

## MAY 2024 HIGHLIGHTS

**Wednesday, May 1st** Wear Flowers  
10:00 & 1:00 Artisan Class “Fabric Basket” PT1 TG Sign up  
4:00 May Flowers Happy Hour “Steve & Stephen” (TC)

**Thursday, May 2nd** *National Day of Prayer*  
3:00 National Day of Prayer Service (TC)  
6:15 Free Orchestra Concert Sign Up Req’d

**Friday, May 3rd**  
10:30 Visit with the Golden's (TG)  
1:00 Route 66: The Mother Road, The Journey Begins, & From Joliet to Funk’s Grove (TC)  
8:00 Movie “Arthur” 1981 PG 1 hr 57 min (CH 1-1)

**Saturday, May 4th** *May The Forth Be With You*  
1:00 Movie & Popcorn “Star Wars: A New Hope” 1977 PG 2 hr 1 min (TD)  
3:00 **BIG BIGGER BIGGEST \$5.00 a Card BINGO** (TC)  
(No bills higher than \$5 accepted)

**Sunday, May 5th** *Cinco De Mayo*  
1:00 Movie & Popcorn Life on our Planet  
“Invaders of the Land” (TC)  
7:00 Movie “Space Cowboys” 2000 PG-13 2h 10m (CH 1-1)

**Monday, May 6th**  
2:00 New American Visions: The Republic of Virtue TD

**Wednesday, May 8th**  
8:30 Patrick SFB  
11:00 Left Right Center Game with Quarters (TG)  
11:30 Out to “El Mezcalito Mexican Grill” Sign up  
1:00 Artisan Class “Cork Boards” PT 1 (TG) Sign Up Req’d  
2:00 *New* Poets & Writers Group (TD)  
4:00 “Contest for the Worlds Best Snack Food” (TC)  
6:30 Zeta Phi Betas Stopping By (LB)

**Thursday, May 9th**  
9:30 & 11:00 Seated Volleyball (TC)

**Friday, May 10th**  
9:30 Out to *Renningers Flea Market Sign Up*  
1:00 Route 66: McLean to Springfield, to Lebanon MO (TC)  
8:00 Movie “The Notebook” PG-13 2 hr 1 min (CH 1-1)

**Saturday, May 11th** Food Collection TODAY  
1:00 Movie & Popcorn “21 Bridges” R 1 hr 39 min (TD)

**Sunday, May 12th**  
*Happy Mother’s Day*  
10:00 Space Coast Church All Welcome! (TG)  
Mothers Day Buffet 11:00am to 2:00pm  
7:00 Movie “The Long Kiss Goodnight” 1996 R 2h (CH 1-1)

**Monday, May 13th**  
2:00 American Visions: The Promised Land (TD)  
6:30 Evening Open Swim

**Wednesday, May 15th**  
10:00 & 1:00 Artisan Class “Fabric Baskets” Pt 2 (TG)  
1:00 Special “Dance” with the Kids from Palm Bay Elementary (TC)  
2:00 Welcoming Committee Meeting (TD) (Members Only)  
4:00 Happy Hour “Margaret on Piano” (TC)  
6:15 Municipal Free Band Concert Sign Up Req’d  
7:00 The Fountains Book Club (CH)

**Thursday, May 16th**  
3:00 Residents Association Meeting (TC)

**Friday, May 17th**  
10:00 to 3:00 Staff Training (TC)  
11:00 Sit and Fit (FS)  
11:00 Skits & Skats Improv (TG)  
Today’s Lunch Pizza Party in both Dining Rooms  
1:00 Route 66: Carthage MO to Clinton OK (TC)  
7:00 Singer Nicole Hulett (TC)  
8:00 Movie “Hidalgo” 2004 PG-13 2h 16m (CH 1-1)

**Saturday, May 18th**  
9:00 Armed Forces Donut Social for Our Veterans (TC)  
9:30 Watercolor Class with Jessie (TG)  
1:00 Movie & Popcorn “My Best Friend Anne Frank” (TD)

