




Eiland Center Activities May 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>* please sign up with Life Enrichment , call x8225</p>	<p>1 10:00 Seated Exercise Class (TV 971) 10:15 Manicures (call Cari at x8225 for appt.) 1:00 Bingo (BR) 2:30 Scenic Drive* (Lakeview Patio)</p>	<p>2 12:45 "Virginia Mysteries" Reading with Jim (GA) 1:00 Open Swim* (CP) 2:15 Exercises with Wellness Staff (BR) 2:45 Sing Along (BR) 6:30 <i>Movie: The Kid (TV971)</i></p>	<p>3 8:30 <i>Time of Prayer</i> 9:30 Stretch & Flow (TV 971) 10:00 Ladies Shopping Trip to Target* (LVP) 12:45 Novel Reading With Nancy (GA) 1:00 Puzzle Building (IV) 2:00 Patio Porch Sitting (LVP and IV porch)</p>	<p>4 10:30 Chapel Worship Service (TV 971) 1:00 Men's Group (Terrace) 2:15 Exercises w/ WS (BR) 3:00 Piano with Ruth (BR) 6:30 <i>Documentary- Planet Earth II: Islands (TV 971)</i></p>	<p>5 10:00 Page Turners (3LVD) 11:00 Seated Exercise (TV 971) 11:30 Cinco de Mayo Themed Lunch (All Dining Rooms) 12:45 "Virginia Mysteries" Reading with Jim (GA) 1:30 Swim Class* (CP) 3:00 Bingo (BR)</p>	<p>6 10:00 Seated Exercise Class (TV 971) 10:30 Chaplain Gathering With Chaplain Pat (Galway Room) 1:00 Chess Club (BR)</p>
<p>7 9:00 Chapel Worship Service (TV 971) 10:30 Puzzle Building (IV) 1:00 <i>Movie: The Rainmaker (TV 971)</i> 6:45 Chapel Worship Service (TV 971)</p>	<p>8 10:00 Seated Exercise Class (TV 971) 10:15 Manicures (call Cari at x8225 for appt.) 1:00 Bingo (BR) 2:30 Scenic Drive* (LVP)</p>	<p>9 12:45 Virginia Mysteries" Reading with Jim (GA) 1:00 Open Swim* (CP) 2:15 Exercises with Wellness Staff (BR) 2:45 Drum Circle (BR) 6:30 <i>Marx Brothers: Animal Crackers (TV 971)</i></p>	<p>10 8:30 <i>Time of Prayer</i> 9:30 Stretch & Flow (TV 971) 10:00 Garden Club Outing To Hardware Store* (LVP) 12:45 Reading w/ Nancy (GA) 2:00 Bethel Circle with Massanutten Church (BR) 3:30 Garden Club—Planting on the Patio! (LVP)</p>	<p>11 10:30 Chapel (TV 971) 12:30 Travel Club* (TE) 1:00 Men's Group (Terrace) 2:15 Exercises w/ WS (BR) 3:30 Short Story Reading (GA) 4:15 Dinner at the Bistro with Live Music* (TE) 6:30 <i>Documentary- Planet Earth II: Mountains (TV 971)</i></p>	<p>12 10:30 In-Person Resident Council Meeting (BR) 11:00 Seated Exercise (TV 971) 12:45 Reading with Jim (GA) 1:00 <i>"Sunnyside 101 (TV 971)</i> 1:30 Ladies Sip & Social: Mother's Day Event (BR) 1:30 Swim Class* (CP)</p>	<p>13 10:00 Seated Exercise Class (TV 971) 10:30 Chaplain Gathering With Chaplain Pat (Galway Room) 1:00 Chess Club (BR)</p>
<p>14 Mother's Day 9:00 Chapel Worship Service (TV 971) 10:30 Mother's Day Coloring Sheets (BR) 1:00 <i>Movie: Pride and Prejudice (TV 971)</i> 6:45 Chapel Worship Service (TV 971)</p>	<p>15 10:00 "Sing-spiration Sing Along Hymns" (BR) 10:00 Exercises (TV 971) 10:15 Manicures (call Cari at x8225 for appt.) 1:00 Bingo (BR) 2:30 Shenandoah Park Scenic Drive* (LVP)</p>	<p>16 12:45 "Virginia Mysteries" Reading with Jim (GA) 1:00 Open Swim* (CP) 2:15 Exercises with Wellness Staff (BR) 2:45 Songs with Cari (BR) 6:30 <i>The Fugitive (TV971)</i></p>	<p>17 8:30 <i>Time of Prayer</i> 