

MAY 2023 HIGHLIGHTS

Monday, May 1st 2:00 National Geographic – Lost World of the Maya TD 7:00 John Adams “Reunion” TD Tuesday, May 2nd 10:00 Dining Meeting TC Wednesday, May 3rd 10:00 & 1:00 Artisan Class TG “Resin & Flower Jewelry” Sign Up Req'd 10:00 Resident Board Meeting CH 6:30 Out to the Movies “Somewhere in Queens” at the Oaks Sign Up Req'd Thursday, May 4th 6:15 Melbourne Community Orchestra FREE Concert Sign Up Req'd Friday, May 5th 10:30 Visit with the Golden's TG 1:00 Aerial America “North Carolina” TC 2:30 Nooks Cook “Cloud Bread” TN 7:00 Big Buck\$ Bingo TG 8:00 Movie Ch 1-1 “Big ” PG 1988 1h 44m Saturday, May 6th 1:00 Movie & Popcorn “7 Women & a Murder” 1h 23m TD Sunday, May 7th 11:00 & 7:00 Movie CH 1-1 “Twins 1h 47m 4:00 to 6:00 Family BBQ In The Garden Invite your Families! Live Music, BBQ Dinner, Swimming & an Obstacle Course Assisted living Sandwiches will be delivered Independent residents will eat at the BBQ Monday, May 8th 2:00 Run for the Roses – History of the Kentucky Derby TD 7:00 John Adams “Unite or Die” TD Tuesday, May 9th Wisdom Warrior Field Day 9:30 Warm up with Up The Creek The Garden 10:00 Wisdom Warrior Race Wednesday, May 10th 8:30 PAFB ONLY 10:00 & 1:00 Artisan Class “3D Painting” Part 1 TG 4:00 Happy Hour TC 6:00 The Zeta’s will be here to Visit & drop off Mother’s Day Cards LB Thursday, May 11th 10:30 Out to TooJays Deli & Andrews for Shopping Sign Up Req'd 2:00 Music History “Neil Diamond” TG Friday, May 12th 1:00 Aerial America “New York” *TD 3:00 Tea Party TC Sign Up Req'd By May 8th 7:00 The Pocketbook Scavenger Hunt Game TC 8:00 Movie Ch 1-1 “The Gift” 2000 Mystery 1h 51m Saturday, May 13th 1:00 Movie & Popcorn TD “A Perfect Pairing” 1h 41m TD Sunday, May 14th Happy Mothers Day 8:30 Out to Church 11:00 & 7:00 Movie Ch 1-1 “Mother’s Day” PG-13 1h 58m	Monday, May 15th 11:00 Welcoming Committee Meeting (Members Only) TG 2:00 Florence Nightingale –The Lady with the Lamp TD 7:00 John Adams “Unnecessary War” TD Wednesday, May 17th 10:00 & 1:00 Artisan Class “3D painting” Part 2 TG 4:00 Beach Happy Hour with New entertainer Jim on Piano TC 7:00 Fountains Book Club New Members Welcome TD Thursday, May 18th 3:00 Residents Association Meeting All encouraged to attend TC 5:00 “Sandy’s Table” BST By invitation See Wellness to add your name to the list Friday, May 19th 1:00 Aerial America “Louisiana ” TC 7:00 Yahtzee Dice Game TG 8:00 Movie CH 1-1 “Selma” PG-13 2014 Drama 2h 8m Saturday, May 20th Armed Forces Day 1:00 Movie & Popcorn “The Trial of the Chicago 7 ” TD 4:00 Havurah All Welcome TD Sunday, May 21st 10:00 Space Coast Church Service All Welcome! TG 11:00 & 7:00 Movie Ch 1-1 “Mr. Deeds” 2002 PG-13 1h 36m Monday, May 22nd 10:00 Decorate & Label Your Walkers TG 2:00 Chesty Puller -The Marine’s Marine TD 4:30 Out to Dinner Culture Cuisine “Taste of India” Sign Up 7:00 John Adams “Peacefield” TD Wednesday, May 24th 8:30 PAFB ONLY 10:00 & 1:00 Artisan Class “Glass Painting” TG Sign up Req'd 4:00 Happy Hour TC 6:15 Municipal Band FREE Concert Sign Up Req'd Friday, May 26th 11:00 Garden Club Meeting - Garden 1:00 Aerial America “New Mexico ” TC 4:30 Meet the Rabbi & 5:00 Service with Rabbi Craig TD 7:00 Table Trivia TC 8:00 Movie CH 1-1 “Swing Vote” 2008 PG-13 1h 59m Saturday, May 27th 3:00 May Birthday Party with Ash TC All Welcome! Sunday, May 28th 11:00 Movie Ch 1-1 “Hacksaw Ridge” 2016 R 2h 11m Monday, May 29th Memorial Day Offices Closed No Transportation Tuesday, May 30th 9:00 Out to Albin Polasek Museum, Sculpture Gardens & Italian Lunch Sign Up Req'd by the 26th Wednesday, May 31st National Senior Health & Fitness Day 9:00am to 11:30am Health & Shopping Vendors Guest Speakers & Door Prizes 1:30 Guest Speaker Jim from Miss Mangos Herb Appeal TG 3:00 Seated Yoga with Guest instructor Sarah FS 4:00 Let’s Get Physical Happy Hour with Up The Creek TC 7:00 New 2023 Movie & Popcorn “80 for Brady” TD
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Meet The Board
May 2023