**Sunday, May 19th**  
1:00 Movie & Popcorn Life “Out of Ashes” (TC)  
7:00 Movie “What Women Want” PG-13 2h 7m (CH 1-1)

**Tuesday, May 21st**  
9:30 to 1:00 Mental Health Day “Put Your Emotions on Canvas” Associate & Resident Event TG  
11:00 Old Fashion Hymn Sing with church favorites (TC)

**Wednesday, May 22nd**  
8:30 Patrick SFB  
11:00 Left Right Center Game with Quarters (TG)  
11:15 Out to Lunch Bunch You Pick Hotdogs “Mustards Last Stand” or Hamburgers “The Burger Place” Sign up  
1:00 Artisan Class week three “Cork Boards PT 2 (TG)  
4:00 Happy Hour “Older People are Cool” Photo Booth (TC)

**Thursday, May 23rd**  
10:00 Out to “McKee Gardens” & lunch Sign Up Req’d  
3:00 Live Game Show “Password” TC Contestants wanted

**Friday, May 24th**  
1:00 Route 66: Erick OK to Flagstaff AZ (TC)  
6:30 Evening Open Swim  
8:00 Movie “Whale Rider” PG-13 1h 41m (CH 1-1)

**Saturday, May 25th**  
3:00 May Birthday Party with Angie Parks (TC)

**Sunday, May 26th**  
1:00 Movie & Popcorn Life “Inheriting The Earth” (TC)  
1:15 Out to Henegar “The Body Guard” Ticket holders only  
7:00 Movie “U-571 2000 PG-13 1h 56m (CH 1-1)

**Monday, May 27th** *Memorial Day*  
11:00 American Legion Riders & Honor Guard (Loop)  
2:00 Cornhole Competition (TC)

**Wednesday, May 29th**  
**National Senior Health & Fitness Day**  
9:00am to 11:30am Health Fair & Farmers Market Vendors and Door Prizes (TC, LB)  
1:00 Farm Talk with Harris Established Farms TG  
2:30 Guest Speaker Christina from Make Space Now (TG)  
4:00 Happy Hour with the Blue Diamond Band (TC)

**Thursday, May 30th**  
3:00 Cell Phone Photo Help (TG)

**Friday, May 31st**  
1:00 Route 66: The Grand Canyon to “The Corvette” (TC)  
8:00 Movie “Catch Me If You Can” 2h 21m (CH 1-1)



## Meet The Board

### May 2024



For those who missed the April Residents Association meeting and election, I would like to introduce you to the incoming resident board.

Pat Boulay – President  
Mary Malone – Vice President  
Charlotte O’Brien – Secretary  
Helen Faulkner – Treasure

In addition, there are Chairpersons for several important liaison and resident—led initiatives.

Mary Cristadoro – Library  
Joyce Greenwood – Employee Gift Fund  
Open – Dining Services  
Helen Faulkner – Art of Living Well  
Charlotte O'Brien – Welcoming Committee

You will see a couple of names repeated above; these folks are doing double-duty. There is also an opening. The Fountains is a community over 300 residents. We all benefit when more folks are involved in our community. New perspectives and new ideas not only keep us young-at-heart, they make our community more vibrant. As we embark on a new year together, I encourage each of you to explore opportunities to volunteer and contribute in whatever way makes sense for you to make The Fountains the BEST it can be.

No act of kindness, no matter how small, is ever wasted.—(Aesop)

Pat Boulay, President



**McKee Botanical Garden & Lunch In The Cafe**  
Thursday, May 23rd  
Leaving at 10:00 am  
Return around 4:00 pm

**Cost:** Senior Rate \$13.00 plus money for lunch  
**Travel time:** 1 Hour  
**Walking:** Moderate to heavy

The McKee Botanical Garden is an 80-acre subtropical botanical garden in Vero Beach. The Café has fresh salads, paninis, flavorful wraps, sandwiches, soup and quiche of the day.



