



## May 2015 – Cottages & Apartments

| Sunday  | Monday   | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|---|--|---|--|---|---|--|
|   |  |   |  |   | <b>1</b><br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>10 am</b> New Pathways for Parkinson's (MR)<br><b>3 pm</b> Poetry, Tea & Thee (LR)<br><b>7 pm</b> Movie Night (MR)                    | <b>2</b><br><b>6:00 pm</b> Kentucky Derby Party, desert & Mint Juleps(MR)  |
| <b>3</b><br><b>1:30 pm</b> Nondenom. Service by Methodist Church (2T)<br><b>5 pm departure</b> Seasoned Citizens Prom (CHRHS)* **                     | <b>4</b><br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>3 pm</b> Activities Committee (MR)<br><b>3 pm</b> Book Club (L)  | <b>5</b><br><b>10 am</b> Camden Shopping**<br><b>10 am</b> Men's Group (GR)<br><b>1 pm</b> Wii Bowling (MR)<br><b>2 pm</b> Wii Golf (MR)  | <b>6</b><br><b>9:30 am</b> Rockland Shopping**<br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>10 am</b> Coffee Talk (MR)<br><b>5:30 pm departure</b> "Let's Understand Stroke" (Picker Ctr)***                                 | <b>7</b><br><b>1-3 pm</b> Individual Meetings with Conrad Edwards re. VA Benefits, <u>by appointment</u> (GR)*<br><b>1:30 pm</b> Knitting and Handcrafts (LR) | <b>8</b><br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>10 am</b> New Pathways for Parkinson's (MR)<br><b>1:00 pm</b> Masanobu Ikemiya – classical piano (MR)<br><b>7 pm</b> Movie Night (MR) | <b>9</b><br><b>4-5 pm</b> Birthday Social/ Mother's Day Celebration (M/LR) |
| <b>10 Mother's Day</b><br><b>11 am-1 pm</b> Mother's Day Brunch, <u>by reservation</u> (DR)*<br><b>1:30 pm</b> Nondenom. Service by Cong. Church (2T) | <b>11</b><br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>10:30 am-12:30 pm</b> Documentary/Discussion Group (MR)<br><b>6:30 pm departure</b> Spring Choral Concert (CHRHS)* ** | <b>12</b><br><b>10 am</b> Camden Shopping**<br><b>10 am</b> Men's Group (GR)<br><b>2-3 pm</b> Blood Pressure Clinic   | <b>13</b><br><b>9:30 am</b> Rockland Shopping**<br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>3 pm</b> Going Strong, "Foot Issues As We Age" (M/LR)*  | <b>14</b><br><b>1:30 pm</b> Knitting and Handcrafts (LR)  | <b>15</b><br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>10 am</b> New Pathways for Parkinson's (MR)<br><b>3 pm</b> Poetry, Tea & Thee (LR)<br><b>7 pm</b> Movie Night (MR)                   | <b>16</b>  |
| <b>17</b><br><b>1:30 pm</b> Nondenom. Service by Catholic Church (2T)   | <b>18</b><br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>1:30 pm</b> Paper Flowers Craft Workshop (CR)*  | <b>19</b><br><b>10 am</b> Camden Shopping**<br><b>10 am</b> Men's Group (GR)<br><b>10:30 am</b> Cancer Support (MR)<br><b>12:30 pm departure</b> Opera at Strand, <i>Cavalleria Rusticana</i> & <i>Pagliacci</i> *** *<br><b>12:30 pm</b> Lunch out-"Comida"<br><b>2-3 pm</b> Blood Pressure Clinic | <b>20</b><br><b>9:30 am</b> Rockland Shopping**<br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>10:30 am</b> Adventures in Living Well, "Untouchable Love" (M/LR)*<br><b>1 pm</b> Wii Bowling (MR)<br><b>2 pm</b> Wii Golf (MR) | <b>21</b><br><b>1:30 pm</b> Knitting and Handcrafts (LR)  | <b>22</b><br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>10 am</b> New Pathways for Parkinson's (MR)<br><b>7 pm</b> Movie Night (MR)  | <b>23</b>  |
| <b>24</b><br><b>1:30 pm</b> Nondenom. Service by Episcopal Church (2T)  | <b>25 Memorial Day</b><br><b>2 pm</b> Memorial Day Observance (Anderson Inn Flagpole)"OffBeats"  | <b>26</b><br><b>10 am</b> Camden Shopping**<br><b>10 am</b> Men's Group (GR)<br><b>2-3 pm</b> Blood Pressure Clinic   | <b>27</b><br><b>9:30 am</b> Rockland Shopping**<br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>1 pm</b> Wii Bowling (MR)<br><b>2 pm</b> Wii Golf (MR)  | <b>28</b><br><b>1:30 pm</b> Knitting and Handcrafts (LR)  | <b>29</b><br><b>9:30-10:15 am</b> Fitness Class (FR)<br><b>10 am</b> New Pathways for Parkinson's (MR)<br><b>7 pm</b> Movie Night (MR)  | <b>30</b><br><b>4-5 pm</b> Wine & Cheese Social (M/LR)                     |
| <b>31</b><br><b>1:30 pm</b> Nondenom. Service by Coastal Christian (2T)   |  |   |  |   |   |  |