Hello Everyone!
At the Residents Association Meeting on April 20th, Officers were elected for the coming year. We will do our best to keep you informed of happenings here at The Fountains. If you have any questions, you may contact any of the Officers or Board Members and we will do our best to help you. The officers and Chairpersons for the 2023-2024 year are:

- President, Pat Boulay
- Vice President, Christy Jones
- Secretary, Charlotte O’Brien
- Treasurer, Helen Faulkner
- Dining Services, Charlotte O’Brien
- Library, Mary Cristadoro
- Welcome Committee, Christy Jones
- Employee Gift Fund, Ann Unrein
- Wellness, Helen Faulkner
- Nook, Carl Vine



Our monthly meetings are held the third Thursday of each month (except for December) at 3pm in the Commons and we hope to see you there.
Pat Boulay, President

Mr. Mack skydives on his 100th birthday

Fred Mack, a former pilot, competitive skier, and the oldest active Jaguar driver in the world, first tried skydiving on his 95th birthday. He promised friends that he would come back for a second jump if he made it to 100-years-old. “I was putting it off for five years, but I lived anyway,” Mr. Mack said.

He performed the jump from a 15-passenger turbine plane. Mr. Mack is no stranger to heights. He Flew planes in the 1930s and later working as an engineer designing P-40 fighter planes during World War Two. Spectators and friends watched as Mr. Mack took the plunge and made a flawless landing on the grass below soon after. “I’m still alive,” he said afterwards.





Shopping & Lunch in Vero Beach Anthony's Ladies Apparel & TooJay's Deli



Thursday, May 11th

Leave Time: 10:30 am

Travel Time to Vero Beach: 1 hour

Arrive at Anthony's around 11:30am Shop for an hour or so

Lunch at TooJays around 1:00 pm

Arrive Back at the Fountains around 4:00pm

Shop Anthony's Ladies Apparel for the newest trends in women's apparel and stylish Florida fashions from all your favorites!

TooJay's Deli. Bakery & Restaurant "Known as the best Jewish Deli in town with a world-class bakery" Some of their fan-favorites include the hot Pastrami sandwich, classic hot Corned Beef Reuben, Brisket, Tuna, Chicken and Egg Salad.

The Artisan Class

Wednesday's at 10:00am & 1:00 pm

In The Gathering Sign Up Req'd

May 3rd

"Flower Resin Jewelry"



**May 10th Part 1
& 17th Part 2**

**"3D Painting
on Glass"**



May 24th

"Glass Painting"



Tuesday, May 9th

New Date, Same Race!

**9:30 Warm up with Up The Creek
Race Starts at 10:00 am**

CULTURE CUISINE OUT TO EAT GROUP

Taste of India Melbourne

Experience our wide variety of Northern and Southern Indian cuisine, delivered to you in a formal dining setting.

Monday, May 22 4:30pm

FOODS AROUND THE WORLD

Every month we will travel to another countries cuisine.