# The Artisan Class

Wednesdays

In The Gathering Sign Up Req'd

May 1st & 15th "Fabric Baskets"



May 8th & 12th  
"Cork Boards"



Every Saturday at 9:30am  
Watercolor Class with Jessie

Sundays Open Art Studio with Gretchen  
Sundays from 2:00pm to 4:00pm

## National Day of Prayer

Thursday, May 2nd  
at 3:00pm in TC

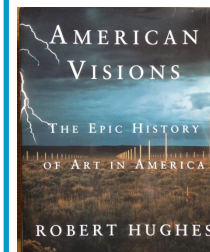
Special prayers for peace around the globe.  
Please bring prayer request.

Open to ALL Faiths



## New Series Route 66 Fridays at 1:00 TC

Attention fans of quirky American culture: Get ready for an extensive journey along the iconic Route 66, the legendary highway that connected Chicago to Los Angeles for nearly six decades. Explore charming towns steeped in history, unique diners bursting with character, an abundance of frozen custard stands, and countless other intriguing stops along the way. Hear captivating tales and insights from locals and experts as you embark on this seven-hour drive through the rich folklore of Route 66.

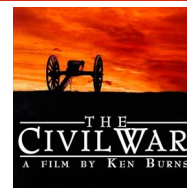


## American Visions with Robert Hughes Mondays at 2:00 TD

The deep bond between the American people and their environment has inspired a vibrant artistic legacy. "American Visions" serves as a compelling showcase of how artists have captured this profound relationship. Through nine insightful chapters, spanning over three centuries, Robert Hughes illuminates the diverse connections between American society and the art it has generated.

## The Civil War By Ken Burns Facilitated by Bill Scott Starting on Wednesday May 22nd

This nine-part series catapulted documentarian Ken Burns to fame. Combining modern cinematography with a vast array of archival materials such as photographs, paintings, and newspaper images set to music, Burns educates viewers about the American Civil War. The production features renowned actors and actresses who lend their voices to narrate contemporary quotes from historical figures like President Abraham Lincoln and General Stonewall Jackson.



## NATIONAL SENIOR HEALTH & FITNESS DAY May 29th

## Make Fitness Your Friend for Life!

On the last Wednesday in May each year, approximately 100,000 senior adults will participate in activities across the United States for this national observance.

Research shows that regular physical activity, including exercise, is important to the physical, emotional and mental health of almost everyone. As you age, being physically active can help you stay strong and fit enough so you can continue to do the things you enjoy and maintain your independence. In fact, studies show that "taking it easy" is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Regular physical activity over long periods of time can produce long-term health benefits. That's why health experts say that older adults should be regularly active throughout each week to maintain optimal health.

### FIT PHYSICAL ACTIVITY INTO YOUR EVERYDAY LIFE

There are many ways to squeeze a little physical activity into your day. Just start!

## Stay Safe When Exercising in Hot Weather

Many people enjoy outdoor activities—walking, swimming, and gardening. As the weather gets warmer, it's important to play it safe when playing outside.

Too much heat can be risky for older adults and people with health problems. Being hot for too long can cause hyperthermia—a heat-related illness that includes heat stroke and heat exhaustion.

### Safety tips for being active outside:

- Check the weather forecast. If it's very hot or humid, exercise inside especially when the heat index is over 92 degrees.
- Drink plenty of water.
- Wear light-colored, loose-fitting clothes.
- Dress in layers so you can remove clothing as your body warms up from activity.
- Get medical help right away if you think someone might have a heat-related illness.
- Exercise with a buddy

## NEW POETS & WRITERS GROUP

May 8th & 22nd at 2:00 pm  
in The Deck

The Poets & Writers Group welcomes all who enjoy expressing their creativity through writing, whether it be fiction or non-fiction. Join us to engage in discussions, share your work with fellow writers, and who knows, perhaps even see your writing published.






