





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
<p>In The Know...</p> <p>Calendar Highlights - May 1</p> <p>Calendar Review - May 2</p> <p>Library Volunteers Meeting - May 17</p> <p>Mary's Chats - May 20</p>		<p>1 May Day</p> <p>9:15-Aquatone (P)</p> <p>10-12-Fitness Center Drop In (FC)</p> <p>10:30-Choral Group (M/WC)</p> <p>10:30-The Wednesday Project (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>11-Hand Exercise (IL/CR)</p> <p>12-Bible Study (IL/CR)</p> <p>1:30-Fitter Sitters (IL/CR)</p> <p>2-Murdle Mystery (Lib)</p> <p>2-May Day Door Décor Craft (AL2)</p> <p>2-Wii Bowling (FC)</p> <p>2:30-Men of the Glen: <i>Triangle Conservancy</i> (M/WC)</p> <p>3-Calendar Highlights (AL1)</p> <p>3-French Club (IL/CA)</p> <p>4-Music with Meredith & Amanda (AL1)</p> <p>6-10-Game Night (IL/CA)</p>	<p>2</p> <p>*9:30-Harris Teeter Shuttle (B)</p> <p>10:30-Tai Chi (IL/CR)</p> <p>11-Hand Exercise (AL2)</p> <p>11-Balance Worx (IL/CR)</p> <p>12-Wilmington Daycation Meeting (M/WC)</p> <p>1-BINGO (IL/CR)</p> <p>1:30-Book Club (Lib)</p> <p>2-Yoga for Better Balance (AL2)</p> <p>2-Wii Bowling (FC)</p> <p>3-Calendar Review (IL/CR)</p> <p>6-10-Game Night (IL/CA)</p>	<p>3</p> <p>*8:30-Banks (Car)</p> <p>9:15-Aquatone (P)</p> <p>10-Garden Club (IL/Patio)</p> <p>10:30-Art with Mary Lou (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>11-Health Chat: <i>Strokes</i> (M/WC)</p> <p>12-Flower Pick-up (M/WC)</p> <p>12:30-MG Travelers Meeting (M/WC)</p> <p>1-2-Blood Pressure Check (IL/CA)</p> <p>1-Artworks: <i>Printmaking</i> (AL2)</p> <p>2-Chinese Almond Cookies (AL2)</p> <p>2-Wii Bowling (FC)</p> <p>3:30-Shabbat (M/WC)</p> <p>4-Game of the Week: <i>Yahtzee</i> (AL2)</p> <p>6-10-Game Night (IL/CA)</p> <p>*6:45-NC Master Chorale Concert: <i>"Sunrise Mass"</i> Holy Name of Jesus Cathedral (B)</p>	<p>4 Derby Day</p> <p>10:30-Cardmaking (AL2)</p> <p>1-BINGO (IL/CR)</p> <p>2-Standing Tai Chi (MGTV)</p> <p>3-Derby Watch (Pub)</p> <p>3:30-Rosary Prayer (M/WC)</p> <p>4-Eucharistic Service (M/WC)</p> <p>7-Saturday Night Movie: <i>Argo</i> (MGTV & Pub)</p>
<p>Out & About</p> <p>NC Master Chorale Concert May 3</p> <p>Baseball Games May 7 & May 23</p> <p>Overnight Get Away Trip Mt. Airy/Winston-Salem May 20-21</p> <p>Garden Stroll J.C. Raulston Arboretum May 24</p> <p>Wilmington Daycation Trip May 31</p>			<p>I ♥ Book Club</p>		<p>5</p> <p>10-Morning Stretch (MGTV)</p> <p>11-Worship at Duke Chapel (MGTV)</p> <p>2-Wii Bowling (FC)</p> <p>3-Meditative Moments (MGTV)</p> <p>4-Pop Music Video: <i>Carpenters In Concert</i> (MGTV & Pub)</p> <p>6-Wii Bowling (FC)</p> <p>7-Sunday Night Movie: <i>Mommy Dearest</i> (MGTV & Pub)</p>
