



**Week of May 12-18**

**Transportation Schedule**

**\*Please sign up with concierge 24 hours in advance—no exceptions\***

- ◆ **Monday Shopping Shuttle 9:30am—11:30 am & 1:30 pm —4:00 pm**
- ◆ **Wednesday Shopping Shuttle 9:30—11:00 am (Neighborhood Walmart, CVS, Tuscany Nails, and Mall) & 2:00—4:00 pm (HEB)**
- ◆ **Tuesday: Medical Appointments**
  - 8:30 am—11:00am (Downtown Medical Center only)**
  - No pick up from 12—1 pm Driver's 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**

CA—Cafe (1st floor)	GS—General Store (behind kitchen)
CR—Craft Room (2nd floor)	Gym—(2nd floor)
CY—Courtyard	MR—Media Room (2nd floor)
DH—Dining Hall (1st floor)	PDR—Private Dining Room (1st floor)
DR—Doctor's Office (2nd)	Pool—(1st floor)
SL—Signature Lifestyle (3rd)	FL—Front Lobby
*** —Sign-up required	SP—Salon and Spa (2nd floor)

### Monday—May 12

9:00 am—Sit & Fit Exercise	Gym
10:00 am—General Store Open	GS
10:00 am—Painting with Freddie	CR
10:15 am—Beginners Tai Chi	Gym
11:00 am—Yoga	Gym
1:00 pm—Card Games, Mexican Train, Poker	GR
1:00 pm—Prayer Ministry Group	CR
2:00 pm—LCR	PDR
3:00 pm—Water Aerobics with Select Rehab	Pool
4:30 pm—Popcorn and Movie	MR

### Tuesday— May 13

9:00 am—Gym Equipment Demonstration	Gym
9:15 am—Bible Study	CR
9:30 am—Beauty Salon Open	*** SP
10:00 am—15 Minute Mile	Gym
10:00 am—General Store Open	GS
10:30 am—Chair Yoga	Gym
1:00 pm—Poker	GR
1:30 pm—Tai Chi	Gym
2:00 pm—Bunco	DH
3:00 pm—Ice Cream Social	DH
4:00 pm—Life Loop Training and Help Class	MR
6:30 pm—Resident Led Bingo	DH

### Wednesday—May 14

9:00 am—Blood Pressure Checks	MR
10:00 am—15 Minute Mile	Gym
10:00 am—General Store Open	GS
10:00 am—Crochet & Needlework 101	CR
10:30 am—Silver Thread & Golden Needle Group	CR
10:30 am—Catholic Mass	SL
11:00 am—Sit & Fit with Select Rehab	Gym
1:00 pm—Pool Shooters Group	GR
1:00 pm—Flex Your Brain	MR
2:00 pm—Friendly Feud	DH
3:00 pm—Water Aerobics with Select Rehab	Pool
4:30 pm—Couples' Night Out (Saltgrass) ***	TRIP
6:00 pm—Wednesday Word Search	MR

### Thursday—May 15

9:00 am—Gardening Club	CY
9:30 am—Beauty Salon Open ***	SP
9:30 am—Walking with a Pal	FL
10:00 am—Drums Alive	Gym
10:00 am—General Store Open	GS
10:30 am—Trivia Thursday	MR
11:00 am—Zumba	Gym
12:00-4:00 pm—Massage Therapy ***	SP
1:00 pm—Dominoes, Hand & Foot Card Game	GR
1:30 pm—Line Dancing	Gym
2:30 pm—Health Talk with Select Rehab	MR
3:00 pm—Bingo	DH
5:00 pm—Poker	GR

### Friday—May 16

9:00 am—Stretch Strength & Balance	Gym
10:00 am—Beanbag Baseball	CY
10:00 am—15-Minute Mile	Gym
10:00 am—General Store Open	GS
10:00 am—Hearts Card Game	GR
10:00 am—Beanbag Baseball	CY
11:00 am—Chair Zumba	Gym
1:00 pm—Rummikub, Card Games	GR
1:30 pm—Pain Management—Biotronik	MR
2:00 pm—Flex Your Brain	MR
4:00 pm—Happy Hour	DH
5:30 pm—Friday Night Movie	MR

### Saturday—May 17

8:00 am—Golden Nugget Casino	***	TRIP
10:00 am—Bible Study		SL
10:30 am—Water Aerobics with George		Pool
1:00 pm—Brain Games		MR
1:00 pm—LCR, Card Games, Rummikub, Pool		GR
2:00 pm—Corn Hole (Weather Permitting)		CY
4:00 pm—Saturday Series #2 A Man on the Inside		MR

### Sunday—May 18

9:00 am—Gym Buddies	Gym
10:00 am—Sudoku Sunday	MR
2:00 pm—Gym Buddies	Gym
2:00 pm—Book Club	MR
3:00 pm—Walking with a Pal	FL
4:00 pm—Sunday Sitcom—The Conners	MR

**REMINDER:** Trash pickup is Monday, Wednesday, Friday 5 pm