



Independent Living - Life Enrichment & Wellness

May 2022 Calendar

Frances Cauthen 5/3
 Margaret Hausman 5/7
 Lib Anderson 5/12
 Ginny Van Hove 5/12
 Bill Crockford 5/13
 Nancy Preston 5/18

Louise Clinton 5/21
 Patty Kissiah 5/24
 Nell Branning 5/24
 Gene Bigger 5/28
 David Morton 5/28
 Ray Damron 5/29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Wear Your Name Tag Day 1:30 Movie with Sharon Miller - MT <i>Twelve Mighty Orphans</i> 1:45 Clover Choralliers Performance 4:00 Vespers - HH	2 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:00 CVS, Walgreens, Dollar Tree 3:00 Walking Club - L 4:00 Functional Fitness - HH 6:00 Movie - MT	3 8:00 Brew & Chew w/Veterans at Golden Corral Buffet & Grill 8:30 Publix 10:00 Balance in Motion - HH 11:00 Neurobics - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 3:00 Table Games - CR 3:45 - 4:45 Library Bookmobile 7:00 Hymn Sing - HH	4 Star Wars Day* 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 11:00 Outing to Louise Pettus Archives 2:00 Muscle Stretch - CH 99 2:00 Newport: Walmart/Adli/\$1 Tree 3:00 Church Service - HH <i>* May the 4th Be With You</i>	5 Cinco De Mayo National Day of Prayer 10:00 Balance in Motion - CY 1:30 Harris Teeter 1:30 National Day of Prayer - HH 2:00 Muscle Stretch - CH 99 3:00 Cinco De Mayo Party - CY 3:30 Musical Performance - CY <i>Ansel Couch</i> 4:00 Aquatic Balance - P <i>Dress up day for Cinco De Mayo</i>	6 10:00 Healthy Bones and Strong Muscles - CY 11:00 Tai Chi - CH 99 12:00 Fast Food Friday: Taco Bell 2:00 Muscle Stretch - CH 99 2:30 Mother's Day Social - DR 4:00 Functional Fitness - CY <i>National Nurses Day</i>	7 10:00 Courtyard Exercise - CY 10:30 Choir Practice - HH 11:00 Cornhole - CY 3:00 Table Games - CR 6:30 Bingo - HH
8 Mothers Day 3:00 Catholic Church Service is postponed until June 12th 4:00 Vespers - HH	9 10:00 Healthy Bones and Strong Muscles - HH 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:00 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH	10 8:30 Publix 10:00 Balance in Motion - HH 11:00 Water Walking & Strength - P 11:30 Outing to Top Golf 2:00 Muscle Stretch - CH 99 2:30 League of Women Voters - HH New Election Rules, Q&A 3:00 Table Games - CR 7:00 Hymn Sing - HH	11 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - CR 10:30 Movie - CH 99 10:30 Musical Performance - HH <i>Laurie Neal Handbell Choir</i> 12:30 Balloon Volleyball - HH 1:30 TJ Maxx & Homegoods 2:00 Muscle Stretch - HH 3:00 Church Service - HH 5:00 Dinner at Trio Restaurant	12 10:00 Balance in Motion - HH 11:00 Neurobics - MT 11:30 Lunch at Shanes Rib Shack 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 3:00 Musical Performance - HH <i>Joan & Paul for all Seasons</i> 4:00 Aquatic Balance - P	13 10:00 Healthy Bones and Strong Muscles - HH 10:00 Levine Museum of the New South & Lunch in Charlotte 11:00 Tai Chi - CH 99 12:00 Fast Food Friday: Friendly's 2:00 Muscle Stretch - CH 99 2:30 All Items for the Spring Fundraiser are due in Heritage Hall 6:00 Movie - MT	14 8:00 - 1:00 Spring Fundraiser 10:30 Choir Practice - HH 3:00 Table Games - CR 6:30 Rock Hill Symphony Orchestra 6:30 Bingo - HH
NATIONAL SKILLED NURSING WEEK						
15 1:30 Movie with Sharon Miller - MT <i>My Big Fat Greek Wedding</i> 4:00 Vespers - HH	16 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:00 CVS, Walgreens, Dollar Tree 3:00 Walking Club - L 4:00 Functional Fitness - HH 6:00 Movie - MT	17 8:30 Publix 10:00 Balance in Motion - HH 11:00 Neurobics - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 2:30 Adult Watercolor - AS 3:00 Table Games - CR 3:45 - 4:45 Library Bookmobile 7:00 Hymn Sing - HH	18 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 10:30 Brunch at First Watch 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 2:00 Newport: Walmart/Adli/\$1 Tree 3:00 Church Service - HH	19 10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 3:00 Wellness TED Talk 4:00 Aquatic Balance - P	20 World Bee Day 9:30 Donuts & Coffee - CB 10:00 Healthy Bones and Strong Muscles - HH 10:30 Outing to Daniel Stowe Botanical Garden & Picnic Lunch 11:00 Tai Chi - CH 99 12:00 Fast Food Friday: Dairy Queen 2:00 Muscle Stretch - CR 2:30 Musical Performance - Lobby <i>David Domingo</i> 4:00 Functional Fitness - CR 6:00 Movie - MT <i>Wear Yellow!</i>	21 Armed Forces Day 10:00 Court Yard Exercise - CY 10:30 Choir Practice - HH 11:00 Cornhole - CY 3:00 Table Games - 5L 6:30 Bingo - HH
22 4:00 Vespers - HH	23 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:00 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT	24 8:30 Publix 10:00 Balance in Motion - HH 11:00 Audiology Center - HH 11:00 Neurobics - MT 11:00 Water Walking & Strength - P 2:00 Muscle Stretch - CH 99 3:00 Table Games - CR 3:30 New Resident Orientation - H 7:00 Hymn Sing - HH	25 9:00 B&K Nails 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 12:30 Balloon Volleyball - HH 1:30 Museum of York County 2:00 Muscle Stretch - HH 3:00 Church Service - HH 5:00 Dinner at Pier 51	26 10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 3:00 Wellness TED Talk 4:00 Aquatic Balance - P	27 10:00 Healthy Bones and Strong Muscles - HH 12:00 Fast Food Friday: Steak N Shake 11:00 Tai Chi - CH 99 2:00 Muscle Stretch - HH 4:00 Functional Fitness - HH 6:00 Movie - MT	28 Armed Forces Day 10:30 Choir Practice - HH 3:00 Table Games - CR 6:30 Bingo - HH
29 4:00 Vespers - HH	30 Memorial Day 9:30 Veteran's Breakfast Outing at I-Hop 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:00 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT <i>Dress up Day: Red, White & Blue</i>	31 8:30 Publix 10:00 Balance in Motion - HH 11:00 Neurobics - MT 11:00 Water Walking & Strength - P 11:30 Lunch at Hwy 55 2:00 Muscle Stretch - CH 99 3:00 Table Games - CR 3:00 Wellness Snack Social - CB 3:45 - 4:45 Library Bookmobile 7:00 Hymn Sing - HH	In-House Activities Outings # + L - #Floor Lounge. AS- Art Studio in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CY - Courtyard DR - Dining Room GR - Garden Room in the Health Center HH - Heritage Hall L - Lobby LL - Lower Level MDR - Manor Dining Room	Helpful Reminders: The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i> 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. All activities on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancellations as well as a listing of movies for the week and programs airing on CH 99.		