<p>6</p> <p>9:15-Aquatone (P)</p> <p>10-Garden Club (AL/Patio)</p> <p>*10-Wegmans (B)</p> <p>10:30-Wordle (AL2)</p> <p>11-Hand Exercise (IL/CR)</p> <p>*12:30-2:30-Ride for \$5 (Car)</p> <p>1:30-Fitter Sitters (IL/CR)</p> <p>2-Hydrangea Bubble Art (AL2)</p> <p>2-Yoga For Better Balance (IL/CR)</p> <p>2-Wii Bowling (FC)</p> <p>4-Live! In the Living Room: <i>The High Flutin' Lady</i> (AL1)</p> <p>6-10-Game Night (IL/CA)</p>	<p>7</p> <p>*9:30-Food Lion (Car)</p> <p>10-Eucharistic Service (M/WC)</p> <p>*10-Baseball Game: Durham Bulls (B)</p> <p>10:30-NC Antiquities (AL2)</p> <p>11-Balance Worx (IL/CR)</p> <p>12:30-Movercise (IL/CR)</p> <p>*12:30-2:30-Ride for \$5 (Car)</p> <p>2-Wii Bowling (FC)</p> <p>2-Jeopardy (IL/CA)</p> <p>2-Txt Twist (AL2)</p> <p>6-10-Game Night (IL/CA)</p> <p>7-Live! On the Patio with The Casablanca Orchestra (IL/Patio)</p>	<p>8</p> <p>9:15-Aquatone (P)</p> <p>10-12-Fitness Center Drop In (FC)</p> <p>10:30-Choral Group (M/WC)</p> <p>10:30-The Wednesday Project (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>11-Hand Exercise (IL/CR)</p> <p>12-Community Communion (M/WC)</p> <p>1:30-Fitter Sitters (IL/CR)</p> <p>2-Nintendo Switch: <i>Sports</i> (AL2)</p> <p>2-Wii Bowling (FC)</p> <p>2-Murdle Mystery (Lib)</p> <p>3-Magnolia Gems: Guest Speaker, Bob Scully <i>My Collection of African Stories</i> (IL/CR)</p> <p>4-Family Feud (AL2)</p> <p>6-10-Game Night (IL/CA)</p>	<p>9</p> <p>*9:30-Harris Teeter Shuttle (B)</p> <p>10:30-Tai Chi (IL/CR)</p> <p>11-Hand Exercise (AL2)</p> <p>11-Balance Worx (IL/CR)</p> <p>1-BINGO (IL/CR)</p> <p>2-"Band" Camp (AL2)</p> <p>2-Wii Bowling (FC)</p> <p>3-Birthday & Anniversary Party with Zeke on Keyboard (IL/CR)</p> <p>6-10-Game Night (IL/CA)</p>	<p>10 Military Spouses Appreciation Day</p> <p>*8:30-Banks (Car)</p> <p>9:15-Aquatone (P)</p> <p>10-Morning Meditation (M/WC)</p> <p>10:30-Art with Mary Lou (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>11-3-Paparazzi Jewelry Sale (IL/LR)</p> <p>11-Military Spouses Appreciation Day Program (IL/CR)</p> <p>12-Flower Pick-up (M/WC)</p> <p>1-2-Blood Pressure Check (IL/CA)</p> <p>1-Bubbles & Brownies: A Mother's Day Treat (IL/LR)</p> <p>2-Wii Bowling (FC)</p> <p>4-Game of the Week: <i>Relative Insanity</i> (AL2)</p> <p>6-10-Game Night (IL/CA)</p>	<p>11</p> <p>10:30-Famous Mothers Trivia (AL2)</p> <p>1-BINGO (IL/CR)</p> <p>2-Standing Tai Chi (MGTV)</p> <p>3-Music with Singer, Don Smith on Guitar (AL1)</p> <p>3:30-Rosary Prayer (M/WC)</p> <p>4-Eucharistic Service (M/WC)</p> <p>7-Saturday Night Movie: <i>Atonement</i> (MGTV & Pub)</p>
<p>13</p> <p>9:15-Aquatone (P)</p> <p>*10-Dollar Tree, Marshalls, Five Below (B)</p> <p>10:30-Fit & Fun with Frankie (AL2)</p> <p>11-Hand Exercise (IL/CR)</p> <p>*12:30-2:30-Ride for \$5 (Car)</p> <p>1:30-Fitter Sitters (IL/CR)</p> <p>2-Yoga For Better Balance (IL/CR)</p> <p>2-Wii Bowling (FC)</p> <p>2-Name that Tune (AL2)</p> <p>4-Monthly Mixer with John Cavallro (AL1)</p> <p>6-10-Game Night (IL/CA)</p>	<p>14</p> <p>*9:30-Food Lion (B)</p> <p>10-Eucharistic Service (M/WC)</p> <p>10:30-Thirty Minutes with Katherine Hepburn (AL2)</p> <p>11-Balance