

April/May



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|---|---|---|--|
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| | 8:15-8:45 Walking Club | | 8:15-8:45 Walking Club | | | |
| 10-10:30 Water Exercise Pool | 10-10:30 Water Exercise Pool | 10:00 Water Exercise Pool | 10-10:30 Water Exercise Pool | 10-10:30 Water Exercise Pool | | |
| 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | | |
| 11:00 Open Crafting CE | 11:00 Open Crafting CE | 11:00 Open Crafting CE | 11:00 Open Crafting CE | 11:00 Open Crafting CE | | |
| | 11:30 Beginner Balance Class WS | 10:30 Strut your stuff and Putt! Terrace | 11:30 Beginner Balance Class WS | | | St.Gabe's Weekly Mass 11:00am Chapel |
| 12:00 Bring your pooch down for a pic Ground level | | 12:00 Bring your pooch down for a pic Ground level | | 12:00 End of Month Birthday celebration Bistro | 2:30 Strut your stuff and Putt! Terrace | 2:00pm Canasta Fun GR |
| 1-1:45 Yoga For Everybody WS | 1:00 Functional Fitness WS | | 1:00 Functional Fitness WS | 1-1:45 Yoga For Everybody WS | | |
| 2:00 Canasta FUN! GR | | 1:00 Bridge GR | 2:00 Pictionary GR | 2:00 Bridge GR | | |
| 2:15-2:45 Gentle Water Exercise (Stretch & Move) Pool | 1:00-3:00 Shopping Day Outlets | 2:15-2:45 Gentle Water Exercise (Stretch & Move) Pool | | 2:00 Trip to the SouthPark Library for National Library Day | 3:00 Billiards GR | |
| 3:00 Community Conversations Calendar Review GR | Meet in the Lobby (sign-ups required) | | | 2:15-2:45 Gentle Water Exercise (Stretch & Move) Pool | | |
| | 2:00 Strut your stuff and Putt! Terrace | | | | | |
| | 3:30-4:15 Women and Weights FC | | 3:30-4:15 Women and Weights FC | 4:00 Chair Volleyball WS | | |
| 4:00 Pretzels and Beer Cheese Lounge | 4:00 Great Courses Experiencing Rome Chapel | 4:00 Great Courses How Colors Affect You Chapel | 4:00 Great Courses Experiencing Rome Chapel | 4:00 Great Courses How Colors Affect You Chapel | | |
| | | 4:00 POKER CR | | | | |
| | 4:30 Scrabble Day! GR | | 4:30 Mahjong CR | 4:30 TGIF Meet up in the Lounge | | |
| GR | | | | | | |

MPR=Multi Purpose Room CE=Creative Expressions Studio GR=Game Room 2nd Floor CR=Club Room 9th Floor WS=Wellness Studio Pool Fitness Center=FC

Bistro

Chapel

Lobby

Lounge

| | | | | | | |
|---------------|----------------|-------|-------------|-----------|--------|--------|
| Mind and Body | Social and Fun | Games | Educational | Spiritual | Travel | Crafts |
|---------------|----------------|-------|-------------|-----------|--------|--------|

May

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|---|---|---|--------------------------------------|
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 8:15-8:45 Walking Club | Cinco de Mayo | 8:15-8:45 Walking Club | | | |
| 10-10:30 Water Exercise Pool | 10-10:30 Water Exercise Pool | 10:00 Water Exercise Pool | 10-10:30 Water Exercise Pool | 10-10:30 Water Exercise Pool | | Mother's Day Brunch |
| 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | | |
| 11:00 Open Crafting CE | 11:00 Open Crafting CE | 11:00 Open Crafting CE | 11:00 Open Crafting CE | 11:00 Open Crafting CE | | |
| | 11:30 Beginner Balance Class WS | 12:30-2:00 Bird Watching McAlpine Creek Park | 11:30 Beginner Balance Class WS | | | St.Gabe's Weekly Mass 11:00am Chapel |
| 11:30 Brewery Trip to OMB*** Sign ups required | | | | 12:00 Garden Club Conversations Terrace | 2:30 Strut your stuff and Putt! Terrace | 2:00pm Canasta Fun GR |
| 1-1:45 Yoga For Everybody WS | 1:00 Functional Fitness WS | | 1:00 Functional Fitness WS | 1-1:45 Yoga For Everybody WS | | |
| 2:00 Canasta FUN! GR | | 1:00 Bridge GR | 2:00 Pictionary GR | 2:00 Bridge GR | | |
| 2:15-2:45 Gentle Water Exercise (Stretch & Move) Pool | 1:00-3:00 Shopping Day Harris Teeter Meet in the Lobby (sign-ups required) | 2:15-2:45 Gentle Water Exercise (Stretch & Move) Pool | | 2:00 Trip to the SouthPark Library for National Library Day | 3:00 Billiards GR | |
| 3:00 Community Conversations Calendar Review GR | | 3:00-3:30 Circuit Strength WS | | 2:15-2:45 Gentle Water Exercise (Stretch & Move) Pool | | |
| | 3:30-4:15 Women and Weights FC | | 3:30-4:15 Women and Weights FC | 4:00 Chair Volleyball WS | | |
| 4:00 Billiards Fun! GR | 4:00 Great Courses Experiencing Rome Chapel | 4:00 Great Courses How Colors Affect You Chapel | 4:00 Great Courses Experiencing Rome Chapel | 4:00 Great Courses How Colors Affect You Chapel | | |
| | | 4:00 Cinco de Mayo Fun Lounge | | | | |
| | 4:30 Scrabble Day! GR | | 4:30 Mahjong CR | 4:30 TGIF Meet up in the Lounge BINGO! | | |
| GR | | | | | | |