Day Trip to Winter Park

Albin Polasek Museum & Sculpture Gardens

Tuesday, May 30th Sign up by May 26th

Leave Time: 9:00am Travel time: 1 1/2 Hours

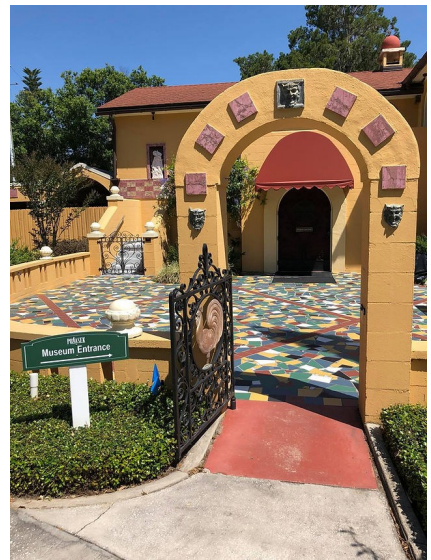
Lunch: Park Avenue Pizza 1:00 pm

Cost: Seniors \$10 plus money for lunch

Arrival back to the Fountains: around 3:30pm

The Albin Polasek Museum & Sculpture Gardens a Register of Historic Place in Winter Park is 3 acres overlooking Lake Osceola.

The Albin Polasek Museum & Sculpture Garden is dedicated to preserving the works of Czech sculptor Albin Polasek, celebrating representational art and exhibiting regional and international artists.



RESIDENT & ASSOCIATE BACKYARD BBQ

SUNDAY, MAY 7TH

4:00pm to 6:00pm

BRING YOUR FAMILY!

SWIMMING

LIVE MUSIC WITH TOTAL RECALL

BBQ DINNER

60 FT OBSTACLE COURSE



Tea Party

Invite your daughters & grand daughters for a delightful afternoon with music by Barbara on the piano & Sweet Treats

