


May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:15 Strength & Stretch – WC 10:00 UNO– FL 11:00 Cardio Drumming–WC 6:15 Movie Night: “What About Bob”–TR</p>	<p>2</p> <p>9:15 Let’s Get Moving–WC 10:30 Bible Study – Chapel 1:00 UNO– FL 1:00-3:00 Wellness Center Fair–WC 2:00 Kroger Trip 6:00 Thirteen–FL 7:30 Waynesboro Choral Society (bus leaves at 6:45pm) <i>National Fitness Day</i></p>	<p>3</p> <p>9:15 Strength & Stretch –WC 10:30 Chair Yoga– WC 12:00 Lunch Outing: Applebee’s Bar & Grill (bus leaves at 11:45am)</p>	<p>4</p> <p>9:15 Let’s Get Moving–WC 10:30 Better Balance–WC 1:00 C&C - TR 2:00 Shopping Trip 2:30 Line Dancing– WC 6:00 Thirteen– FL</p>	<p>5</p> <p>9:15 Strength & Stretch–WC 12:15 First Friday Organ Recital (bus leaves at 11:50am) 3:30 Cinco De Mayo Celebration–JT</p> <p><i>Cinco De Mayo</i></p>	<p>6</p> <p>6:15 - Virgin River -TR</p>
<p>7</p> <p>3:30 Vespers–Chapel</p>	<p>8</p> <p>9:15 Strength & Stretch – WC 10:00 UNO– FL 10:30 Discovering Wellness: “Swallowing”– TR 11:00 Cardio Drumming–WC 3:30 Travel & Tales—GAL</p>	<p>9</p> <p>9:15 Let’s Get Moving–WC 10:30 Bible Study – Chapel 1:00 UNO– FL 2:00 Kroger Trip 3:30 Second Tuesday Meeting–GAL 6:00 Thirteen–FL</p>	<p>10</p> <p>9:15 Strength & Stretch –WC 10:00 Hearing At Home–TR 10:30 Chair Yoga– WC Solarium</p>	<p>11</p> <p>9:15 Let’s Get Moving–WC 10:30 Better Balance–WC 1:00 C&C - TR 2:00 Shopping Trip 2:30 Line Dancing– WC 6:00 Thirteen– FL</p>	<p>12</p> <p>9:15 Strength & Stretch - WC 10:30 Mother’s Day Brunch–JT</p>	<p>13</p> <p>10:30 Cynthia Botkin & George Goodloe–GAL 6:15 - Virgin River -TR</p>
<p>14</p> <p>3:30 Vespers - Chapel</p> <p><i>Mother’s Day</i></p>	<p>15</p> <p>9:15 Strength & Stretch – WC 10:00 UNO– FL 11:00 Cardio Drumming– WC 6:15 Movie Night: “Just Like Heaven”–TR</p>	<p>16</p> <p>9:15 Let’s Get Moving –WC 10:30 Bible Study–Chapel 1:00 UNO– FL 2:00 Kroger Trip 3:30 Decades Party –GAL 6:00 Thirteen–FL</p>	<p>17</p> <p>9:15 Strength & Stretch –WC 10:30 Chair Yoga– WC 1:30 Grief Group– 3rd Fl Solarium 2:30 Documentary Series “Mysteries of Freemasons: America”–TR</p>	<p>18</p> <p>9:15 Let’s Get Moving–WC 10:30 Better Balance–WC 1:00 C&C - TR 2:00 Shopping Trip 2:30 Line Dancing– WC 6:00 Thirteen– FL</p>	<p>19</p> <p>9:15 Strength & Stretch - WC</p>	<p>20</p> <p>10:00-1:00 Car Show Kona Ice Truck 6:15 - Virgin River -TR</p>
<p>21</p> <p>3:30 Vespers—Chapel</p>	<p>22</p> <p>9:15 Strength & Stretch – WC 10:00 UNO– FL 11:00 Cardio Drumming–WC 3:30 Music Performance: Luke Amos–GAL 6:00 Bingo Night–GAL</p>	<p>23</p> <p>9:15 Let’s Get Moving –WC 10:30 Bible Study–Chapel 1:00 UNO– FL 1:30 Kayaking Trip (bus leaves at 1:00pm) 2:00 Kroger Trip 6:00 Thirteen– FL</p>	<p>24</p> <p>9:15 Wacky Wednesday Workout –WC 10:30 Chair Yoga– WC 1:30 Grief Group– 3rd Fl Solarium 3:00 Chrismon Tree Meeting–GAL</p>	<p>25</p> <p>9:15 Let’s Get Moving– WC 10:30 Better Balance– WC 1:00 C&C - TR 2:00 Shopping Trip 2:00 Parkinson’s Support Group–3rd Fl Solarium 2:30 Line Dancing– WC 3:30 Tenn. Whiskey Tasting–JT 6:00 Thirteen– FL</p>	<p>26</p> <p>9:15 Strength & Stretch– WC 11:00 Traders Joe & Stonefield Shopping Center (bus leaves at 10:15am)</p>	<p>27</p> <p>6:15 - Virgin River -TR</p>
<p>28</p> <p>3:30 Vespers– Chapel</p>	<p>29</p> <p>10:30 Memorial Day Service–GAL</p> <p><i>Memorial Day</i></p>	<p>30</p> <p>9:15 Let’s Get Moving –WC 10:00-2:00 Carte Mobile Boutique–GAL 10:30 Bible Study – Chapel 1:00 UNO– FL 2:00 Kroger Trip 3:30 Birthday Social–GAL 6:00 Thirteen–FL</p>	<p>31</p> <p>9:15 Strength & Stretch–WC 10:30 Chair Yoga– WC 12:00 Pizza in the Park (bus leaves at 11:45am) 1:30 Grief Group– 3rd Fl Solarium</p>		<p>WC - Wellness Center WCCR - Wellness Center Conference Room GAL–Gallery JT– Jacob’s Tavern FP– Front Parking</p>	