

# May 2024 Calendar

Independent Living - Life Enrichment & Wellness

This Month we Celebrate **Mexico**

## May Birthdays

Frances Cauthen 5/3  
Margaret Hausman 5/7  
Bill Crockford 5/13  
Louise Clinton 5/21



Nell Branning 5/25  
Ray Damron 5/29  
Audrey Moughan 5/29



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p># + L - #Floor Lounge. AS- Art Studio in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CW - Campus Wide Event CY - Courtyard DR - Dining Room GR - Garden Room in the Health Center HH - Heritage Hall L - Lobby LL - Lower Level MDR - Manor Dining Room</p>	<p><b>Helpful Reminders:</b></p> <p>The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&amp;K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i></p> <p>The Tower's bus can only accommodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor guarantee a seat on the bus.</p> <p>All activities on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions.</p>		<p><b>1</b></p> <p>9:00 Food Lion &amp; Publix 9:30 Healthy Upper Body - HH <b>10:00 Charlotte Knights Game</b> 10:00 Podiatry Services - TR 1:30 Full Body Stretch - HH 3:00 Church Service - HH 6:00 Card Games - CR</p>	<p><b>2</b></p> <p>9:00 Harris Teeter 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance and Core - CR <b>2:00 National Day of Prayer - HH</b> <b>3:00 Town Meeting with Otis - HH</b> 6:00 Dominoes - CR</p>	<p><b>3</b></p> <p>9:00 Men's Devotion - CR 9:30 Seated Tai Chi - CH 99 10:00 Water walking - P 2:00 Mexican Hydration Station - CR 3:00 Cornhole - HH 6:00 Stroll w/ a neighbor</p>	<p><b>4</b></p> <p>10:30 Choir Practice - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:30 Bingo - HH</p>
<p><b>5</b></p> <p>9:00 WPC Service on CH98 2:00 Board Games - CR 2:00 Sunday Matinee - MT 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR</p> <p><b>CINCO DE MAYO</b></p>	<p><b>6</b></p> <p>9:30 Health Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Activity Committee Meeting - 4L 2:30 Aqua Move and Groove - P <b>3:00 Elvis Gospel Show - HH</b> 3:30 CVS/Walgreens/Dollar Tree 6:00 Gospel Reading - L 6:00 Movie Night - MT</p>	<p><b>7</b></p> <p>9:30 Healthy Lower Body - HH 10:00 Dance&amp;Movement Therapy - WPC 11:00 Mexican Coffee Presentation - C 1:30 Balance and Core - HH 3:00 Bingo - HH 6:00 Gospel Reading - L 6:30 Hymn Sing - HH</p>	<p><b>8</b></p> <p>9:00 Food Lion &amp; Publix 9:30 Healthy Upper Body - HH <b>10:30 Nurse's Day Celebration - HH</b> 1:30 Full Body Stretch - HH <b>2:00 Walk in Glencairn Park</b> 3:00 Church Service - HH <b>4:00 Mexican Mocktail's - CY</b> 6:00 Gospel Reading - L 6:00 Card Games - CR</p>	<p><b>9</b></p> <p>9:30 Healthy Lower Body - HH <b>10:00 Students of Riverwalk Academy Small Group Ensemble - HH</b> 10:00 Health Screening w/ Agape - CR 11:00 Neurobics - MT 1:30 Harris Teeter 1:30 Balance and Core - CR <b>1:30 Memories of Winthrop - HH</b> 6:00 Gospel Reading - L 6:00 Dominoes - CR</p>	<p><b>10</b></p> <p>9:00 Men's Devotions - CR 9:30 Seated Tai Chi - CH 99 10:00 Water walking - P <b>10:30 Outing to South Park Mall</b> 2:00 "Mexico, Ever Faithful" - CR 3:00 Cornhole - HH 6:00 Gospel Reading - L 6:00 Stroll w/ a neighbor</p>	<p><b>11</b></p> <p>10:30 Choir Practice - HH 1:30 Rummy - CR 2:00 Rummikub - CR 3:00 Patrick Hudson - HH 4:00 Logic Puzzle - L 6:00 Gospel Reading - L 6:30 Bingo - HH</p>
<p><b>12</b></p> <p>9:00 WPC Service on CH98 2:00 Board Games - CR 2:00 Sunday Matinee - MT 3:00 Catholic Communion - HH 4:00 Vespers - HH 6:00 Gospel Reading - L 6:00 Friendly Game of Pool - BR</p> <p><b>Mother's Day</b></p>	<p><b>13</b></p> <p>9:30 Health Upper Body - HH <b>1:00 Fall Prevention Seminar - CR</b> 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 3:00 Newport Walmart 6:00 Gospel Reading - L 6:00 Movie Night - MT</p>	<p><b>14</b></p> <p>9:30 Healthy Lower Body - HH 10:00 Dance&amp;Movement Therapy - WPC 11:00 Audiology Center - CR 1:30 Balance and Core - HH 3:00 Bingo - HH 3:45 YCL Bookmobile - L 6:00 Gospel Reading - L 6:30 Hymn Sing - HH</p>	<p><b>15</b></p> <p>9:00 Food Lion &amp; Publix 9:30 Healthy Upper Body - HH <b>11:00 Cook out @ Westminster Park</b> 1:30 Full Body Stretch - HH 3:00 Church Service - HH 6:00 Gospel Reading - L 6:00 Card Games - CR</p>	<p><b>16</b></p> <p>9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Harris Teeter 1:30 Balance and Core and Beverages - HH <b>3:00 Look What's Coming to Rock Hill - HH</b> 6:00 Gospel Reading - L 6:00 Dominoes - CR</p>	<p><b>17</b></p> <p>9:00 Men's Devotions - CR 9:30 Donuts &amp; Coffee - CB 9:30 Seated Tai Chi - CH 99 10:00 Water walking - P <b>1:30 Food Demonstration Michelle Makes Guac - CR</b> 3:00 Cornhole - HH 6:00 Gospel Reading - L 6:00 Stroll w/ a neighbor</p>	<p><b>18</b></p> <p><b>10:30 Voices of Experience Concert - HH</b> 1:30 Childrens Piano recital - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Gospel Reading - L 6:30 Bingo - HH</p>
<p><b>19</b></p> <p>9:00 WPC Service on CH98 <b>1:30 Time of Remembrance Buzz Benson - HH</b> 2:00 Board Games - CR 2:00 Sunday Matinee - MT 4:00 Vespers - HH 6:00 Gospel Reading - L 6:00 Friendly Game of Pool - BR</p>	<p><b>20</b></p> <p>9:30 Health Upper Body - HH <b>10:30 JOY Choir Performance - HH</b> 1:30 Cardio Drumming - HH <b>2:00 Ron from Springs Farm - CR</b> 2:00 Newsletter Committee - 2L 2:30 Aqua Move and Groove - P 3:30 CVS/Walgreens/Dollar Tree 6:00 Gospel Reading - L 6:00 Movie Night - MT</p> <p><b>National Strawberry Day</b></p>	<p><b>21</b></p> <p>9:30 Healthy Lower Body - HH 10:00 Dance&amp;Movement Therapy - WPC 11:00 Brain Games - L 11:00 Audiology Center - CR 1:30 Balance and Core - HH 2:00 New Resident Social w/ Arzu - CR 3:00 Bingo - HH 6:00 Gospel Reading - L 6:30 Hymn Sing - HH</p>	<p><b>22</b></p> <p>9:00 Food Lion &amp; Publix 9:00 BK Nails 9:30 Healthy Upper Body - HH <b>11:30 Lunch @ Fish Market</b> 1:30 Full Body Stretch - HH 3:00 Church Service - HH 6:00 Gospel Reading - L 6:00 Card Games - CR</p>	<p><b>23</b></p> <p>9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Harris Teeter 1:30 Balance and Core - HH 2:30 Wellness Committee Meeting - 2L <b>3:00 Old Fashioned Tea Party - HH</b> 6:00 Gospel Reading - L 6:00 Dominoes - CR</p>	<p><b>24</b></p> <p>9:00 Men's Devotions - CR 9:30 Seated Tai Chi - CH 99 10:00 Water walking - P <b>11:00 Lunch at Casa Tequila</b> <b>3:00 Three Decades of Mayors - HH</b> 6:00 Gospel Reading - L 6:00 Stroll w/ a neighbor</p>	<p><b>25</b></p> <p>10:30 Choir Practice - HH 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Gospel Reading - L 6:30 Bingo - HH</p>
<p><b>26</b></p> <p>9:00 WPC Service on CH98 2:00 Board Games - CR 2:00 Sunday Matinee - MT 4:00 Vespers - HH 6:00 Gospel Reading - L 6:00 Friendly Game of Pool - BR</p>	<p><b>27</b></p> <p>9:30 Health Upper Body - HH 9:30 Flag Raising - Flag Pole 1:30 Cardio Drumming - HH 2:15 Putting Contest - CY 2:30 Aqua Move and Groove - P 3:00 Newport Walmart 6:00 Gospel Reading - L 6:00 Movie Night - MT</p> <p><b>Memorial Day</b></p>	<p><b>28</b></p> <p>9:30 Healthy Lower Body - HH 11:00 Brain Games - L 1:30 Balance and Core - HH <b>2:00 Resident Showcase - HH Featuring Ed FitzGerald</b> 3:00 Bingo - HH 6:00 Gospel Reading - L 6:30 Hymn Sing - HH</p>	<p><b>29</b></p> <p>9:00 Food Lion &amp; Publix 9:30 Healthy Upper Body - HH 10:00 Podiatry Services - TR <b>11:30 Lunch @ Garden Café</b> 1:30 Full Body Stretch - HH 3:00 Church Service - HH <b>4:00 Resident Showcase - HH Featuring Carole Partridge</b> 6:00 Gospel Reading - L 6:00 Card Games - CR</p>	<p><b>30</b></p> <p>9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Harris Teeter 1:30 Balance and Core - HH <b>2:00 Resident Showcase - HH Featuring Nancy Anderson on Piano</b> 3:00 Balloon VolleyBall - HH 6:00 Gospel Reading - L 6:00 Dominoes - CR</p>	<p><b>31</b></p> <p>9:00 Men's Devotions - CR 9:30 Seated Tai Chi - CH 99 10:00 Water walking - P 2:00 TED Talk - CR 3:00 Cornhole - HH 6:00 Stroll w/ a neighbor</p>	