**Friday, May, 12th
3:00 pm TC**

Sign Up by May 8th



The Fountains Calendar of Events

May 2023

"The Art of Living Well"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Bring Canned Good Items to the Lobby and put them in the box by the morning of Saturday, May 13th to Stamp Out Hunger! 	9:00 Active <i>Balance</i> Class FS 1 10:00 Knitting Club CT 10:00 Moderate <i>Balance</i> Class FS 10:00 Man Chat TD 11:00 Sit and Fit <i>Balance</i> FS 1:00 Cornhole TC 1:30 Tai Chi & Meditation FS 1:30 Out to Publix 2:00 National Geographic – Lost World of the Maya TD 🗣️ 3:00 Bible Fellowship TG 3:00 Quarter Bingo TC 6:30 Hand and Foot Game TG 7:00 Virtual Bowling TC 7:00 John Adams “Reunion” TD 🗣️	8:15 Walk meet in the Lobby 2 9:00 Active Fitness FS 9:00 Library & Post Office 10:00 Dining Meeting TC 10:00 Moderate Fitness FS 10:30 Water Aerobics 11:00 Sit and Fit FS 11:45 Basic Bridge Lessons TD 12:00 Friendly Bridge Pre Sign Up Req'd TD 1:00 Virtual Bowling TC 1:00 to 2:30 Open Fitness FS 1:30 Out to Wal-Mart 1:30 American Mahjong CT 2:30 Texas Hold'em TG 3:00 Blackjack TG 3:00 Divine Mercy Chaplet CH 7:00 Virtual Bowling TC	9:00 Active Fitness FS 3 9:00 to 1:00 Blood Pressures with One Senior Place WC 10:00 & 1:00 Artisan Class TG “Resin & Flower Jewelry” Sign Up Req'd 10:00 Resident Board Meeting CH 10:00 Moderate Fitness FS 11:00 Sit and Fit FS 11:00 Bingo TC 1:00 The Age of Benjamin Franklin TD 🗣️ 1:30 Wal-Mart Marketplace 4:00 Happy Hour TC 6:30 Out to the Movies “Somewhere in Queens” at the Oaks Sign Up Req'd 7:00 Virtual Bowling TC	8:15 Walk Meet in the Lobby 4 9:00 Active <i>Stretch</i> Class FS 10:00 Moderate <i>Stretch</i> Class FS 10:30 Train Dominoes TG 10:30 Water Aerobics 11:00 Sit and Fit <i>Stretch</i> Class FS 12:00 Friendly Bridge Pre Sign Up Req'd TD 1:00 Virtual Bowling TC 1:00 Melbourne Mall 1:30 Walgreens and CVS 1:30 Asian Mahjong CT 6:15 Melbourne Community Orchestra FREE Concert Sign Up Req'd 7:00 Virtual Bowling TC	9:00 Active Fitness FS 5 10:00 Moderate Fitness FS 10:30 Visit with the Golden's TG  11:00 Sit and Fit FS 1:00 Pinochle CT 1:00 Aerial America “North Carolina” TC 🗣️ 1:30 Out to Publix 2:30 Nooks Cook “Cloud Bread” TN 2:30 Texas Hold'em TG 3:00 Blackjack TG No Bingo TC 4:00 National Day of Prayer Service CH 6:30 The Chosen “Season 1” TD 7:00 Big Buck\$ Bingo TG 8:00 Movie Ch 1-1 “Big” PG 1988 1h 44m	9:00 Watercolor Class TG 6 10:00 Saturday Shuttle Service Sign up Req'd 10:30 Water Aerobics 12:30 Bridge TG 1:00 Movie & Popcorn “7 Women & a Murder” 🗣️ 2021 Crime 1h 23m TD 2:30 Texas Hold'em TG 