# THE FOUNTAINS CALENDAR OF EVENTS

## MAY 2024

### "THE ART OF LIVING WELL"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Community Shred-It Event</b> Dispose of your confidential paperwork securely</p> <p>Shred your paperwork for \$10.00 per box (Box size must not exceed the size of a copy paper box) <b>**NO 3 RING BINDERS OR BINDER CLIPS**</b> *Staples and paperclips are okay* Boxes can be dropped off at the Front Desk on <b>Sunday May 19th or Monday May 20th.</b> If you would like us to pick up your boxes, please call the Front Desk.</p>		 <p>Bring Canned Good Items to the Front Desk between May 5th - 11th to Stamp Out Hunger!</p>	<p><b>Wear Flowers 1</b></p> <p>9:00 Active Fitness (FS) 9:00 to 1:00 <i>Blood Pressures</i> (WC) 10:00 Moderate Fitness (FS) 10:00 &amp; 1:00 Artisan Class "Fabric Basket" PT1 TG Sign up Req'd 11:00 Sit and Fit (FS) <b>1:30 Wal-Mart Marketplace</b> 3:00 Divine Mercy Chaplet followed by the Rosary (CH) 4:00 May Flowers Happy Hour "Steve &amp; Stephen" (TC) 7:00 Virtual Bowling (TC)</p>	<p><b>National Day of Prayer 2</b></p> <p>9:00 Active <i>Stretch</i> Fitness (FS) 9:30 Cypress Trail Walk (LB) 9:30 <i>Garden Meeting</i> (Garden) 10:00 Moderate <i>Stretch</i> Fitness (FS) 10:00 Train Dominoes (TG) <b>10:30 Water Aerobics</b> 11:00 Seated <i>Stretch</i> (FS) 12:00 Friendly Bridge (TD) 12:30 American Mahjong (TG) <b>1:00 Melbourne Mall</b> <b>1:30 Walgreens and CVS</b> 3:00 National Day of Prayer Service (TC) <b>6:15 Free Orchestra Concert Sign Up Req'd</b> 7:00 Life Stories told by "You" (TC)</p>	<p>9:00 Active Fitness (FS) <b>3</b> 10:00 Moderate Fitness (FS) 10:30 Visit with the Golden's (TG)  11:00 Sit and Fit (FS) <b>1:00 Route 66:</b> The Mother Road, The Journey Begins, &amp; From Joliet to Funk's Grove (TC) <b>1:30 Out to Publix</b> 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 8:00 Movie "Arthur" 1981 PG 1 hr 57 min (CH 1-1)</p>	<p><b>May The 4th Be With You</b> 9:30 Watercolor Class with Jessie (TG) <b>10:00 Saturday Shuttle Service Sign up Req'd</b> <b>10:30 Water Aerobics</b> 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 1:00 Movie &amp; Popcorn "Star Wars: A New Hope" 1977 PG 2 hr 1 min (TD) 2:30 Texas Hold'em (TG) <b>3:00 BIG BIGGER BIGGEST \$5.00 a Card BINGO</b> (TC) (No bills higher than \$5 accepted) </p>
<p><b>Cinco De Mayo 5</b></p> <p>8:30 <b>Out to Church</b> 11:00 Catholic Service (CH) 12:30 Bridge (TD) 1:00 Movie &amp; Popcorn Life on our Planet "Invaders of the Land" (TC) 1:30 to 3:30 Open Art Studio with Gretchen (TG) 2:00 Rummikub (TD) 2:30 Non-Denominational Church Service CH 3:00 Quarter Bingo (TC) 7:00 Movie "Space Cowboys" 2000 PG-13 2h 10m (CH 1-1)</p>	