

May 2023 Calendar

Independent Living - Life Enrichment & Wellness

Celebrating Heroes



May Birthdays

Frances Cauthen 5/3
Margaret Hausman 5/7
Lib Anderson 5/12
Bill Crockford 5/13
Betty Faris 5/13
Louise Clinton 5/21

Nell Branning 5/25
Gene Bigger 5/28
David Morton 5/28
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 MT - Movie Theater WS - Woodshop in the Lower Level</p>	<p>1 9:30 Healthy Upper Body - HH 10:00 Guest Speaker - HH Bridget Conway: Age in Motion 1:00 Craft Corner - AS Decorate your Hat for the Kentucky Derby 1:30 Full Body Stretch - HH 2:30 Aqua Move & Groove - P 3:30 CVS / Walgreens / 1\$ Tree 6:00 Movie - MT</p>	<p>2 9:30 Healthy Lower Body - HH 10:00 Circuit Training - FC 1:30 Balance/Core - HH 2:15 Bingo - HH 3:15 Sweet & Salty with Arzu-CR 3:45 YCL Bookmobile - L 6:30 - Hymn Sing - HH 7:00 Toastmasters - CR 7:00 Piedmont Music Academy's Voices of Carolina Spring Concert Westminster Presbyterian Church</p>	<p>3 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:00 Musical Performance - HH The Musicality Ringers (Handbells) 1:30 Full Body Stretch - HH 3:00 Church Service - HH</p>	<p>4 National Day of Prayer 9:30 Healthy Lower Body - HH 10:30 National Day of Prayer - HH 1:30 Balance/Core - HH 1:30 Harris Teeter 3:30 Strength of a Hero Arm Wrestling Competition - CR</p>	<p>5 Cinco de Mayo 10:00 Water Walking & Stretch - P 11:00 Communion Service in the Health Center Chapel 11:00 Seated Tai Chi - CH 99 12:00 Lunchtime Cinco de Mayo Celebration - L & DR 3:00 Cornhole - HH 6:00 Movie - MT</p>	<p>6 Kentucky Derby Day 10:30 Choir Practice - HH 3:00 Rummikub - CR 6:30 Bingo - HH 6:45 Kentucky Derby - CR Televised by NBC, post time is 6:57</p>
<p>7 11:00 WPC Service on TV-CR 1:30 Balloon Volleyball - HH 2:00 Board Games - CR 4:00 Vespers - HH</p>	<p>8 9:30 Healthy Upper Body - HH 1:00 TED Talks - CR Why Lunch Ladies are Heroes 1:30 Full Body Stretch - HH 2:30 Aqua Move & Groove - P 3:30 Newport Walmart 6:00 Movie - MT</p>	<p>9 9:30 Healthy Lower Body - HH 1:30 Balance/Core - HH 2:15 Bingo - HH 3:15 Sweet & Salty with Arzu-CR 6:30 - Hymn Sing - HH</p>	<p>10 8:30 Food Lion & Publix 10:00 State House Tour in Columbia 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 3:00 Church Service - HH 4:00 Mocktail Party - L Kentucky Derby, with entertainment by Joan & Paul for All Seasons</p>	<p>11 9:30 Healthy Lower Body - HH 10:30 Health Clinic - CR By Agape Care, Blood Pressure 11:00 Neurobics - MT 11:30 Lunch with Pastor Lee - DR 1:30 Balance/Core - HH 1:30 Harris Teeter 2:30 Guest Speaker - HH Ron Edwards, General Manager of Springs Farms, Fort Mill Farmers are Heroes</p>	<p>12 International Nurse's Day 10:00 Water Walking & Stretch - P 11:00 Seated Tai Chi - CH 99 2:00 Celebrating Heroes: Nurse's Day 3:00 Putting & Lemonade - CY 6:00 Movie - MT</p>	<p>13 National Mini Golf Day 10:30 Musical Performance - HH Voices of Experience Choir 2:00 Guest Speaker - HH Mini Golf National Champion 3:00 Rummikub - CR 6:30 Bingo - HH</p>