8:30 Out to Church 7 11:00 Movie CH 1-1 “Twins” 1988 PG 1h 47m 11:30 Catholic Service CH 2:00 Rummikub CT 2:30 Church Service CH NO Virtual Bowling TC 4:00 to 6:00 Family BBQ In The Garden Families invited Live Music, swimming and an Obstacle Course Assisted living Sandwiches will be delivered Independent residents will eat at the BBQ NO Ice Cream Social BT 5:30 Rosary Prayer Service CH 7:00 Movie Encore CH 1-1 “Twins” 1988 PG 1h 47m	9:00 Active <i>Balance</i> Class FS 8 10:00 Knitting Club CT 10:00 Moderate <i>Balance</i> Class FS 10:00 Man Chat TD 11:00 Sit and Fit <i>Balance</i> FS 1:30 Out to Publix 1:00 Cornhole TC 1:30 Tai Chi & Meditation FS 2:00 Run for the Roses – History of the Kentucky Derby TD 🗣️ 3:00 Bingo TC 3:00 Bible Fellowship TG 6:00 Game Time TG 6:30 Hand and Foot Game TG 7:00 John Adams “Unite or Die” TD 🗣️ 7:00 Virtual Bowling TC	Wisdom Warrior Field Day 9 NO Fitness Classes today 9:00 Library & Post Office 9:30 Warm up with Up The Creek The Garden 10:00 Wisdom Warrior Race 10:00 Round Table Menu Chat TC 11:45 Basic Bridge Lessons TD 12:00 Friendly Bridge Pre Sign Up Req'd TD 1:00 Virtual Bowling TC 1:30 Out to Wal-Mart 1:30 American Mahjong CT 2:30 Texas Hold'em TG 3:00 Blackjack TG 3:00 Divine Mercy Chaplet CH 7:00 Virtual Bowling TC	8:30 PAFB ONLY 10 9:00 Active Fitness FS 9:00 to 1:00 Blood Pressures with One Senior Place WC 10:00 Moderate Fitness FS 10:00 & 1:00 Artisan Class “3D Painting” Part 1 TG Sign Up Req'd 11:00 Sit and Fit FS 11:00 Quarter Bingo TC 1:00 The Age of Benjamin Franklin TD 1:30 Wal-Mart Marketplace 🗣️ 4:00 Happy Hour TC 6:00 The Zeta’s will be here to Visit & drop off Mother’s Day Cards LB 7:00 Virtual Bowling TC	8:15 Walk Lobby 11 9:00 Active <i>Stretch</i> Class FS 10:00 Moderate <i>Stretch</i> Class FS 10:30 Out to TooJays Deli & Andrews for Shopping Sign Up Req'd 10:30 Train Dominoes TG 10:30 Water Aerobics 11:00 Sit and Fit <i>Stretch</i> Class FS 12:00 Friendly Bridge Pre Sign Up Req'd TD 1:00 Virtual Bowling TC 1:00 Target & Kohls 1:30 Walgreens and CVS 1:30 Asian Mahjong CT 2:00 Music History “Neil Diamond” TG 7:00 Virtual Bowling TC	9:00 Active Fitness FS 12 10:00 Moderate Fitness FS 11:00 Sit and Fit FS 1:00 Pinochle CT 1:00 Aerial America “New York” *TD 🗣️ 1:30 Out to Publix 2:30 Texas Hold'em TG 3:00 Blackjack TG 3:00 Tea Party TC Sign Up Req'd By May 8th No Quarter Bingo TC 6:30 The Chosen “Season 1” TD 7:00 The Pocketbook Scavenger Hunt Game TC ➡️ 8:00 Movie Ch 1-1 “The Gift” R 2000 Mystery 1h 51m 	9:30 Watercolor Class TG 13 10:00 Saturday Shuttle Service Sign up Req'd 10:30 Water Aerobics 12:30 Bridge TG 1:00 Movie & Popcorn TD “A Perfect Pairing” 🗣️ 2022 1h 41m TD 2:30 Texas Hold'em TG May 12th at 7:00 pm Join Victoria for a fun interactive game! Bring your purse, walker or bag, filled with everything but the kitchen sink. The 1st to locate an object gets the point. 
