

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2025

				10:00am - Exercise Class (CC) 1 <b>10:45am - Kroger (Grocery Outing)</b> 1:00pm - Bingo (CC) 2:00pm - Afternoon Stretch (CC) 3:30pm - Happy Hour (CC) May Day	10:00am - Exercise Class (CC) 2 11:00am - Morning Walk Club (Meet in Lobby) 2:00pm - Liverpool Rummy (CC) 7:00pm - Friday Movie: <i>Star Wars</i> (MT)	11:00am - Trivia Crush (CC) 3 1:00pm - Bird Watching Club (CC) 2:30pm - Yahtzee (CC) 6:30pm - Bingo (CC)
11:00am - Coffee and Crosswords (Cafe) 4 2:00pm - Church Service with Communion (CC) 3:30pm - Jigsaw Puzzles and NCIS (CC)	10:00am - Exercise Class (CC) 5 11:00am - History of Cinco de Mayo (CC) 1:00pm - Bingo (CC) <b>2:00pm - Cinco de Mayo Celebration with Music by Christian Flores (DR)</b> 3:30pm - Ping Pong (CC)  Cinco de Mayo	10:00am - Exercise Class (CC) 6 <b>10:45am - Dollar Tree (Shopping Outing)</b> 1:30pm - Brain Fitness: Finish the Phrase (CC) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 7 11:00am - Crafting Hour: Pipe Cleaner Flower Bouquets (CC) 1:30pm - Walking Club (Meet in Lobby) 2:30pm - Balloon Volleyball (CC) 3:00pm - Family Feud (CC)	10:00am - Exercise Class (CC) 8 <b>10:45am - Harris Teeter (Grocery Outing)</b> 1:00pm - Bingo (CC) 2:00pm - Seated Tai Chi (CC) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 9 11:00am - Morning Walk Club (Meet in Lobby) 12:00pm - Art with Emily (CC) 2:00pm - Liverpool Rummy (MT) 7:00pm - Friday Movie: <i>Mamma Mia</i> (MT)	11:00am - Trivia Crush (CC) 10 1:00pm - Bird Watching Club (CC) 2:30pm - Left, Right, Center (CC) 6:30pm - Bingo (CC)
11:00am - Coffee and Crosswords (Cafe) 11 2:00pm - Church Service (CC) 3:30pm - Jigsaw Puzzles and NCIS (CC)  Mother's Day National Skilled Nursing Care Week	10:00am - Exercise Class (CC) 12 10:30am - Therapy Dogs (GR) 1:00pm - Bingo (CC) <b>2:00pm - Garden Tea Party (DR)</b> 3:30pm - Ping Pong (CC)	10:00am - Exercise Class (CC) 13 <b>10:45am - Torggler Fine Arts Center (Outing) *Sign-up Required*</b> <b>1:00pm - Popcorn and a Movie: Top Gun (MT)</b> 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 14 11:00am - Crafting Hour: Sea Glass Jars (CC) 1:00pm - Walking Club (Meet in Lobby) <b>2:00pm - VHS Senior Life Support Group (CC)</b> 3:00pm - Pictionary (CC)	10:00am - Exercise Class (CC) 15 <b>10:45am - Aldi/Lidl (Grocery Outing)</b> 1:00pm - Bingo (CC) 2:00pm - Chair Pilates (CC) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 16 11:00am - Morning Walk Club (Meet in Lobby) 2:00pm - Liverpool Rummy (CC) 7:00pm - Friday Movie: <i>Twister</i> (MT)	11:00am - Trivia Crush (CC) 17 1:00pm - Bird Watching Club (CC) 2:30pm - Mexican Train Dominoes (CC) 6:30pm - Bingo (CC)  Armed Forces Day
11:00am - Coffee and Crosswords (Cafe) 18 2:00pm - Church Service (CC) 3:30pm - Jigsaw Puzzles and NCIS (CC)	10:00am - Exercise Class (CC) 19 11:00am - Jeopardy (CC) 1:00pm - Bingo (CC) 2:00pm - Chair Exercise (CC) 3:30pm - Ping Pong (CC)  Victoria Day (Canada)	10:00am - Exercise Class (CC) 20 11:00am - Brain Fitness: Word within a Word (CC) <b>12:00pm - Lunch Bunch: Crab Shack on the James (Outing) * Sign-up Required*</b> 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 21 <b>10:30am - VHS Blood Pressure Clinic (CC)</b> 1:30pm - Walking Club (Lobby) 2:00pm - Crafting Hour: Making Beaded Jewelry (CC) <b>6:00pm - Summer Concert Series: Brasswind (William Styron Square)</b>	10:00am - Exercise Class (CC) 22 <b>10:45am - Food Lion (Grocery Outing)</b> 1:00pm - Bingo (CC) <b>2:00pm - May Birthday Celebration with Live Music (DR)</b> 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 23 11:00am - Morning Walk Club (Meet in Lobby) 12:00pm - Art with Emily (CC) 2:00pm - Liverpool Rummy (MT) 7:00pm - Friday Movie: <i>The Help</i> (MT)	11:00am - Trivia Crush (CC) 24 1:00pm - Bird Watching Club (CC) 2:30pm - Left, Right, Center (CC) 6:30pm - Bingo (CC)
11:00am - Coffee and Crosswords (Cafe) 25 2:00pm - Church Service (CC) 3:30pm - Jigsaw Puzzles and NCIS (CC)	10:00am - Exercise Class (CC) 26 10:30am - Therapy Dogs (GR) <b>11:30am - 2:30pm - Memorial Day Cookout (DR)</b> <b>12:00pm - 1:00pm - Music by Kevin Barry (DR)</b> 1:00pm - Bingo (CC) 3:30pm - Ping Pong (CC)  Memorial Day	10:00am - Exercise Class (CC) 27 <b>10:45am - Patrick Henry Mall (Shopping Trip)</b> 1:30pm - Brain Fitness: Unscrambling Words (CC) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 28 11:00am - Crafting Hour: Air Dry Clay Keychain Charms (CC) 1:00pm - Solving an Unsolved Case File (CC) <b>6:00pm - Summer Concert Series: Roberta Lea (William Styron Square)</b>	10:00am - Exercise Class (CC) 29 <b>10:45am - Walmart (Grocery Outing)</b> 1:00pm - Bingo (CC) 2:00pm - Afternoon Stretch (CC) 3:30pm - Happy Hour (CC)	10:00am - Exercise Class (CC) 30 11:00am - Morning Walk Club (Meet in Lobby) 2:00pm - Liverpool Rummy (CC) 7:00pm - Friday Movie: <i>Casablanca</i> (MT)	11:00am - Trivia Crush (CC) 31 1:00pm - Bird Watching Club (CC) 2:30pm - Rummikub (CC) 6:30pm - Bingo (CC)