9:30 Stretch & Flow (TV 971) 11:30 Lunch at the Highlands* (TE) 12:45 Novel Reading With Nancy (GA) 3:00 Piano with Dotty (Terrace - 1st floor)</p>	<p>18 10:30 Chapel Worship Service (TV 971) 1:00 Men's Group (Terrace) 2:15 Exercises w/ WS (BR) 3:00 Piano with Ruth (MO) 6:30 <i>Documentary- Planet Earth II: Jungles (TV 971)</i></p>	<p>19 11:00 Seated Exercise (TV 971) 12:30 Patio Porch Sitting (LVP and IV porch) 1:30 Swim Class* (CP) 3:00 Bingo with Kelly (BR)</p>	<p>20 10:00 Seated Exercise Class (TV 971) 10:30 Chaplain Gathering With Chaplain Pat (Galway Room) 1:00 Chess Club (BR)</p>
<p>21 9:00 Chapel Worship Service (TV 971) 10:30 Puzzle Building (IV) 1:00 <i>Movie: Philomena (TV 971)</i> 6:45 Chapel Worship Service (TV 971)</p>	<p>22 10:00 Seated Exercise Class (TV 971) 10:30 Morning Bingo (BR) 1:00 Trip to Point of View Alpaca Farm* (Transportation Exit)</p>	<p>23 10:30 Bracelet Making with IL Artists (BR) 12:45 Reading with Jim (GA) 1:00 Open Swim* (CP) 2:15 Exercises w/ WS (BR) 2:45 Drum Circle (BR) 6:30 <i>The Bridge on the River Kwai (TV 971)</i></p>	<p>24 8:30 <i>Time of Prayer</i> 9:30 Stretch & Flow (TV 971) 10:00 Scenic Ride* (LVP) 12:45 Novel Reading With Nancy (GA) 1:30 Tour of the Kitchen* (2nd floor Dining Area) 3:30 Patio Porch Sitting (LVP and IV porch)</p>	<p>25 10:30 Chapel Worship Service (TV 971) 1:00 Men's Group (Terrace) 2:15 Exercises w/ WS (BR) 3:30 Short Story "Horseshoe Crabs & Shorebirds " (GA) 6:30 <i>Documentary- Planet Earth II: Deserts (TV 971)</i></p>	<p>26 11:00 Seated Exercise (TV 971) 11:15 Hot Dog Lunch Social* (Terrace Patio-1st floor) 12:45 "Virginia Mysteries" Reading with Jim (GA) 1:30 Swim Class* (CP) 3:00 Bingo (BR)</p>	<p>27 9:00 <i>News w/ Nancy (971)</i> 10:00 Seated Exercise Class (TV 971) 10:30 Chaplain Gathering With Chaplain Pat (Galway Room) 1:00 Chess Club (BR) 7:00 <i>News w/ Nancy (971)</i></p>
<p>28 9:00 Chapel Worship Service (TV 971) 10:30 May Activity Packets (BR) 1:00 <i>Movie: Because of Winn Dixie (TV 971)</i> 6:45 Chapel Worship Service (TV 971)</p>	<p>29 Memorial Day 9:15 Manicures (call Cari at x8225 for appt.) 10:00 Seated Exercise Class (TV 971) 1:00 Bingo (BR) 2:30 Scenic Drive and Ice Cream Trip* (LVP)</p>	<p>30 12:45 "Virginia Mysteries" Reading with Jim (GA) 1:00 Open Swim* (CP) 2:15 Exercises with Wellness Staff (BR) 2:45 Sing Along (BR) 6:30 <i>Christopher Robin (TV 971)</i></p>	<p>31 8:30 <i>Time of Prayer</i> 9:30 Stretch & Flow (TV 971) 10:00 Scenic Ride* (LVP) 12:45 Novel Reading With Nancy (GA) 1:30-3:30 Sunnyside's 21st Annual National Senior Health & Fitness Day Health Fair (VC)</p>	<p>BR—Bethel Room (2nd) CL— Corson Lobby CP—Corson Pool (1st) CR—Arts & Crafts Room (2nd) GA—Galway Lounge (2nd) HI — The Highlands IV—Inverness Lounge (2nd)</p>	<p>3LVD—Lakeview Dining (3rd) LVP — Lakeview Patio (2nd) MA— Madison Lounge (3rd) MO—Monroe Lounge (3rd) TR— Terrace (1st floor) TE—Transportation Exit VC—Broadus Vitality Center</p>	<p>For schedule updates-check bulletin boards</p> <p>All outings are weather permitting</p> <p>All activities last 30+ minutes</p>