MPR=Multi Purpose Room CE=Creative Expressions Studio GR=Game Room 2nd Floor CR=Club Room 9th Floor WS=Wellness Studio Pool Fitness Center=FC

Bistro Chapel Lobby Lounge

| | | | | | | |
|---------------|----------------|-------|-------------|-----------|--------|--------|
| Mind and Body | Social and Fun | Games | Educational | Spiritual | Travel | Crafts |
|---------------|----------------|-------|-------------|-----------|--------|--------|

May

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|---|--|--|--|--|----------------------------------|--|---|--|
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | | |
| | 8:15-8:45 Walking Club | | 8:15-8:45 Walking Club | | | | | |
| 10:30 Water Exercise Pool | 10-10:30 Water Exercise Pool | 10-10:30 Water Exercise Pool | 10-10:30 Water Exercise Pool | 10-10:30 Water Exercise Pool | | | | |
| 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | 10:30-11:00 Supervised Swim Pool | | | | |
| 11:00 Open Crafting CE | 11:00 Open Crafting CE | 11:00 Open Crafting CE | 11:00 Open Crafting CE | 11:00 Open Crafting CE | | | | |
| 12:00 Outing-Sign- ups Required | 11:30 Beginner Balance Class WS | 11:30-4:00 Daniel Stowe's Botanical Gardens Lunch and Tour ** Sign- ups required | 11:30 Beginner Balance Class WS | 11:00-3:00 Trip to Nascar Hall of Fame **Sign-ups required | 1:00pm Bridge GR | St.Gabe's Weekly Mass 11:00am Chapel | | |
| | | | | | | | | |
| 1-1:45 For Everybody WS | 1:00 Functional Fitness WS | | | | 1:00 Functional Fitness WS | | | |
| Canasta FUN! GR | | | | | | 1-1:45 Yoga For Everybody WS | | |
| 1-2:45 Gentle Water Exercise (Stretch & Move) Pool | 1:00-3:00 Shopping Day Trader Joe's Meet in the Lobby (sign-ups required) | | | | 2:00 Pictionary GR | 2:00 Bridge GR | 3:00 Billiards GR | |
| 3:00 Community Conversations Lobby Review GR | | | | | | | 2:15-2:45 Gentle Water Exercise (Stretch & Move) Pool | |
| | 2:00 Horse Shoes Outdoor Pool | | 2:00 Horse Shoes Outdoor Pool | | | | | |
| 4:30 Men's Social GR | 3:30-4:15 Women and Weights FC | | 3:30-4:15 Women and Weights FC | 4:00 Chair Volleyball WS | | | | |
| | 4:00 Great Courses Experiencing Rome Chapel | | 3:00 News, Views and Reviews Updates with all Department Heads | 4:00 Great Courses How Colors Affect You Chapel | | | | |
| | 4:30 Scrabble Day! GR | 4:30 Bocce Ball/Yard Darts Ground Level | 4:30 Mahjong CR | 4:30 TGIF Meet up in the Lounge Team Pictionary | | | | |
| GR | | | | | | | | |
| Multi Purpose Room | CE=Creative Expressions Studio | GR=Game Room 2nd Floor | CR=Club Room 9th Floor | WS=Wellness Studio | Pool | Fitness Center=FC | | |
| | | | Bistro | Chapel | Lobby | Lounge | | |
| Mind and Body | Social and Fun | Games | Educational | Spiritual | Travel | Crafts | | |

