

# May 2021



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

### Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual
- Health Services
- Nutritional
- Entertainment

### Meeting Places

- MP** IL Multipurpose Room
- IB** IL Bistro
- GLR** Grand Living Room
- AS** Art Studio
- L** Lobby
- OC** Outside Courtyard
- ID** IL Dining Room
- P** Pool
- IE** IL Entrance lobby
- FR** Fitness Room

May 30	May 31						01
<p>09:00–11:00a Church Outing <b>IE</b></p> <p>11:00–12:30p Afternoon Documentary: Dolly Parton: Here I Am <b>MP</b></p> <p>12:00–02:00p Shopping Outing <b>L</b></p> <p>06:00–08:00p Sunday Night Movie: Resident Choice <b>MP</b></p>	<p>10:30–11:30a Swim Class With Justin <b>P</b></p> <p>12:30–02:00p Personal Trainer Consult <b>FR</b></p> <p>01:00–02:00p Executive Director Townhall <b>MP</b></p> <p>03:15–04:00p Yoga with Laura <b>OC</b></p> <p>05:00–06:00p Berliner Philharmoniker Series: The Golden Twenties <b>MP</b></p>						<p>10:00–11:00a Aqua Aerobics with Pam <b>P</b></p> <p>12:00–03:30p Shopping Outing La Encantada Mall <b>L</b></p> <p>02:00–04:00p Saturday Matinee Movie: What's Eating Gilbert Grape <b>MP</b></p> <p>03:00–04:00p Game Time <b>AS</b></p> <p>06:00–08:00p Movie What's Eating Gilbert Grape <b>MP</b></p>
<p>02</p> <p>09:00–11:00a Church Outing <b>IE</b></p> <p>11:00–12:30p Afternoon Documentary: The Last Blockbuster <b>MP</b></p> <p>12:00–02:30p Outing to Tohono Chul Park <b>L</b></p> <p>03:00–04:00p Resident Council Voting Begins <b>MP</b></p> <p>06:00–08:00p Sunday Night Movie: Resident Choice <b>MP</b></p>	<p>03</p> <p>10:30–11:30a Swim Class With Justin <b>P</b></p> <p>12:30–02:00p Personal Trainer Consult <b>FR</b></p> <p>03:15–04:00p Yoga with Laura <b>OC</b></p> <p>05:00–06:00p Berliner Philharmoniker Series: Islands in the Breeze <b>MP</b></p>	<p>04</p> <p>10:00–11:00a Fun &amp; Fit Aerobics with Pam <b>MP</b></p> <p>11:00–12:00p Current Event Discussion with Resident Alan Lindgren <b>MP</b></p> <p>12:30–02:00p Personal Trainer Consult <b>FR</b></p> <p>02:30–03:00p Social Hour: Neighborly Conversations <b>GLR</b></p> <p>03:00–04:00p Live Music Saxophone &amp; Piano <b>GLR</b></p>	<p>05</p> <p>10:00–10:30a Relaxation techniques with Carl <b>MP</b></p> <p>11:00–12:00p Etegami Art <b>AS</b></p> <p>01:30–03:00p Sewing Social Club <b>AS</b></p> <p>04:00–05:00p Caremerge Questions &amp; Support <b>MP</b></p>	<p>06</p> <p>10:00–10:45a Strength and Flow: Session 1 <b>MP</b></p> <p>10:45–11:30a Strength and Flow: Session 2 <b>MP</b></p> <p>02:30–03:00p Social Hour: Neighborly Conversations <b>GLR</b></p> <p>03:00–04:00p Live Music Singer Wendy Sweet <b>GLR</b></p>	<p>07</p> <p>10:00–11:00a Qigong with Deb <b>MP</b></p> <p>12:00–01:00p Bayada Health: Meet &amp; Greet with Tea &amp; Finger Sandwiches <b>IB</b></p> <p>01:00–02:00p Culinary Creation: Strawberry Jam <b>IB</b></p> <p>03:00–04:00p Sneak Peek <b>MP</b></p> <p>04:00–05:00p Open Bocci Invitation <b>OC</b></p>	<p>08</p> <p>10:00–11:00a Aqua Aerobics with Pam <b>P</b></p> <p>02:00–04:00p Saturday Matinee Movie: Concrete Cowboy <b>MP</b></p> <p>03:00–04:00p Game Time <b>AS</b></p> <p>06:00–08:00p Movie Concrete Cowboy <b>MP</b></p>	