<p>9:00 Active <b>6</b> <i>Balance</i> Class (FS) 10:00 Knitting Club (TD) 10:00 Moderate <i>Balance</i> Class (FS) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) <b>1:30 Out to Publix</b> <b>2:00 New American Visions:</b> with Robert Hughes The Republic of Virtue TD 3:00 Quarter Bingo (TC) 3:00 Bible Fellowship (TG) 6:30 Hand and Foot Game (TG) 7:00 Virtual Bowling (TC)</p>	<p>9:00 Active Fitness (FS) <b>7</b> <b>9:00 Library &amp; Post Office</b> 10:00 Dining Meeting (TD) 10:00 Seated Fitness Dance Class with Kay (FS) <b>10:30 Water Aerobics</b> 11:00 Sit and Fit (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) <b>1:30 Out to Wal-Mart</b> 1:30 Pinochle TG 2:30 Texas Hold'em (TG) 3:00 Bingo (TC) 7:00 Virtual Bowling (TC)</p>	<p><b>8:30 Patrick SFB 8</b></p> <p>9:00 Active Fitness (FS) 9:00 to 1:00 <i>Blood Pressures</i> (WC) 10:00 Moderate Fitness (FS) <b>11:00 Left Center Right with Quarters</b> (TG) 11:00 Sit and Fit (FS) <b>11:30 Out to Lunch</b> "El Mezcalito Mexican Grill" Sign up Req'd 1:00 Artisan Class "Cork Boards" PT 1 (TG) Sign Up Req'd <b>1:30 Wal-Mart Marketplace</b> <b>2:00 New Poets &amp; Writers Group</b> (TD) 3:00 Divine Mercy Chaplet followed by the Rosary (CH) 4:00 Happy Hour "Contest for the Worlds Best Snack Food" Tasters Needed (TC) <b>6:30 Zeta Phi Betas Stopping By</b> (LB) 7:00 Virtual Bowling (TC)</p>	<p><b>9:30 Seated 9</b> <b>Volleyball (TC)</b> 10:00 Train Dominoes (TG) 10:00 Parkinson's Support Group (CH) <b>10:30 Water Aerobics</b> <b>11:00 Seated Volleyball (TC)</b> 12:00 Friendly Bridge Sign Up Req'd (TD) 12:30 American Mahjong (TG) <b>1:00 Kohls &amp; Target</b> <b>1:30 Walgreens and CVS</b> 2:00 Private Meeting (TC) <b>NO</b> Life Stories</p>	<p>9:00 Active Fitness (FS) <b>10</b> 9:30 Private Meeting (TD) <b>9:30 Out to Renningers Flea Market Sign Up Req'd</b> 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 11:00 Skits &amp; Skats Improv (TG) <b>1:00 Route 66:</b> McLean to Springfield, Litchfield IL to Meramec Caverns MO &amp; Cuba to Lebanon MO (TC) <b>1:30 Out to Publix</b> 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 7:00 Virtual Bowling (TC) 8:00 Movie "The Notebook" 2004 PG-13 2hr (CH 1-1)</p>	<p>9:30 Watercolor Class with Jessie (TG) <b>11</b> <b>10:00 Saturday Shuttle Service</b> <b>10:30 Water Aerobics</b> 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 1:00 Movie &amp; Popcorn "21 Bridges" 2019 R 1 hr 39 min (TD) 2:30 Texas Hold'em (TG)</p> <p> <b>Food Collection TODAY</b></p>
