

# May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>WC - Wellness Center WCCR - Wellness Center Conference Room GAL-Gallery JT- Jacob's Tavern FP- Front Parking</p>	<p>LIB - Library FL - Front Lobby 1FCR - First Floor Conference Room TR - Theater Room BR- Brunswick Dining Room BP- Back Patio</p>		<p><b>1 MAY DAY</b> 9:15 Strength &amp; Stretch -WC 10:30 Chair Yoga- WC</p>	<p><b>2 NATIONAL DAY OF PRAYER</b> 9:00 until....Prayer Walk-TR 9:15 Let's Get Moving-WC 1:00 C&amp;C - WCCR 2:00 Shopping Trip 2:30 Line Dancing- WC 3:30 Mary Baldwin Student Performance- GAL</p>	<p><b>3</b> 9:15 Strength &amp; Stretch - WC 1:00 Matter of Balance- WC</p>	<p><b>4</b> 6:30 Heartland- TR</p>
<p><b>5</b> 2:00 Train Expo (bus leaves <u>2:00</u>) 4:00 Vespers - 1FCR</p>	<p><b>6</b> 9:15 Strength &amp; Stretch - WC 10:30 HealthPro Heritage- WC 1:00 Rummikub- FL 1:30 Shopping at the Cheese Shop (bus leaves <u>1:30</u>) 6:30 Movie Night- TR <i>"The Queen"</i></p>	<p><b>7</b> 9:15 Let's Get Moving -WC 10:00 Bible Study- WCCR 11:15 Better Balance 1:00 Uno- FL 2:00 Kroger Trip</p>	<p><b>8</b> 9:15 Strength &amp; Stretch -WC 10:30 Chair Yoga- WC 2:00 Volunteer Meeting- WC</p>	<p><b>9</b> 9:15 Let's Get Moving-WC 1:00 C&amp;C - WCCR 2:00 Shopping Trip 2:30 Line Dancing- WC</p>	<p><b>10</b> 9:15 Strength &amp; Stretch - WC 10:00-12:00 Mother's Day Pampering- GAL 1:00 Matter of Balance- WC</p>	<p><b>11</b> 6:30 Heartland- TR</p>
<p><b>12 MOTHER'S DAY</b> 4:00 Vespers - 1FCR <i>(Communion Sunday)</i></p>	<p><b>13</b> 9:15 Strength &amp; Stretch - WC 10:15 Virginia Museum of Fine Arts ( bus leaves <u>10:15</u>) 1:00 Rummikub- FL 3:00 Corn Shucking- WC 6:30 Book Club- LIB</p>	<p><b>14</b> 9:15 Let's Get Moving -WC 10:00 Bible Study- WCCR 11:15 Better Balance - WC 1:00 Uno- FL 2:00 Kroger Trip 3:30 2nd Tuesday Meeting- GAL 4:00-6:30 Picnic on the Lawn- FP</p>	<p><b>15</b> 10:30 Chair Yoga- WC 3:30 Beanbag Baseball-WC</p>	<p><b>16</b> 9:15 Let's Get Moving-WC 1:00 C&amp;C - WCCR 2:00 Shopping Trip</p>	<p><b>17</b> 9:15 Strength &amp; Stretch - WC 2:30 Spring Treats- TR</p>	<p><b>18</b> 11:45 Lunch Outing to Fishin' Pig (Bus leaves <u>11:30</u>) 6:30 Heartland- TR</p>
<p><b>19</b> 4:00 Vespers-1FCR</p>	<p><b>20</b> 9:15 Strength &amp; Stretch - WC 10:30 Discovery Series- WC 1:00 Rummikub- FL 6:30 Movie Night- TR <i>"Big Stone Gap"</i></p>	<p><b>21</b> 9:15 Let's Get Moving -WC 10:00 Bible Study- WCCR 11:15 Better Balance - WC 1:00 Uno- FL 2:00 Kroger Trip</p>	<p><b>22</b> 9:15 Strength &amp; Stretch -WC 10:30 Chair Yoga- WC 11:00 Flute &amp; Piano Performance -FL 2:30 Documentary Series- TR</p>	<p><b>23</b> 9:15 Let's Get Moving-WC 1:00 C&amp;C - WCCR 2:00 Shopping Trip 2:30 Line Dancing- WC 3:30 Happy Hour-FP</p>	<p><b>24</b> 9:15 Strength &amp; Stretch - WC 1:30 Verona Antique Mall (bus leaves 1:30)</p>	<p><b>25</b> 6:30 Heartland- TR</p>
<p><b>26</b> 4:00 Vespers- 1FCR</p>	<p><b>27 MEMORIAL DAY</b> 1:00 Rummikub- FL 2:00 Memorial DayTribute- GAL</p>	<p><b>28</b> 9:15 Let's Get Moving -WC 10:00 Bible Study- WCCR 11:15 Better Balance - WC 1:00 Uno- FL 2:00 Kroger Trip 3:00 Birthday Social- FL</p>	<p><b>29</b> 9:15 Strength &amp; Stretch -WC 10:30 Chair Yoga- WC</p>	<p><b>30</b> 9:15 Let's Get Moving-WC 1:00 C&amp;C - WCCR 2:00 Shopping Trip</p>	<p><b>31</b> 9:15 Strength &amp; Stretch - WC 11:45 Lunch Outing to Corgans Publick House (bus leaves</p>	

Nurse Appreciation Week