

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday


10:00am Exercise Class (CC)* 1
1:00pm Bingo (Media Room)*
2:00pm Dermatology Clinic (CC)*

10:00am Exercise Class (CC)* 2
3:30pm Happy Hour (CC)*

10:00am Exercise Class (CC)* 3
11:00am Harris Teeter
2:00pm Birthday Social (DR)*
3:00pm Writing Class (4th floor)*

10:00am Exercise Class (CC)* 4
1:00pm Bingo (CC)*
3:30pm Happy Hour (CC)*

10:00am Exercise Class (CC)* 5
12:00 Cinco de Mayo Social (DR)*
2:00pm Art with Emily (CC)*
Cinco de Mayo

6
National Nurse Day
Nurse Mitzi, we love you!!
7:00pm Bingo (CC)*



~Self Care Sunday~ 7
2:00pm Church Service & Communion (CC)*

10:00am Exercise Class (CC)* 8
1:00pm Bingo (CC)*

10:00am Exercise Class (CC)* 9
3:30pm Happy Hour (CC)*

10:00am Exercise Class (CC)* 10
11:00am Walmart
1:00pm Crafting & Knitting (3rd floor)

10:00am Exercise Class (CC)* 11
1:00pm Bingo (CC)*
3:30pm Happy Hour (CC)*

10:00am Exercise Class (CC)* 12
12:00pm Mother's Day Brunch (DR)*


~Game Day~ 13
1:00pm Left, Right..Center (game) (CC)*
7:00pm Bingo (CC)*

~Self Care Sunday~ 14
2:00pm Church Service (CC)*
HAPPY MOTHER'S DAY

10:00am Exercise Class (CC)* 15
1:00pm Bingo (CC)*

10:00am Exercise Class (CC)* 16
12:30pm Cinemark Movie Theater
3:30pm Happy Hour (CC)*

10:00am Exercise Class (CC)* 17
11:00am Lidl
1:00pm Crafting & knitting (3rd Floor)
3:00pm Writing Class (4th floor)*

10:00am Exercise Class (CC)* 18
1:00pm Bingo (CC)*
3:30pm Happy Hour (CC)*

10:00am Exercise Class (CC)* 19
2:00pm Art with Emily (CC)*

~Game Day~ 20
1:00pm Left, Right, Center (game) (CC)*
7:00pm Bingo (CC)*
Armed Forces Day


~Self Care Sunday~ 21
2:00pm Church Service (CC)*

10:00am Exercise Class (CC)* 22
1:00pm Bingo (CC)*
2:30pm Dollar Tree Outing

10:00am Exercise Class (CC)* 23
12:00pm Si Senior (Lunch Outing)
3:30pm Happy Hour (CC)*

10:00am Exercise Class (CC)* 24
11:00am Food Lion
1:00pm crafting & knitting (3rd floor)

10:00am Exercise Class (CC)* 25
1:00pm Bingo (CC)*
3:30 Happy Hour (CC)*

10:00am Exercise Class (CC)* 26
12:00pm Memorial Day Cookout (P.L.)


~Game Day with The D'Ursos~ 27
11am-3pm (CC)*
7:00pm Bingo (CC)*

~Self Care Sunday~ 28
2:00pm Church Service (CC)*

10:00am Exercise Class (CC)* 29
1:00pm Bingo (CC)*

Memorial Day

10:00am Exercise Class (CC)* 30
3:30pm Happy Hour (CC)*

10:00am Exercise Class (CC)* 31
11:00am Walmart
1:00pm Crafting & knitting (3rd floor)

May 2023

~Quianna Terrell~ Life Enrichment Director

~The Arbors Independent Living~