<p>09</p> <p>09:00–11:00a Church Outing <b>IE</b></p> <p>11:00–12:30p Afternoon Documentary: 7 Yards <b>MP</b></p> <p>12:00–03:30p Outing to Tucson Botanical Garden <b>L</b></p> <p>06:00–08:00p Sunday Night Movie: Resident Choice <b>MP</b></p>	<p>10</p> <p>10:30–11:30a Swim Class With Justin <b>P</b></p> <p>12:30–02:00p Personal Trainer Consult <b>FR</b></p> <p>01:00–02:00p Health Talk: 5th Dimension of Wellness <b>MP</b></p> <p>03:15–04:00p Yoga with Laura <b>OC</b></p> <p>07:00–08:00p J.O.Y. Singers Gathering <b>GLR</b></p>	<p>11</p> <p>10:00–11:00a Fun &amp; Fit Aerobics with Pam <b>MP</b></p> <p>11:00–12:00p Current Event Discussion with Resident Alan Lindgren <b>MP</b></p> <p>12:30–02:00p Personal Trainer Consult <b>FR</b></p> <p>02:30–03:00p Social Hour: Neighborly Conversations <b>GLR</b></p> <p>03:00–04:00p Live Music with Sly on Piano <b>GLR</b></p>	<p>12</p> <p>10:00–10:30a Relaxation techniques with Carl <b>MP</b></p> <p>11:00–12:00p Etegami Art <b>AS</b></p> <p>01:00–01:30p Spanish "Chat" Class <b>AS</b></p> <p>01:30–03:00p Memoir Writing <b>AS</b></p>	<p>13</p> <p>10:00–10:45a Strength and Flow: Session 1 <b>MP</b></p> <p>10:45–11:30a Strength and Flow: Session 2 <b>MP</b></p> <p>02:30–03:00p Social Hour: Neighborly Conversations <b>GLR</b></p> <p>03:00–04:00p Live Music Singer Chuck Moses <b>GLR</b></p>	<p>14</p> <p>10:00–11:00a Qigong with Deb <b>MP</b></p> <p>01:00–02:00p Resident Birthday Celebration <b>IB</b></p> <p>03:00–04:00p Sneak Peek <b>MP</b></p> <p>04:00–05:00p Caremerge Questions &amp; Support <b>MP</b></p> <p>06:30–07:30p Trivia Night with Frank Vidal <b>MP</b></p>	<p>15</p> <p>10:00–11:00a Aqua Aerobics with Pam <b>P</b></p> <p>02:00–04:00p Game Time <b>AS</b></p> <p>02:00–04:00p Saturday Matinee Movie: Dumplin <b>MP</b></p> <p>06:00–08:00p Movie Dumplin <b>MP</b></p>	
<p>16</p> <p>09:00–11:00a Church Outing <b>IE</b></p> <p>12:00–04:00p Outing to Gallery &amp; Museum Walk <b>L</b></p> <p>02:00–03:00p Musical Travel Log <b>GLR</b></p> <p>06:00–08:00p Sunday Night Movie: Resident Choice <b>MP</b></p>	<p>17</p> <p>10:30–11:30a Swim Class With Justin <b>P</b></p> <p>11:00–12:00p CBD Health Talk from Your CBD Store <b>MP</b></p> <p>12:30–02:00p Personal Trainer Consult <b>FR</b></p> <p>03:15–04:00p Yoga with Laura <b>OC</b></p>	<p>18</p> <p>10:00–11:00a Fun &amp; Fit Aerobics with Pam <b>MP</b></p> <p>11:00–12:00p Current Event Discussion with Resident Alan Lindgren <b>MP</b></p> <p>12:30–02:00p Personal Trainer Consult <b>FR</b></p> <p>02:30–03:00p Social Hour: Neighborly Conversations <b>GLR</b></p> <p>03:00–04:00p Live Music Guitarist Corey Spector <b>GLR</b></p>	<p>19</p> <p>10:00–10:45a Creative Visualization to Native American Flute <b>MP</b></p> <p>11:00–12:00p