

# May 2022 Independent Community Activity Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:00 Documentary DVD 1:30 Zumba 2:30 Table Games - AR 7:15 Movie	<b>2</b> 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie	<b>3</b> 9:45 Exercise with Annette <b>10:00 Shopping Whole Foods &amp; Rite Aid</b> 10:00 Men's Bible Study-CH 10:45 Exercise with Annette <b>1:30 Shopping Dollar Tree</b> 3:40 Rosary - CH	<b>4</b> 10:30 Resident Support Group - CH 10:45 Exercise with Annette 11:00 Table Tennis - TP 1:30 Spanish Speaking Group - CH 7:00 Bingo	<b>5</b> 10:45 Qi Gong 2:00 Beginning Spanish -CH <b>2:00 Painting Class</b>	<b>6</b> 10:45 Exercise with Annette 1:30 Opera "Il Trovatore" by Verdi 7:15 Movie	<b>7</b> 10:15 Qi Gong 11:00 Great Courses DVD “How to Understand Opera” 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie
<b>8</b> 10:00 Documentary DVD 1:30 Zumba 1:30 Episcopal Ser.—CH 2:30 Table Games - AR 7:15 Movie	<b>9</b> 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie	<b>10</b> 9:45 Exercise with Annette <b>10:00 Shopping Lucky's &amp; Rite Aid</b> 10:00 Mens Bible Study-CH 10:45 Exercise with Annette <b>1:30 Shopping Capitola Mall</b> 1:30 Book Mobile—OFL 3:40 Rosary - CH	<b>11</b> 10:30 Resident Support Group - CH 10:45 Exercise with Annette 11:00 Table Tennis - TP 1:30 Spanish Speaking Group - CH 3:00 Word Warp 7:00 Bingo	<b>12</b> 10:45 Qi Gong 2:00 Beginning Spanish -CH <b>2:00 Painting Class</b>	<b>13</b> 10:45 Exercise with Annette 3:00 Jewish Cultural Club 7:15 Movie	<b>14</b> 10:15 Qi Gong 11:00 Great Courses DVD “How to Understand Opera” 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie
<b>15</b> 10:00 Documentary DVD 1:30 Zumba 2:30 Table Games - AR 7:15 Movie	<b>16</b> 10:45 Exercise with Annette 1:00 Catholic Bible Study - CH 2:00 Meditation Group 7:15 Movie	<b>17</b> 9:45 Exercise with Annette <b>10:00 Shopping Trader Joe's &amp; Bed Bath and Beyond</b> 10:00 Mens Bible Study-CH 10:45 Exercise with Annette <b>1:30 Shopping Dollar Tree</b> 3:40 Rosary - CH	<b>18</b> 10:30 Resident Support Group - CH 10:45 Exercise with Annette 11:00 Table Tennis - TP <b>1:30 Beading with Marcia</b> 1:30 Spanish Speaking Group - CH 7:00 Bingo	<b>19</b> 10:45 Qi Gong 2:00 Beginning Spanish -CH 3:00 Happy Hour w/Johnny Fabulous-OR	<b>20</b> 10:45 Exercise with Annette 3:00 Bingo 7:15 Movie	<b>21</b> 10:15 Qi Gong 11:00 Great Courses DVD “How to Understand Opera” 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie
<b>22</b> 10:00 Documentary DVD 1:30 Zumba 2:30 Table Games - AR 7:15 Movie	<b>23</b> 10:45 Exercise with Annette 1:00 Catholic Bible Study - CP 2:00 Meditation Group 7:15 Movie	<b>24</b> 9:45 Exercise with Annette <b>10:00 Shopping Nob Hill &amp; CVS</b> 10:00 Mens Bible Study-CH 10:45 Exercise with Annette <b>1:30 Shopping Capitola Mall</b> 1:30 Book Mobile—OFL 2:00 Book Chat 3:40 Rosary - CH	<b>25</b> 10:30 Resident Support Group - CH 10:45 Exercise with Annette 11:00 Table Tennis - TP 1:30 Spanish Speaking Group - CH 7:00 Bingo	<b>26</b> <b>8:30 Breakfast at the Beach</b> 10:30 Conversations 2:00 Beginning Spanish –CH <b>2:00 Painting Class</b>	<b>27</b> 10:45 Exercise with Annette 1:30 Jewish Cultural Club 7:15 Movie	<b>28</b> 10:15 Qi Gong 11:00 Great Courses DVD “How to Understand Opera” 11:00 Table Tennis - TP 4:00 Catholic Mass 7:15 Movie
<b>29</b> 10:00 Documentary DVD 1:30 Zumba 2:30 Table Games - AR 7:15 Movie	<b>30</b> 10:45 Exercise with Annette 1:00 Catholic Bible Study - CP 2:00 Meditation Group 7:15 Movie	<b>31</b> 9:45 Exercise with Annette <b>10:00 Shopping Dollar Tree</b> 10:00 Mens Bible Study-CH 10:45 Exercise with Annette 2:30 Kentucky Derby 3:40 Rosary - CH	<b>Activities take place in Oaks Room unless otherwise noted.</b>	Acorn Room - AR Chapel - CH <b>Sign up at Activity Desk (Red)</b> Thomas Patio - TP Sports Courtyard - SC Wellness Center - WC Out Front Lobby– OFL	<b><u>No Hearing Aid Check This Month</u></b>	<b><u>Blood Pressure checks</u> staffed by Stacy Smith-Paynter, RN Tuesdays from 1 to 2 PM <u>Wellness Center</u> Across from D204</b>