



Week of May 13, 2024

Transportation Schedule

Please sign up with our concierge 24 hr.'s in advance no exceptions

Monday Shopping Shuttle 9:30am—11:30 am & 1:30 pm -4:00 pm

Wednesday Shopping Shuttle 1:30 pm -4:00 pm

Tuesday: Medical Appointments

8:30 am—11:00am (Downtown Medical Center only)

No pick up from 12—1pm Drivers lunch

1:00 pm—4:00 pm—local appointments only!

Thursday: Medical appointments

8:30 am—11:00 am (3rd Thursday Southeast Memorial only) /

1:00 pm—4:00 pm— local appointments only

Friday & Saturday Trips: Payments made at door unless otherwise stated, only tickets that must be bought ahead of time will require prepayment.

All checks to be made out to place of trip unless otherwise stated

Legend

CR—craft room (2nd floor) MR—media room (2nd floor)

CY—courtyard DH—dining hall (1st floor)

GR—game room (4th floor) Gym—(2nd floor)

SP—salon & spa (2nd floor) PDR—private dining room

***** Sign up with concierge please**

Monday—May 13th

| | | |
|---|-----|-----------|
| 8:00 am—Men’s Breakfast— Kelley’s Diner | *** | Trip |
| 9:00 am—Sit & Fit Exercise Class | *** | Gym |
| 10:00 am—General Store Open | | 1st floor |
| 10:00 am—Painting with Freddie | *** | CR |
| 11:00 am—Yoga | | Gym |
| 1:00 pm—Phase 10 Card Game | | GR |
| 1:00 pm—Prayer Ministry Group | *** | CR |
| 1:00 pm—Texas Hold ‘em Poker | | GR |
| 3:00 pm—Water Aerobics | | Pool |
| 3:00 pm—BUNCO | | DH |
| 4:30 pm— Movie & Popcorn Day | | MR |

Tuesday— May 14th

| | | |
|-------------------------------------|-----|------|
| 8:30 am—SOZO Massage Therapist | *** | Spa |
| 9:00 am—Gym Equipment Demonstration | | Gym |
| 9:15 am—Bible Study | | CR |
| 9:30 am—Beauty Shop Open | *** | Spa |
| 10:30 am—Catholic Communion | | CR |
| 11:00 am—15 Minute Mile | | Gym |
| 11:30 am— Ambassador Lunch Trip | *** | Trip |
| 1:00 pm— Poker—”31” Card Game | | GR |
| 1:30 pm—Tai Chi | | Gym |
| 2:00 pm— Chef Talk | | DH |
| 3:00 pm — Ice Cream Social - | | DH |
| 7:00 pm—Resident Led Bingo | | DH |

Wednesday - May 15th

| | | |
|--|-----|-------------|
| 10:00 am — Blood Pressure Checks | | MR |
| 10:00 am—General Store Open | | First Floor |
| 10:30 am—Sewing Circle | | CR |
| 11:30 am—Sit & Fit Exercise | | Gym |
| 1:30 am—Flex Your Brain | | MR |
| 2:00 pm—Pool Shooters Group | | Gym |
| 3:00 pm — Water Aerobics | | Pool |
| 3:30 pm —Wine Down Wednesday with The Smile Center | | DH |
| 4:30 pm—Ladies' Night Out | *** | Trip |
| 6:00 pm—Word Search Wednesday | | MR |

Thursday—May 16th

| | | |
|---|-----|-------|
| 9:00 am—Gardening Club | | CY |
| 9:30 am—Beauty Shop Open | *** | Salon |
| 9:30 am—Walking with a Pal | | Lobby |
| 10:00 am—Chair Zumba | | Gym |
| 11:00 am—Drums Alive | | Gym |
| 1:00 pm—Dominoes | *** | MR |
| 1:00 pm—Hand & Foot Card Game | | GR |
| 1:30 pm—Line Dancing | | Gym |
| 3:00 pm—Bingo or BUNCO—check white board for update | | DH |
| 5:00 pm—Poker | | GR |

Friday -May 17th

| | | | |
|---|-----|-----------|-----------|
| 9:00 am—Stretch, Strength & Balance | *** | | Gym |
| 9:00 am—Naskilla Bus | *** | \$10 cash | Trip |
| 10:00 am—General Store Open | | | 1st Floor |
| 10:00 am—Hearts Card Game | | | GR |
| 11:00 am—Chair Zumba | | | Gym |
| 1:00 pm— Watercrest Health and Fitness Presentation | | | MR |
| 1:00 pm—Rummy Cube | | | GR |
| 1:00 pm—Card Games | | | GR |
| 1:30 pm— Fifteen Minute Mile | | | Gym |
| 2:00 pm—Flex Your Brain | | | MR |
| 4:00 pm—Happy Hour— Jerry | | | DH |
| 5:30 pm—Friday Night Movie | | | MR |

Saturday -May 18th

| | | | |
|--------------------------------|-----|--|-----|
| 10:00 am — BINGO \$1 per card | | | DH |
| 10:00 am—Game On | | | GR |
| 11:00 am—Muscle Toning | *** | | Gym |
| 1:00 pm—Cards with Friends | | | |
| GR | | | |
| 1:00 pm—Rummy Cube | | | GR |
| 1:00 pm—Crafting with Kathy | | | CR |
| 2:00 pm—Adult coloring Pages | | | MR |
| 3:00 pm—Corn hole | | | C Y |
| 3:00 pm—Residents Choice Movie | | | MR |

Sunday -May 19th

| | | | |
|-----------------------------|--|--|-----------|
| 9:00 am—Gym Buddies | | | Gym |
| 10:00 am—Sudoku Sunday | | | MR |
| 2:00 pm—Pool Shooters Group | | | GR |
| 2:00 pm—Book Club | | | 3rd floor |
| 2:00 pm—Mexican Train | | | GR |
| 3:00 pm—Walking Club | | | Lobby |
| 4:00 pm—Sunday Funday Games | | | GR |

Reminder Trash pick Up Is Monday, Wednesday & Friday @5pm