Caremerge Questions &amp; Support <b>MP</b></p> <p>01:00–01:30p Spanish "Chat" Class <b>AS</b></p> <p>02:00–03:00p Book Club <b>AS</b></p>	<p>20</p> <p>10:00–10:45a Strength and Flow: Session 1 <b>MP</b></p> <p>10:45–11:30a Strength and Flow: Session 2 <b>MP</b></p> <p>12:00–01:00p Stamp Art with Pat <b>AS</b></p> <p>02:30–03:00p Social Hour: Neighborly Conversations <b>GLR</b></p> <p>03:00–04:00p Signature Event: Violin Quartet Concert <b>GLR</b></p>	<p>21</p> <p>11:00–12:30p Afternoon Documentary: Elizabeth &amp; Margaret: Love and Loyalty <b>MP</b></p> <p>01:00–02:00p Culinary Demonstration: Seared Ahi Poke Bowl <b>IB</b></p> <p>03:00–04:00p Sneak Peek <b>MP</b></p> <p>05:00–06:00p Berliner Philharmoniker Series: Pyotr Ilyich Tchaikovsky Romeo and Juliet <b>MP</b></p>	<p>22</p> <p>10:00–11:00a Aqua Aerobics with Pam <b>P</b></p> <p>02:00–04:00p Game Time <b>AS</b></p> <p>02:00–04:00p Saturday Matinee Movie: The Intouchables <b>MP</b></p> <p>06:00–08:00p Movie The Intouchables <b>MP</b></p>	
<p>23</p> <p>09:00–11:00a Church Outing <b>IE</b></p> <p>11:00–12:30p Afternoon Documentary: Audrey <b>MP</b></p> <p>01:00–04:00p Outing to The Mini Time Machine Museum of Miniatures <b>L</b></p> <p>06:00–08:00p Sunday Night Movie: Resident Choice <b>MP</b></p>	<p>24</p> <p>10:30–11:30a Swim Class With Justin <b>P</b></p> <p>12:30–02:00p Personal Trainer Consult <b>FR</b></p> <p>02:00–03:00p History Talk: The Battle of Hastings Presentation and Discussion <b>MP</b></p> <p>03:15–04:00p Yoga with Laura <b>OC</b></p> <p>07:00–08:00p J.O.Y. Singers Gathering <b>GLR</b></p>	<p>25</p> <p>10:00–11:00a Fun &amp; Fit Aerobics with Pam <b>MP</b></p> <p>11:00–12:00p Current Event Discussion with Resident Alan Lindgren <b>MP</b></p> <p>12:30–02:00p Personal Trainer Consult <b>FR</b></p> <p>02:30–03:00p Social Hour: Neighborly Conversations <b>GLR</b></p> <p>03:00–04:00p Live Music: T.A. Burrows legends of Song <b>GLR</b></p>	<p>26</p> <p>10:00–10:30a Relaxation techniques with Carl <b>MP</b></p> <p>01:00–01:30p Spanish "Chat" Class <b>AS</b></p> <p>01:30–03:00p Memoir Writing <b>AS</b></p> <p>04:00–05:00p Caremerge Questions &amp; Support <b>MP</b></p>	<p>27</p> <p>10:00–10:45a Strength and Flow: Session 1 <b>MP</b></p> <p>10:45–11:30a Strength and Flow: Session 2 <b>MP</b></p> <p>02:30–03:00p Social Hour: Neighborly Conversations <b>GLR</b></p> <p>03:00–04:00p Live Music: Christine Vivona on Harp <b>GLR</b></p> <p>04:00–07:00p Signature Dinner: Aloha Hawaii <b>ID</b></p>	<p>28</p> <p>01:00–02:00p Artistic Card Making Session with Ina <b>AS</b></p> <p>02:00–03:00p New Resident Welcome Reception <b>IB</b></p> <p>03:00–04:00p Sneak Peek <b>MP</b></p> <p>06:30–07:30p Know Your Neighbor with Frank Vidal <b>MP</b></p>	<p>29</p> <p>10:00–11:00a Aqua Aerobics with Pam <b>P</b></p> <p>02:00–04:00p Game Time <b>AS</b></p> <p>02:00–04:00p Saturday Matinee Movie: Miracle <b>MP</b></p> <p>06:00–08:00p Movie Miracle <b>MP</b></p>	