/2 Jean A. 5/19 Virginia E. 5/27 Jimmie P.</p>	<p><b>ACTIVITY KEY</b></p> <p><b>S</b> 1st Floor Sunroom <b>LV2</b> 2nd Floor Living Room <b>2SW</b> 2nd Floor Sunroom West <b>50D</b> 50's Diner <b>BP</b> Back Patio <b>BAL</b> Balcony <b>BR</b> Bar <b>BIS</b> Bistro <b>BC</b> Business Center <b>DR</b> Dining Room <b>FSR</b> Four Seasons Room</p> <p><b>HC</b> Health Club <b>L</b> Library <b>LV1</b> Living Room First Floor <b>ML</b> Main Lobby <b>MW</b> Memory Way <b>O</b> Outing <b>PDR</b> Private Dining Room <b>RK</b> Resident Kitchen <b>SC</b> Spiritual Center <b>T</b> Theater</p>		