<p><b>Happy Mother's Day 12</b></p> <p>8:30 <b>Out to Church</b> 10:00 Space Coast Church worship &amp; Music All Welcome! (TG) 11:00 Catholic Service CH <b>Mothers Day Buffet 11:00am to 2:00pm</b> 2:30 Non-Denominational Church Service CH 7:00 Movie "The Long Kiss Goodnight" 1996 R 2h (CH 1-1)</p> 	<p>9:00 Active <b>13</b> <i>Balance</i> Class (FS) 10:00 Knitting Club (TD) 10:00 Moderate <i>Balance</i> Class (FS) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) <b>1:30 Out to Publix</b> <b>2:00 American Visions:</b> with Robert Hughes The Promised Land (TD) 3:00 Quarter Bingo (TC) 3:00 Bible Fellowship (TG) 6:30 Hand and Foot Game (TG) <b>6:30 Evening Open Swim</b> 7:00 Virtual Bowling (TC)</p>	<p>9:00 Active Fitness (FS) <b>14</b> <b>9:00 Library &amp; Post Office</b> 10:00 Menu Chat (TD) 10:00 Seated Fitness Dance Class with Kay (FS) <b>10:30 Water Aerobics</b> 11:00 Sit and Fit (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 1:30 Pinochle TG <b>1:30 Out to Wal-Mart</b> 2:30 Texas Hold'em (TG) 3:00 Bingo (TC) 7:00 Virtual Bowling (TC)</p>	<p>9:00 Active Fitness (FS) <b>15</b> 9:00 to 1:00 <i>Blood Pressures</i> One Senior Place (WC) 10:00 Moderate Fitness (FS) 10:00 &amp; 1:00 Artisan Class "Fabric Baskets" Pt 2 (TG) 11:00 Sit and Fit (FS) <b>1:00 "Dance" with the Kids from Palm Bay Elementary</b> (TC) <b>1:30 Wal-Mart Marketplace</b> <b>2:00 Welcoming Committee Meeting</b> (TD) 3:00 Divine Mercy Chaplet followed by the Rosary (CH) 4:00 Happy Hour "Margaret on Piano" (TC) <b>6:15 Municipal Free Band Concert Sign Up Req'd</b> 7:00 Virtual Bowling (TC) <b>7:00 The Fountains Book Club</b> (CH)</p>	<p>9:00 Active <i>Stretch</i> Fitness (FS) <b>16</b> 9:30 Cypress Trail Walk (LB) 10:00 Moderate <i>Stretch</i> Fitness (FS) 10:00 Train Dominoes (TG) <b>10:30 Water Aerobics</b> 11:00 Seated <i>Stretch</i> (FS) <b>1:30 Walgreens and CVS</b> <b>3:00 Residents Association Meeting</b>  All encouraged to attend (TC) 7:00 Life Stories told by "You" (TC)</p>	<p>9:00 Active Fitness (FS) <b>17</b> 10:00 Moderate Fitness (FS) <b>10:00 to 3:00 Staff Training (TC)</b> 11:00 Sit and Fit (FS) 11:00 Skits &amp; Skats Improv (TG) <b>Today's Lunch Pizza Party in both Dining Rooms</b> <b>1:00 Route 66:</b> Carthage MO to Baxter Springs KS, Miami to Tulsa OK &amp; Stroud to Clinton OK (*TD) <b>1:30 Out to Publix</b> 2:30 Texas Hold'em (TG) NO Bingo Today 3:00 Blackjack (TG) <b>7:00 Singer Nicole Hulett (TC)</b> 8:00 Movie "Hidalgo" 2004 PG-13 2h 16m (CH 1-1)</p>	<p>9:00 <b>Armed Forces Day Donut &amp; Coffee Social for Our Veterans</b> (TC) <b>18</b> 9:30 Watercolor Class with Jessie (TG) <b>10:00 Saturday Shuttle Service</b> <b>10:30 Water Aerobics</b> 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 1:00 Movie &amp; Popcorn "My Best Friend Anne Frank" 2021 TV-14 1 hr 43 min (TD) 2:30 Texas Hold'em (TG)</p> 