Worx (IL/CR)</p> <p>12:30-Get Fit with Frankie (IL/CR)</p> <p>*12:30-2:30-Ride for \$5 (Car)</p> <p>2-Wii Bowling (FC)</p> <p>2-Jeopardy (IL/CA)</p> <p>2-Bingo Prize Day (AL2)</p> <p>3-Scholar Series: <i>1888: Write Me A Mystery</i> - Arthur Conan (IL/CR)</p> <p>3-Stand Strong (FC)</p> <p>6-10-Game Night (IL/CA)</p>	<p>15</p> <p>9:15-Aquatone (P)</p> <p>10-12-Fitness Center Drop In (FC)</p> <p>10:30-Choral Group (M/WC)</p> <p>10:30-The Wednesday Project (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>11-Hand Exercise (IL/CR)</p> <p>12-Bible Study (IL/CR)</p> <p>1:30-Fitter Sitters (IL/CR)</p> <p>2-Cookie Demo: <i>Chocolate Chip Cookies</i> (AL2)</p> <p>2-Murdle Mystery (Lib)</p> <p>2-Wii Bowling (FC)</p> <p>3-Men of the Glen: <i>Four Men Killed & A Massive Manhunt</i> by: Ray Ledford (IL/CR)</p> <p>3-Low Vision (Lib)</p> <p>4-Music with Meredith & Amanda (AL1)</p> <p>6-10-Game Night (IL/CA)</p>	<p>16</p> <p>9-10-Hearing Aid Check (AL3)</p> <p>*9:30-Harris Teeter Shuttle (B)</p> <p>11-Hand Exercise (AL2)</p> <p>10:30-Tai Chi (MGTV)</p> <p>11-Balance Worx (IL/CR)</p> <p>1-BINGO (IL/CR)</p> <p>1-Welcome Ambassador Committee Meeting (Conf)</p> <p>2-Residents' Association Board Meeting (Lib)</p> <p>2-Yoga for Better Balance (AL2)</p> <p>2-Wii Bowling (FC)</p> <p>2-Building/Grounds Committee (M/WC)</p> <p>3-Movie Buffs (AL3)</p> <p>6-10-Game Night (IL/CA)</p>	<p>17</p> <p>*8:30-Banks (Car)</p> <p>9:15-Aquatone (P)</p> <p>10-Morning Meditation (M/WC)</p> <p>10:00-Library Volunteers Meeting (Lib)</p> <p>10:30-Art with Mary Lou (AL2)</p> <p>10:30-Flex & Balance (FC Hall)</p> <p>10:30-Happy Hounds Pet Visit (AL3)</p> <p>11-Health Chat: <i>Alzheimer's Disease</i> (M/WC)</p> <p>12-Flower Pick-up (IL/CR)</p> <p>*1-Library (Car)</p> <p>1-2-Blood Pressure Check (IL/CA)</p> <p>2-Wii Bowling (FC)</p> <p>2-Cards for The Troops (AL2)</p> <p>2:30-Artworks: <i>Memoirs</i> (Lib)</p> <p>4-Spinning Vinyls (AL1)</p> <p>6-10-Game Night (IL/CA)</p>	<p>12 Mother's Day</p> <p>10-Morning Stretch (MGTV)</p> <p>11-Worship at Duke Chapel (MGTV)</p> <p>2-Wii Bowling (FC)</p> <p>3-Meditative Moments (MGTV)</p> <p>4-Music Video: <i>Burt Bacharach In Concert</i> (MGTV & Pub)</p> <p>6-Wii Bowling (FC)</p> <p>7-Sunday Night Movie: <i>Because I Said So</i> (MGTV & Pub)</p>
<p>18 Armed Forces Day</p> <p>10:30-What "Wood" You Make? (AL2)</p> <p>1-BINGO (IL/CR)</p> <p>2-Standing Tai Chi (MGTV)</p> <p>3-Patriotic Poetry (IL/LR)</p> <p>3:30-Rosary Prayer (M/WC)</p> <p>4-Eucharistic Service (M/WC)</p> <p>7-Saturday Night Movie: <i>The Flamingo Kid</i> (MGTV & Pub)</p>	<p>19</p> <p>10-Morning Stretch (MGTV)</p> <p>11-Worship at Duke Chapel (MGTV)</p> <p>2-Wii Bowling (FC)</p> <p>3-Meditative Moments (MGTV)</p> <p>4-Pop/Rock Music Video: Ricky Nelson (MGTV & Pub)</p> <p>6-Wii Bowling (FC)</p> <p>7-Sunday Night Movie: <i>Queen Bees</i> (MGTV & Pub)</p>				





