

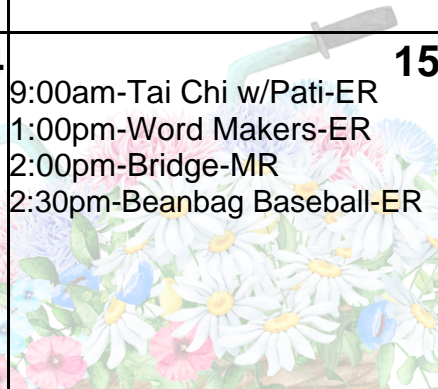

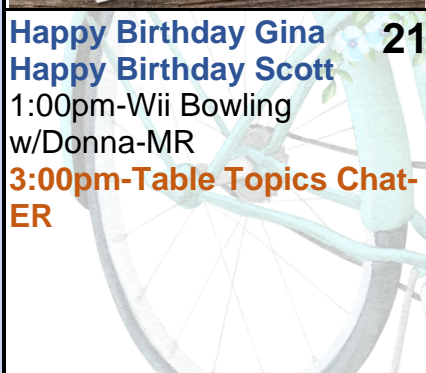



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>1</div> <div>9:00am-Tai Chi w/Pati-ER 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Beanbag Baseball-ER</div> <div>May Day</div>	<div>2</div> <div>9:00am-Full Body Workout-ER 9:45pm-Alpha One Blood Pressure-L 2:30pm-Indoor Golf-ER 4:00pm-Avalon Hearing Aid-MR 7:00pm-Bingo w/Donna-MR</div>	<div>3</div> <div>9:00am-Weights Workout-ER 9:00am-Chair Massage Therapist-LIB (2nd floor) 11:00am-Resident Birthday Brunch Celebration-DR 1:00pm-Spanish w/Ruthie-MR 2:30pm-Happy Hour w/Mike Ely-DR ACTIVITY RAFFLE</div>	<div>4</div> <div>9:00am-Full Body Workout-ER 9:30am-Wii Bowling-MR 1:00pm-Poker Walk-MR 2:30pm-Blackjack w/Cliff-GR</div>	<div>5</div> <div>9:00am-Yoga w/Tracy-ER 9:00am-Donuts w/Christine-MR 2:00pm-Cinco de Mayo Celebration: Nacho Bar & Margaritas-MR 7:00pm-Bingo w/Donna-MR</div> <div>Cinco de Mayo</div>	<div>6</div> <div>1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR</div>
<div>7</div> <div>1:00pm-Wii Bowling w/Donna-MR</div>	<div>8</div> <div>9:00am-Tai Chi w/Pati-ER 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Volleyball-ER</div>	<div>9</div> <div>Happy Birthday Sadie 9:00am-Full Body Workout-ER 2:30pm-Cornhole-ER 7:00pm-Bingo w/Donna-MR</div>	<div>10</div> <div>Happy Birthday Dorothy K 9:00am-Weights Workout-ER 1:00pm-Spanish w/Ruthie-MR 2:30pm-Happy Hour w/Happy Trails Duo-DR</div>	<div>11</div> <div>9:00am-Full Body Workout-ER 9:30am-Wii Bowling-MR 1:30pm-Teaching Kitchen Food Demo w/Chef Jen-DR 2:30pm-Blackjack w/Cliff-GR</div>	<div>12</div> <div>Happy Birthday Gerrie R 9:00am-Yoga w/Tracy-ER 1:00pm-Pokeno w/Fred-MR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Donna-MR</div>	<div>13</div> <div>11:00am-Michelle w/Traveling Boutique Vendor-L 1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR</div>
<div>14</div> <div>Happy Birthday Peter 10:30am-Mother's Day Brunch Celebration w/Michelle Devol-DR</div> 	<div>15</div> <div>9:00am-Tai Chi w/Pati-ER 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Beanbag Baseball-ER</div> 	<div>16</div> <div>Happy Birthday Don J 9:00am-Full Body Workout-ER 9:45pm-Alpha One Blood Pressure-L 2:30pm-Indoor Golf-ER 7:00pm-Bingo w/Donna-MR</div>	<div>17</div> <div>9:00am-Weights Workout-ER 1:00pm-Spanish w/Ruthie-MR 2:30pm-Happy Hour w/Robert Greene-DR</div>	<div>18</div> <div>9:00am-Full Body Workout-ER 9:30am-Wii Bowling-MR 1:00pm-Poker Walk-MR 2:00pm-Craft Class w/Zhanna-PR 2:30pm-Blackjack w/Cliff-GR 7:00pm-Trivia w/Kay-MR</div>	<div>19</div> <div>Happy Birthday Arninne 9:00am-Yoga w/Tracy-ER 11:30am-Spring Farmers Market-L 1:00pm-Pokeno w/Fred-MR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Donna-MR</div>	<div>20</div> <div>Happy Birthday Jane 1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR</div>  <div>Armed Forces Day</div>
<div>21</div> <div>Happy Birthday Gina Happy Birthday Scott 1:00pm-Wii Bowling w/Donna-MR 3:00pm-Table Topics Chat-ER</div> 	<div>22</div> <div>9:00am-Tai Chi w/Pati-ER 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Volleyball-ER</div> <div>Victoria Day (Canada)</div>	<div>23</div> <div>9:00am-Full Body Workout-ER 1:00pm-Bookmobile (East entrance parking lot) 1:00pm-Chef's Chat Q+A w/Jen-MR 2:30pm-Cornhole-ER 7:00pm-Bingo w/Donna-MR</div>	<div>24</div> <div>9:00am-Weights Workout-ER 9:00am-Chair Massage Therapist-LIB (2nd floor) 1:00pm-Spanish w/Ruthie-MR 2:30pm-Happy Hour w/Richard March-DR</div>	<div>25</div> <div>9:00am-Full Body Workout-ER 9:30am-Wii Bowling-MR 1:00pm-Bingo w/Zhanna-MR 2:30pm-Blackjack w/Cliff-GR 7:00pm-Trivia w/Kay-MR</div> <div>Shavuot Begins</div>	<div>26</div> <div>9:00am-Yoga w/Tracy-ER 1:00pm-Pokeno w/Fred-MR 3:00pm-Resident Wine Social-MR 7:00pm-Bingo w/Donna-MR</div>	<div>27</div> <div>1:00pm-Sequence w/Willard-MR 2:00pm-Poker w/Cliff-GR</div>
<div>28</div> <div>Happy Birthday Don S 1:00pm-Wii Bowling w/Donna-MR</div>	<div>29</div> <div>OFFICE HOLIDAY 1:00pm-Word Makers-ER 2:00pm-Bridge-MR 2:30pm-Beanbag Baseball-ER</div>  <div>THANK YOU !</div> <div>Memorial Day</div>	<div>30</div> <div>9:00am-Full Body Workout-ER 2:30pm-Indoor Golf-ER 7:00pm-Bingo w/Donna-MR</div>	<div>31</div> <div>9:00am-Weights Workout-ER 1:00pm-Spanish w/Ruthie-MR 2:30pm-Happy Hour w/Evening Star Band-DR</div>	<div>May 2023</div> <div>Winding Commons Senior Living</div>		

ER=Exercise Room, MR=Media Room, PA=Pond Area, LIB=Library, L=Lobby, DR=Dining Room, PR=Puzzle Room, GR=Game Room, S=Salon *All activities are subject to change*