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> <b>8:30 Out to Church</b> 11:00 Catholic Service CH 12:30 Bridge (TD) 1:00 Movie & Popcorn Life on our Planet “Out of Ashes” (TC) 1:30 to 3:30 Open Art Studio with Gretchen (TG) 2:00 Rummikub (TD) 2:30 Non-Denominational Church Service CH 3:00 Quarter Bingo (TC) 7:00 Movie “ <b>What Women Want</b> ” 2000 PG-13 2h 7m (CH 1-1)	<b>20</b> 9:00 Active <i>Balance</i> Class (FS) 10:00 Knitting Club (TD) 10:00 Moderate <i>Balance</i> Class (FS) 10:00 Man Chat (TG) 11:00 Sit and Fit <i>Balance</i> (FS) 1:00 Cornhole (TC) <b>1:30 Out to Publix</b> <b>2:00 American Visions:</b> with Robert Hughes The Wilderness & The West (TD) 3:00 Quarter Bingo (TC) 3:00 Bible Fellowship (TG) 6:30 Hand and Foot Game (TG) 7:00 Virtual Bowling (TC)	<b>21</b> 9:00 Active Fitness (FS) <b>9:00 Library &amp; Post Office</b> <b>9:30 to 1:00 Mental Health Day</b> <b>“Put Your Emotions on</b> <b>Canvas” Associate &amp; Resident</b> <b>Event TG Stop in any time!</b> 10:00 Menu Chat (TD) 10:00 Seated Fitness Dance Class with Kay (FS) <b>10:30 Water Aerobics</b> <b>11:00 Old Fashion Hymn Sing</b> with your old time church favorites (TC) 11:00 Sit and Fit (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) <b>1:30 Out to Wal-Mart</b> 1:30 Pinochle (TG) 2:30 Texas Hold'em (TG) 3:00 Bingo (TC) 7:00 Virtual Bowling (TC)	<b>22</b> <b>8:30 Patrick SFB</b> 9:00 Active Fitness (FS) 9:00 to 1:00 <i>Blood Pressures</i> with One Senior Place WC 10:00 Moderate Fitness (FS) 11:00 Left Right Center Game with Quarters (TG) 11:00 Sit and Fit (FS) <b>11:15 Out to Lunch Bunch</b> <b>You Pick Hotdogs “Mustards</b> <b>Last Stand” or Hamburgers</b> <b>“The Burger Place”</b> <b>Sign up Req'd</b> 1:00 Artisan Class week three “Cork Boards PT 2 (TG) <b>1:30 Wal-Mart Marketplace</b> <b>2:00 Poets &amp; Writers Group TD</b> 3:00 Divine Mercy Chaplet followed by Rosary Prayer Service (CH) <b>4:00 Happy Hour “Older People are Cool”</b> Photo Booth (TC) <b>NO Virtual Bowling (TC)</b> 7:00 The Civil War by Ken Burns with Bill Scott (TD)	<b>23</b> 8:00 Private Event 9:00 Active Stretch Fitness (FS) 9:30 Cypress Trail Walk (LB) <b>10:00 Out to “McKee Gardens” &amp;</b> <b>lunch Sign Up Req'd</b> 10:00 Moderate Stretch Fitness (FS) 10:00 Train Dominoes (TG) 10:00 Parkinson's Support Group (CH) <b>10:30 Water Aerobics</b> 11:00 Seated Stretch (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 12:30 American Mahjong (TG) <b>1:00 Out to Bealls</b> <b>1:30 Walgreens and CVS</b> <b>3:00 Live Game Show “Password”</b> TC Contestants wanted 7:00 Life Stories told by “You” (TC)	<b>24</b> 9:00 Active Fitness (FS) 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 11:00 Skits & Skats Improv (TG) <b>1:00 Route 66:</b> Erick OK to Adrian TX, Tucumcari to Flagstaff AZ & Navaho to Flagstaff AZ (TC) <b>1:30 Out to Publix</b> 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) <b>6:30 Evening Open Swim</b> 8:00 Movie “ <b>Whale Rider</b> ” 2002 PG-13 1h 41m (CH 1-1)	<b>25</b> 9:30 Watercolor Class with Jessie (TG) <b>10:00 Saturday</b> <b>Shuttle Service</b> <b>10:30 Water Aerobics</b> 12:30 Bridge (TG) 1:00 Train Dominoes (TG) 1:00 Private Party (TD) 2:30 Texas Hold'em (TG) <b>3:00 May Birthday Party</b> with Angie Parks (TC) All Welcome! 

