

Life in The Key of Beautiful!

MAY 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

- Active
- Expressive
- Nourishing
- Environmental
- Dimensional
- Community
- Creative

Meeting Places

- F** Fitness Center
- G** Game Room
- LC** Lifestyle Center
- A** Art Room
- P** Pool Patio
- L** Lobby
- S** Salon
- T** Theater

	01	02	03	04
All Day 10:00 Fitness Instructor F 11:00 BINGO G 1:00 Learn Another Culture - Japan LC 2:00 High Tea G 3:00 Bible Study A 6:30 Art Night A	10:00 Full Body Workout F Garden Club P 1:00 Rossen House trip L 2:30 Bridge the Gap w/Treasure House LC Give it a Whirl Art Project A 7:00 Relaxation Yoga F	All Day Int'l Tuba Day All Day Temple Transportation 10:00 Fitness Instructor F 11:00 Celebrate the Tuba! LC 1:00 Trivia G 2:00 Reflection Reading S 4:00 Happy Hour w/music L 7:00 Movies - Romantic T Comedy	All Day Kentucky Derby Day & Star Wars Day 10:00 Walking Club L 11:00 BINGO G 1:00 Manicures/Hand Massages S 2:00 Decorate Kentucky Derby Hat A 3:00 Watch Kentucky Derby T 7:00 Movies: Star Wars-May The 4th Be With You! T	
All Day Church Transportation All Day Cinco de Mayo 10:00 Stretching F 11:00 Celebrate Cinco de Mayo A 1:00 Coffee Clutch P 3:00 Games G 7:00 Movies - Musicals T	10:00 Fitness Instructor F Musical Arts A 1:00 The Artists Way A Snapshot Sneakers L 2:00 Hot Topics T 7:00 Movies - Documentary T	10:30 Music & Movement w/Shannon & Charles LC 1:00 Drug Store/Shopping Trip L 1:30 Gallery of Arts A 2:00 Brain Games G 3:00 Karaoke L 7:00 Relaxation Yoga F	10:00 Fitness Instructor F BINGO G 1:00 Resident Council Meeting T 2:00 Bible Study A 3:00 Wine Cellar Club R 6:30 Art Night A	10:30 Music & Movement w/Shannon & Charles LC Casino trip L Give it a Whirl Art Project A Games: Heads Up! G Relaxation Yoga F
All Day Temple Transportation 10:00 Fitness Instructor F 12:00 Passport Mel w/Chef - Japan R 2:00 Reflection Reading S 3:00 Trivia G 4:00 Happy Hour w/music L 7:00 Movies - Romantic T Comedy	10:00 Walking Club L BINGO G Manicures/Hand Massages S POMS movie @ Harkins Arrowhead L Color Wheel A Movies - Drama T			
All Day Church Transportation All Day Mother's Day 10:00 Stretching F 11:00 Celebrate Mother's Day LC 1:30 Merry Mentors T 3:00 Games G 7:00 Movies - Musicals T	10:00 Fitness Instructor F Musical Arts A 1:00 The Artists Way A Book Club L Hot Topics T 7:00 Movies - Documentary T	10:30 Music & Movement w/Shannon & Charles LC 1:00 Drug Store/Shopping Trip L 1:00 Gallery of Arts A 2:00 Brain Games G Ice Cream Party L Relaxation Yoga F	All Day Nat'l Chocolate Chip Day 10:00 Fitness Instructor F BINGO G Start a Choir? LC Creative Writing Club LC Bible Study A Art Night A	10:30 Music & Movement w/Shannon & Charles LC Charity Visit L Guest Speaker: Stem Cell Therapy LC Give it a Whirl Art Project A Games G Relaxation Yoga F
All Day Temple Transportation 10:00 Fitness Instructor F 11:00 Lets Sleeping Dogs Lie A 2:00 Reflection Reading S 3:00 Trivia G 4:00 Happy Hour w/music L 7:00 Movies - Romantic T Comedy	All Day Armed Forces Day 10:00 Walking Club L 11:00 BINGO G 1:00 Japanese Friendship Garden L Manicures/Hand Massages S BIG Scrabble G Movies - Drama T			
All Day Church Transportation 10:00 Stretching F 11:30 Picnic in the Park L 1:30 Relaxation Retreat S 3:30 Games G 7:00 Movies - Musicals T	10:00 Fitness Instructor F Musical Arts A 1:00 The Artists Way A Fact or Fiction LC Hot Topics T 7:00 Movies - Documentary T	10:30 Music & Movement w/Shannon & Charles LC 1:00 Drug Store/Shopping Trip L 1:30 Gallery of Arts A Guest Speaker: PHX Art Museum-Japanese Art T Brain Games G Relaxation Yoga F	10:00 Fitness Instructor F BINGO G New Resident Luncheon R Chat w/Chef & Sue R Guest Speaker: Dr. Berg, PEMF Therapy LC Bible Study A Art Night A	All Day Lucky Penny Day 10:00 Games G Kick-off w/Shannon & Charles LC Give it a Whirl Art Project A Meditation S Monthly Birthday Celebration LC FAMILY Game Night G
All Day Temple Transportation 10:00 Fitness Instructor F 11:00 Paint Rocks A 2:00 Reflection Reading S 3:00 Trivia G 4:00 Happy Hour w/music L 7:00 Movies - Romantic T Comedy	All Day Nat'l Wine Day 10:00 Walking Club L 11:00 BINGO G 1:00 Manicures/Hand Massages S Color Wheel A Winery 101 Tasting & Music L Movies - Drama T			
All Day Church Transportation 10:00 Stretching F 1:00 Coffee Clutch P 2:30 What When Where LC 3:30 Games G 7:00 Movies - Musicals T	All Day Memorial Day All Day Men's Breakfast Club 10:00 Fitness Instructor F 11:00 Musical Arts A 1:00 The Artists Way A Book Club L Hot Topics T 7:00 Movies - Documentary T	10:30 Music & Movement w/Shannon & Charles LC 1:00 Drug Store/Shopping Trip L 1:30 Gallery of Arts A Charity Visit L Brain Games G Relaxation Yoga F	All Day Women's Breakfast Club 10:00 Fitness Instructor F BINGO G Book Club Movie? T Bible Study A Art Night A	10:00 Games G Kick-off w/Shannon & Charles LC Casino trip L Give it a Whirl Art Project A Desert in The Dessert w/Guitars del Norte P
All Day Temple Transportation 10:00 Fitness Instructor F 11:00 Sculpting w/Air-Dry Clay A 2:00 Reflection Reading S 3:00 Trivia G 4:00 Happy Hour w/music L 7:00 Movies - Romantic T Comedy				