Happy Mothers Day 14 8:30 Out to Church 11:00 Movie Ch 1-1 “Mother’s Day” PG-13 11:30 Catholic Service CH 2:00 Rummikub CT 2:30 Non-Denominational Church Service CH Mother’s Day Buffet 11:00 to 2:00 4:00 Virtual Bowling TC 4:30 Ice Cream Social BT 5:30 Rosary Prayer Service CH 7:00 Movie CH 1-1 “Mother’s Day” 2016 PG-13 1h 58m 	9:00 Active <i>Balance</i> Class FS 15 10:00 Knitting Club CT 10:00 Moderate <i>Balance</i> Class FS 10:00 Man Chat TD 11:00 Sit and Fit <i>Balance</i> FS 11:00 Welcoming Committee Meeting (Members Only) TG 1:30 Out to Publix 1:00 Cornhole TC No Tai Chi & Meditation FS 2:00 Florence Nightingale – The Lady with the Lamp TD 🗣️ 3:00 Bingo TC 3:00 Bible Fellowship TG 6:30 Hand and Foot Game TG 7:00 John Adams “Unnecessary War” TD 🗣️ 7:00 Virtual Bowling TC	8:15 Walk Meet in the Lobby 16 9:00 Active Fitness FS 9:00 Library & Post Office 10:00 Round Table Menu Chat TC 10:00 Moderate Fitness FS 10:30 Water Aerobics 11:00 Sit and Fit FS 11:45 Basic Bridge Lessons TD 12:00 Friendly Bridge Pre Sign Up Req'd TD 1:00 to 2:30 Open Fitness with Wellness FS 1:00 Virtual Bowling TC 1:30 Out to Wal-Mart 1:30 American Mahjong CT 2:30 Texas Hold'em TG 3:00 Blackjack TG 3:00 Divine Mercy Chaplet CH 7:00 Virtual Bowling TC	9:00 Active Fitness FS 17 9:00 to 1:00 Blood Pressures with One Senior Place WC 10:00 Moderate Fitness FS 10:00 & 1:00 Artisan Class “3D painting” Part 2” TG 11:00 Sit and Fit FS 11:00 Quarter Bingo TC 1:00 The Age of Benjamin Franklin TD 🗣️ 1:30 Wal-Mart Marketplace 4:00 Beach Happy Hour with New entertainer Jim on Piano TC Dress in Beach attire  7:00 Virtual Bowling TC 7:00 Fountains Book Club New Members Welcome TD	8:15 Walk Meet in the Lobby 18 9:00 Active <i>Stretch</i> Class FS 10:00 Moderate <i>Stretch</i> Class FS 10:30 Train Dominoes TG 10:30 Water Aerobics 11:00 Sit and Fit <i>Stretch</i> Class FS 12:00 Friendly Bridge Pre Sign Up Req'd TD 1:00 Virtual Bowling TC 1:00 Bealls Outlet 1:30 Walgreens and CVS 1:30 Asian Mahjong CT 3:00 Residents Association Meeting All encouraged to attend TC 5:00 “Sandy’s Table” BST By invitation See Wellness to add your name to the list 7:00 Virtual Bowling TC	9:00 Active Fitness FS 19 10:00 Moderate Fitness FS 11:00 Sit and Fit FS 1:00 Pinochle CT 1:00 Aerial America “Louisiana ” TC 🗣️ 1:30 Out to Publix 2:30 Texas Hold'em TG 3:00 Blackjack TG 3:00 Quarter Bingo TC 6:30 The Chosen “Season 1” TD 7:00 Yahtzee Dice Game TG 8:00 Movie CH 1-1 “Selma” PG-13 2014 Drama 2h 8m	Armed Forces Day 20 9:30 Watercolor Class TG 10:00 Saturday Shuttle Service Sign Up Req'd 10:30 Water Aerobics 12:30 Bridge TG 1:00 Movie & Popcorn “The Trial of the Chicago 7 ” R 2020 🗣️ Drama 2h 9m TD 2:30 Texas Hold'em TG 4:00 Havurah All Welcome TD 