<b>26</b> <b>8:30 Out to Church</b> 11:00 Catholic Service CH 12:30 Bridge (TD) 1:00 Movie & Popcorn Life on our Planet “ <b>Inheriting The Earth</b> ” (TC) <b>1:15 Out to Henegar</b> <b>“The Body Guard”</b> <b>Ticket holders only</b> 1:30 –3:30 Open Art Studio with Gretchen (TG) 2:00 Rummikub (TD) 2:30 Non-Denominational Church Service CH 3:00 Quarter Bingo (TC) 7:00 Movie “ <b>U-571</b> ” 2000 PG-13 1h 56m (CH 1-1)	 <b>27</b> <b>Memorial Day</b> 10:00 Knitting Club (TD) <b>11:00 American Legion</b> <b>Riders &amp; Honor Guard</b> <b>in The Front Loop</b> 2:00 Cornhole Competition (TC) 3:00 Bible Fellowship (TG) 6:30 Hand and Foot Game (TG) 7:00 Virtual Bowling (TC)	<b>28</b> 9:00 Active Fitness (FS) <b>9:00 Library</b> <b>&amp; Post Office</b> 10:00 Menu Chat (TC) 10:00 Seated Fitness Dance Class with Kay (FS) <b>10:30 Water Aerobics</b> 11:00 Sit and Fit (FS) 12:00 Friendly Bridge (TD) <b>1:30 Out to Wal-Mart</b> 1:30 Pinochle TG 2:30 Texas Hold'em (TG) No Bingo Today 3:30 Associate Event (TC) 7:00 Virtual Bowling (TC)	 <b>29</b> <b>National</b> <b>Senior Health</b> <b>and Fitness Day</b> 9:00 Active Fitness FS <b>9:00am to 11:30am</b> <b>Health Fair &amp; Farmers</b> <b>Market Vendors and</b> <b>Door Prizes (TC, LB)</b> 9:00 to 1:00 <i>Blood Pressures</i> One Senior Place WC <b>10:00 Seated Tai Chi (FS)</b> 11:00 Sit and Fit (FS) <b>1:00 Farm Talk with</b> <b>Harris Established</b> <b>Farms (TG)</b> <b>1:30 Wal-Mart Marketplace</b> <b>2:30 Guest Speaker</b> <b>Christina Knowles from</b> <b>Make Space Now (TG)</b> 3:00 Divine Mercy Chaplet followed by Rosary Prayer Service (CH) <b>4:00 Happy Hour with</b> <b>the Blue Diamond</b> <b>Band (TC)</b> 7:00 Virtual Bowling (TC) 7:00 The Civil War by Ken Burns with Bill Scott (TD)	<b>30</b> <b>Private Meeting ALL Day (TC)</b> 9:00 Active Stretch Fitness (FS) 9:30 Cypress Trail Walk (LB) 10:00 Moderate Stretch Fitness (FS) 10:00 Train Dominoes (TG) <b>10:30 Water Aerobics</b> 11:00 Seated Stretch (FS) 12:00 Friendly Bridge Sign Up Req'd (TD) 12:30 American Mahjong (TG) <b>1:00 Out to Bealls</b> <b>1:30 Walgreens and CVS</b> <b>3:00 Cell Phone Photo Help (TG)</b> 7:00 Life Stories told by “You” (TC)	<b>31</b> 9:00 Active Fitness (FS) 10:00 Moderate Fitness (FS) 11:00 Sit and Fit (FS) 11:00 Skits & Skats Improv (TG) <b>1:00 Route 66:</b> The Grand Canyon to Seligman AZ, The End of the Road & Bonus- The True Sports Car “The Corvette” (TC) <b>1:30 Out to Publix</b> 2:30 Texas Hold'em (TG) 3:00 Double Bingo .50 a card (TC) 3:00 Blackjack (TG) 8:00 Movie “ <b>Catch Me</b> <b>If You Can</b> ” 2002 PG-13 2h 21m (CH 1-1)	<b>Saturday Shuttle Service</b> <b>10:00am to 2:00pm</b> <b>Why not go Shopping</b> <b>or to Brunch</b> Downtown Melbourne, The Mall, Hammock Landing, Evans Shopping Center or Palm Bay Road. <b>We will take you to</b> <b>one destination</b> <b>anywhere within</b> <b>6 miles of</b> <b>The Fountains</b> <b>(not over the bridge).</b> <b>Sign up Required!</b>
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**WHERE IS IT?**

**First Floor**  
 The Commons **TC**  
 The Deck (Card Room) **TD**  
 Library  
 Lobby **LB**  
 Veranda & Oasis Dining Room

**Second Floor**  
 Bistro Dining Room **BT**  
 The Nook (Coffee) **TN**  
 Fitness Spot **FS**  
 Brain Gym (Computers)  
 & Reference Library **BG**  
 Game Room “Billiards  
 & Table Shuffleboard **GR**  
 Wellness Consultation **WC**  
 The Gathering **TG**

**Third Floor**  
 Chapel **CH** (South Side)  
**Fountains Inhouse Channel**  
 (On your personal TV) **CH 1-1**



Please sign up in the  
 transportation book for ALL  
 events, & outings that are in  
**Green** or that say  
**sign up required.**