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday																									
<p>20 9:15-Aquatone (P) *9:30-4-Wilson, NC Day Trip (B) 10:30-Mary's Chat (AL1) 11-Hand Exercise (IL/CR) 12-Lunch & Learn: <i>The Underrated Louvre</i> (M/WC) *12:30-2:30-Ride for \$5 (Car) 1:30-Fitter Sitters (IL/CR) 2-Passport Pleasures: <i>Scotland</i> (AL2) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 4-Live! In the Livingroom with Bob Spaziano (AL1) 6-10-Game Night (IL/CA)</p>	<p>21 *9-Overnight Get Away: Mt. Airy/Winston-Salem (B) *9:30-Food Lion (Car Shuttle) 10:30-Happy Hounds Pet Visit (IL/LR) 10:30-Beyond the Legend: <i>Buddy Holly</i> (AL2) 11-Balance Worx (IL/CR) 12:30-Movercise (IL/CR) *12:30-2:30-Ride for \$5 (Car) 2-Wii Bowling (FC) 2-Coping With Loss (M/WC) 2-Team Trivia (IL/CA) 2-You Be the Judge! (AL2) 3-Community Memorial Service (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p>22 9:15-Aquatone (P) 10:30-Choral Group (M/WC) 10:30-The Wednesday Project (Resident Led) (AL2) 10:30-Flex & Balance (FC Hall) 11-Hand Exercise (IL/CR) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/CR) 2-SMART Acronym Game (AL2) 2-Murdle Mystery (Lib) 2-Wii Bowling (FC) 2:30-GEM Meeting: Guest Speaker-David Stirling-<i>Artificial Intelligence</i> (IL/CR) 3-Wellness Committee Mtg. (Conf) 4-Stuff Happens! (AL2) 6-10-Game Night (IL/CA)</p>	<p>23 Podiatry Visit by Appointment (FD) *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (IL/CR) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2-Yoga for Better Balance (AL2) 2-Wii Bowling (FC) 2:30-New Resident Essentials (Pub) 3-Meet Your New Neighbor Social with Pianist, Christian Green (IL/CR) 4-Sentimental Journey: Singer & Guitarist, Bill Bottoms (AL1) *5:30-Carolina Mudcats (B) 6-10-Game Night (IL/CA)</p> 	<p>24 *8:30-Banks (Car) 9:15-Aquatone (P) *10-Walmart (B) 10:30-Art with Mary Lou (AL2) 10:30-Flex & Balance (FC Hall) 12-Flower Pick-up (IL/CR) *1-Garden Stroll- J.C. Raulston Arboretum (B) 1-2-Blood Pressure Check (IL/CA) 2-Mysteries of the Bermuda Triangle (AL3) 2-Wii Bowling (FC) 3-Artworks: <i>Memoirs</i> (Lib) 3-Art Appreciation (IL/CR) 4-Game of the Week: <i>Taboo</i> (AL2) 6-10-Game Night (IL/CA)</p>	<p>25 10:30-Mad Libs (AL2) 1-BINGO Prize Day (IL/CR) 2-Standing Tai Chi (MGTV) 3-Categories (AL2) 3:30-Rosary Prayer (M/WC) 7-Saturday Night Movie: <i>Double Jeopardy</i> (MGTV & Pub)</p> <hr/> <p>26 10-Morning Stretch (MGTV) (MGTV) 11-Worship at Duke Chapel (MGTV) 2-Wii Bowling (FC) 3-Meditative Moments (MGTV) 4-Bluegrass Music Video: <i>Alison Kraus</i> (MGTV & Pub) 6-Wii Bowling (FC) 7-Sunday Night Movie: <i>Terms of Endearment</i> (MGTV & Pub)</p>																									
<p>27  10-<i>We Are Americans</i> Tribute (MGTV) 11-Hand Exercise (MGTV) 10:30-Fit & Fun with Frankie (AL2) 1:30-Fitter Sitters (MGTV) 2-Yoga For Better Balance (IL/CR) 2-Wii Bowling (FC) 3-<i>We Are Americans</i> Tribute (MGTV) 6-10-Game Night (IL/CA) 7-Memorial Day Movie: <i>Flags of Our Fathers</i> (MGTV)</p>	<p>28 *9:30-Food Lion (B) 10-Dining Committee (Conf.) 10:30-Master Gardeners (AL2) 11-Balance Worx (IL/CR) *12:30-2:30-Ride for \$5 (Car) 12:30-Fit with Frankie (IL/CR) 2-Wii Bowling (FC) 2-Team Trivia (IL/CA) 2-Bingo (AL2) 3-Scholar Series: <i>1888: Write Me A Mystery - Sherlock Holmes</i> (IL/CR) 6-10-Game Night (IL/CA)</p> 	<p>29 Senior Health & Fitness Day 9:15-Aquatone (P) 10-12-Fitness Center Drop In (FC) 10:30-The Wednesday Project (AL2) 10:30-Choral Group (M/WC) 10:30-Flex & Balance (FC Hall) 11-1-Health Fair (IL/CR) 11-Hand Exercise (IL/Patio) 12-Bible Study (IL/CR) 1:30-Fitter Sitters (IL/Patio) 2-Nintendo Switch: <i>Sports</i> (AL2) 2-Murdle Mystery (Lib) 2-Wii Bowling (FC) 4-Jeopardy! (AL2) 6-10-Game Night (IL/CA) 6:30-Hymn Sing with Crabtree Valley Baptist Youth (IL/CR)</p>	<p>30 *9:30-Harris Teeter Shuttle (B) 10:30-Tai Chi (M/WC) 11-Hand Exercise (AL2) 11-Balance Worx (IL/CR) 1-BINGO (IL/CR) 2-Balloon Volleyball (AL2) 2-Wii Bowling (FC) 3-Jeopardy! (IL/CR) 6-10-Game Night (IL/CA)</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>BINGO</p> <table border="1"> <tr><td>1</td><td>27</td><td>33</td><td>48</td><td>75</td></tr> <tr><td>8</td><td>19</td><td>45</td><td>56</td><td>61</td></tr> <tr><td>3</td><td>18</td><td>FREE SPACE</td><td>49</td><td>69</td></tr> <tr><td>15</td><td>26</td><td>41</td><td>53</td><td>66</td></tr> <tr><td>2</td><td>21</td><td>37</td><td>46</td><td>65</td></tr> </table> </div>	1	27	33	48	75	8	19	45	56	61	3	18	FREE SPACE	49	69	15	26	41	53	66	2	21	37	46	65	<p>31 *8:30-Banks (Car) *9:30-Wilmington Daycation (B) 9:15-Aquatone (P) 10:00-Morning Meditation (M/WC) 10:30-Art with Mary Lou (AL2) 10:30-Flex & Balance (FC Hall) 11-Health Chat: <i>Skin Cancer</i> (M/WC) 12-Flower Pick up (IL/CR) 1-2-Blood Pressure Check (IL/CA) 2-Wii Bowling (FC) 2-Pinterest Made Me Do It (AL2) 4-Game of the Week: <i>Scrabble</i> (AL1) 6-10-Game Night (IL/CA)</p>	<p>National Senior Health & Fitness Day</p> <p>May 29</p> <p>Come to a Fitness class!</p> <p>Flex & Balance Hand Exercise Fitter Sitters Nintendo Switch Wii Bowling</p> <p>Health Fair 11:00 AM-1:00 PM IL/CR</p>
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3	18	FREE SPACE	49	69																										
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AL: Assisted Living
AL/DR1: Assisted Living Dining Room
AL/P: Assisted Living Garden Patio
AL1: Assisted Living 1st Floor Living Room
AL2: Assisted Living 2nd Activity Room
AL3: Assisted Living 3rd Activity Room
B: MG Bus Outing
Bistro: IL Dining: Oak Room (IL 1st Floor)
C: Car Outing
Conf: Conference Room (IL 2nd Floor)
FC: Fitness Center (IL 1st Floor)
FD: Front Desk (IL 2nd Floor)

