

MAY ACTIVITIES

Sunday, May 1 through Saturday, May 7

SUNDAY

- 9 am** Sunday Service (Paddock)
- 11 am** Sunday Brunch (Juleps)
- 2 pm** Qi Gong (MR)

MONDAY

- 10 am** Strength & Cardio (MR)
- 11 am** Outing at Kentucky Derby Museum (Lobby)
- 1 pm** Bridge (MC)
- 1 pm** Tai Chi (MR)
- 1:30 pm** Mah Jong (Library)
- 2:30 pm** Core Strengthening for Life (MR)
- 4:30 pm** Happy Hour (CAS)

TUESDAY

- 10 am** Aqua Fitness with Pam (Pool)
- 11 am** Qi Gong (MR)
- 11:15 am** Rock Steady Fitness (Paddock)
- 1 pm** Town Hall (Paddock)
- 2 pm** Bridge (CAS)
- 3 pm** Fiber Art & Quilt Group (Club Olmsted)
- 4 pm** Religious Great Courses: The Old Testament (MC)

WEDNESDAY

- 10 am** Yoga with Dr. Lisa Bauman (MR)
- 1 pm** Poker (WTR)
- 1 pm** Mother's Day Serenade (Paddock)
- 1 pm** Meditation (PR)
- 2:30 pm** Oil Painting (CAS)
- 4 pm** Great Courses: Monet to Van Gogh - A History of Impressionism (MC)
- 4:30 pm** Cocktail Hour (Juleps)

THURSDAY

- 10 am** Aqua Fitness with Linda (Pool)
- 11 am** Brain Games (CAS)
- Noon** Food Truck Lunch (Flag Circle)
- 1 pm** Needlework (CAS)
- 5 pm** Resident Dinner
- 6 pm** Worship Service (MR)

FRIDAY

- 10 am** Outing / Coffee Concert (Lobby)
- 10 am** Strength & Cardio (MR)
- 11 am** Catholic Holy Communion / Door to Door
- 2:45 pm** Trivia (Juleps)
- 4:30 pm** Happy Hour (Juleps)
- 6:30 pm** Movie (Theater)

SATURDAY

- 11 am** Qi Gong (MR)
- 1 pm** Outing / Botanical Garden (Lobby)
- 3 pm** Corn Hole (Paddock)
- 6:30 pm** Movie (Theater)

For more activity information or to sign up, call **Julie** at extension **#8834**.