The Fountains Calendar of Events

MAY 2023

“The Art of Living Well”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Out to Church 21 10:00 Space Coast Church Service All Welcome! TG 11:00 Movie Ch 1-1 “Mr. Deeds” 2002 PG-13 1h 36m 11:30 Catholic Service CH 2:00 Rummikub CT 2:00 Quarter Bingo TC 2:30 Non-Denominational Church Service CH 3:30 Bridge TG 4:00 Virtual Bowling TC NO Ice Cream Social BT Our Associate have an Offsite Summer Party 5:30 Rosary Prayer Service CH 7:00 Movie Encore Ch 1-1 “Mr. Deeds” 2002 PG-13 1h 36m	9:00 Active Balance 22 Class FS 10:00 Knitting Club CT 10:00 Moderate Balance Class FS 10:00 Decorate & Label Your Walkers TG 10:00 Man Chat TD 11:00 Sit and Fit Balance FS 1:30 Out to Publix 1:00 Cornhole TC No Tai Chi & Meditation FS 2:00 Chesty Puller -The Marine’s Marine TD 3:00 Quarter Bingo TC 3:00 Bible Fellowship TG 4:30 Out to Dinner Culture Cuisine “Taste of India” Sign Up Req'd 6:30 Hand and Foot Game TG 7:00 John Adams “Peacefield” TD 7:00 Virtual Bowling TC	8:15 Walk Meet 23 in the Lobby 9:00 Active Fitness FS 9:00 Library & Post Office 10:00 Moderate Fitness FS 10:30 Water Aerobics 11:00 Sit and Fit FS 11:45 Basic Bridge Lessons TD 12:00 Friendly Bridge Pre Sign Up Req'd TD 1:00 to 2:30 Open Fitness FS 1:00 Virtual Bowling TC 1:30 Out to Wal-Mart 1:30 American Mahjong CT 2:30 Texas Hold'em TG 3:00 Blackjack TG 3:00 Divine Mercy Chaplet CH 7:00 Virtual Bowling TC	8:30 PAFB ONLY 24 9:00 Active Fitness FS 9:00 to 1:00 Blood Pressures with One Senior Place WC 10:00 Moderate Fitness FS 10:00 & 1:00 Artisan Class “Glass Painting” TG Sign up Req’d 11:00 Sit and Fit FS 11:00 Quarter Bingo TC 1:00 The Age of Benjamin Franklin TD 1:30 Wal-Mart Marketplace 4:00 Happy Hour TC 6:00 Game Time TG 6:15 Municipal Band FREE Swingtime Concert Sign Up Req’d NO Virtual Bowling TC	8:15 Walk 25 Meet in the Lobby 9:00 Active Stretch Class FS 10:00 Moderate Stretch Class FS 10:30 Train Dominoes TG 10:30 Water Aerobics 11:00 Sit and Fit Stretch Class FS 12:00 Friendly Bridge Pre Sign Up Req'd TD 1:00 Virtual Bowling TC 1:00 Burlington, Ross, & Best Buy 1:30 Walgreens and CVS 1:30 Asian Mahjong CT 7:00 Virtual Bowling TC	9:00 Active Fitness FS 26 10:00 Moderate Fitness FS 11:00 Garden Club Meeting Garden 11:00 Sit and Fit FS 1:00 Pinochle CT 1:00 Aerial America “New Mexico ” TC 1:30 Out to Publix 2:30 Texas Hold'em TG 3:00 Blackjack TG 3:00 Quarter Bingo TC 4:30 Meet the Rabbi TD 5:00 Service with Rabbi Craig TD 6:30 The Chosen “Season 1” TD 7:00 Table Trivia TC 8:00 Movie CH 1-1 “Swing Vote” 2008 PG-13 1h 59m	9:30 Watercolor Class TG 27 10:00 Saturday Shuttle Service Sign Up Req’d 10:30 Water Aerobics 12:30 Bridge TG 2:30 Texas Hold'em TG 3:00 May Birthday Party with Ash TC All Welcome! 
8:30 Out to Church 28 11:00 Movie Ch 1-1 “Hacksaw Ridge” 2016 R 2h 11m 11:30 Catholic Service CH 2:00 Rummikub CT 2:00 Quarter Bingo TC 2:30 Non-Denominational Service CH 3:30 Bridge TG 4:00 Virtual Bowling TC 4:30 Ice Cream Social BT 5:30 Rosary Prayer Service CH 7:00 Movie Encore Ch 1-1 “Hacksaw Ridge” 2016 R 2h 11m	Memorial Day 29 Offices Closed No Transportation 	8:15 Walk Meet in the Lobby 30 9:00 Out to Albin Polasek Museum, Sculpture Gardens & Italian Lunch Sign Up Req'd by the 26th must have 10 residents 9:00 Active Fitness FS 9:00 Library & Post Office 10:00 Moderate Fitness FS 10:30 Water Aerobics 11:00 Sit Down with Sandy TC 11:00 Sit and Fit FS 11:45 Basic Bridge Lessons TD 12:00 Friendly Bridge Pre Sign Up Req'd TD 1:00 Virtual Bowling TC 1:30 Out to Wal-Mart 1:30 American Mahjong CT 2:00 **Blackjack TG Dining Closed from 2:00 to 4:30 2:30 Texas Hold'em TG 3:00 Divine Mercy Chaplet CH 7:00Virtual Bowling TC	National Senior Health and Fitness Day 31 9:00 Active Fitness FS 9:00 to 1:00 Blood Pressures with One Senior Place WC 9:00am to 11:30am Health & Shopping Vendors Guest Speakers & Door Prizes 10:00 Moderate Fitness FS 11:00 Sit and Fit FS 11:00 Quarter Bingo TC 1:00 The Age of Benjamin Franklin TD 1:30 Guest Speaker Jim from Miss Mangos Herb Appeal TG 1:30 Wal-Mart Marketplace 3:00 Seated Yoga with Guest instructor Sarah FS 4:00 Let’s Get Physical Happy Hour with Up The Creek TC 7:00 Virtual Bowling TC 7:00 New 2023 Movie & Popcorn “80 for Brady” TD PG-13 Comedy1h 38m	NATIONAL SENIOR HEALTH & FITNESS DAY Move More Do More Approximately 100,000 seniors will participate in this day across the United States Seniors benefit in numerous ways from physical activity. Exercises can be done at home, a community pool or a local center. There are many to choose from. Tai Chi, walking and swimming are all low impact routines that offer a range of benefits late in life and for all abilities. Some of the benefits include: - Reduces the risk of falls and increases the ability to live independently - Maintains strength for healthy joints and reduces pain & swelling and pain - Helps reduce or control blood pressure & anxiety - Reduce the risk of colon cancer and diabetes - Offer community and companionship when done in groups 		
WHERE IS IT? First Floor The Commons/Community Room) TC The Deck (Card Room) TD Library Lobby LB Veranda Dining Room Oasis Dining Room Second Floor Bistro Dining Room BT Brain Gym (Computers) & Reference Library BG Craft Room CT Fitness Spot FS The Gathering TG The Nook (Coffee) TN Wellness Consultation WC Third Floor Chapel CH (South Side) Fountains Inhouse Channel (On your personal TV) CH 1-1 EverSound hearing headphones available  Please sign up in the transportation book for ALL events, & outings that are in Green or that say sign up required. If you cancel please cross off your name Thank You 						