IL: Independent Living
IL/CA: IL Card Room (IL 2nd Floor)
IL/CR: IL Craft Room (IL 1st Floor)
IL/DR: IL Dining: Oak Room (IL 1st Floor)
IL/LR: IL Living Room (IL 2nd Floor)
IL/PDR: Private Dining Room
IL3: IL 3rd Floor Lounge
IL4: IL 4th Floor Lounge
Lib: IL Library (IL 2nd Floor)
M/WC: Media/Worship Center (IL 1st Floor)
P: Pool (IL 1st Floor)
Pub: IL 1st Floor

Please note that committee meetings in bold print on the calendar are open to all Residents to attend.

Denotes that you must sign-up/ preregistered for the program or event

Please sign up for all Bus Outings ASAP in the book located at the Front Desk!
Medical Appointments are scheduled on Tuesdays, Wednesdays & Thursdays between 8:30 a.m.- 2:30 p.m. There will be a fee if you do not turn in your request 48 business hours before your appointment.

MGTV is your way to know what is going on!
Tune in to Direct TV Channel 1-1 for the latest community information



Happy Birthday!

Marcia Garrigan - May 1
Charlie Chewing - May 3
Pat Dinsmore - May 5
David Svendsgaard - May 8
Edward Timberlake - May 9
Yvonne Tillman - May 12

Lamar Cason - May 16
Francoise Fougerat - May 18
Betty Hairr - May 19
Bobby Nelson - May 21
Johanna Usala - May 27
Margaret Harper - May 30