<p>14 Mother's Day 11:00 WPC Service on TV-CR 1:30 Balloon Volleyball - HH 2:00 Board Games - CR 3:00 Catholic Church Service - HH 4:00 Vespers - HH</p>	<p>15 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 2:00 Guest Speaker - HH Allison Cauble, Epic Health Care Fall Prevention 2:30 Aqua Move & Groove - P 3:30 CVS / Walgreens / 1\$ Tree 3:30 Discussion Group - CR Who are your Spiritual Heroes? 6:00 Movie - MT</p>	<p>16 9:30 Healthy Lower Body - HH 11:00 Audiology Center - HH 1:30 Balance/Core - HH 2:15 Bingo - HH 3:15 Sweet & Salty with Arzu-CR 3:45 YCL Bookmobile - L 6:30 - Hymn Sing - HH 7:00 Toastmasters</p>	<p>17 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:00 Musical Performance - HH WCCS Honors Choir 1:30 Full Body Stretch - HH 1:30 Outing to Catawba Indian Nation 3:00 Church Service - HH</p>	<p>18 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 1:30 Windows Committee - 2L 1:30 Harris Teeter</p>	<p>19 9:30 Donuts - CR 10:00 Water Walking & Stretch - P 11:00 Communion Service in the Health Center Chapel 11:00 Seated Tai Chi - CH 99 1:00 Lunch at Papa Docs 3:00 Cornhole - HH 6:00 Movie - MT</p>	<p>20 10:30 Choir Practice - HH 3:00 Rummikub - CR 4:00 Piano Recital - HH Featuring the Students of Megan Briton 6:30 Bingo - HH</p>
<p>21 11:00 WPC Service on TV-CR 1:30 Balloon Volleyball - HH 2:00 Board Games - CR 4:00 Vespers - HH</p>	<p>22 9:30 Healthy Upper Body - HH 1:30 Full Body Stretch - HH 2:30 First Baptist Church Joy Choir - HH 2:30 Aqua Move & Groove - P 6:00 Movie - MT</p>	<p>23 9:30 Healthy Lower Body - HH 1:30 Balance/Core - HH 2:15 Bingo - HH 3:15 Sweet & Salty with Arzu-CR 6:30 - Hymn Sing - HH</p>	<p>24 9:00 B&K Nails 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:30 Lunch at Kounter in Rock Hill & Explore Main Street 1:30 Full Body Stretch - HH 2:00 Tea Party - AS 3:00 Church Service - HH</p>	<p>25 9:30 Healthy Lower Body - HH 11:00 Neurobics - MT 1:30 Balance/Core - HH 1:30 Harris Teeter 2:00 Musical Entertainment - HH Nancy Johnson & Robert Cutter On Piano & Drums</p>	<p>26 10:00 Water Walking & Stretch - P 11:00 Seated Tai Chi - CH 99 2:00 Celebrating Comic Book Heroes - CR 3:00 Putting & Lemonade - CY 6:00 Movie - MT</p>	<p>27 10:30 Choir Practice - HH 2:00 Lib & Spencer Anderson 75th Wedding Anniversary Party - HH 3:00 Rummikub - CR 6:30 Bingo - HH</p>
<p>28 11:00 WPC Service on TV-CR 1:30 Balloon Volleyball - HH 2:00 Board Games - CR 4:00 Vespers - HH</p>	<p>29 Memorial Day 9:30 Healthy Upper Body - HH 12:00 Lunchtime Memorial Day Celebration 1:30 Full Body Stretch - HH 2:30 Aqua Move & Groove - P 3:30 Newport Walmart 6:00 Movie - MT</p>	<p>30 9:30 Healthy Lower Body - HH 1:30 Balance/Core - HH 2:15 Bingo - HH 3:15 Sweet & Salty with Arzu-CR 6:30 - Hymn Sing - HH</p>	<p>31 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:00 Picnic at Ebenezer Park 1:30 Full Body Stretch - HH 2:00 Wellness Snack Social - L 3:00 Church Service - HH</p>	<p>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.</p>		