

May 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

ROOM KEY

AR - Assembly Room
 ART - Art Room
 BR - Birch Room
 BC - Brookside Center
 C - Chapel
 ES - Exercise Studio

HR - Hickory Room
 LDR - Lodge Dining Room
 LFR - Lower Fountain Room
 LLSR-Lodge Lobby Sitting Room
 LUSR-Lodge Upper Sitting Room

LTR -Lodge Tea Room
 LL -Library Lounge
 MDR - Main Dining Room
 MR - Maple Room

9:30 AM McCall Class (BC) 1
 10:00 AM Bocce (Behind Brookside)
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 1:00 PM Handbells (HR)
 2:00 PM McCall Class (AR)
 3:00 PM Mat Yoga (ES)

9:00 AM Qigong (UFR) 2
 9:45 AM Current Events (BC)
 11:00 AM Chair Yoga (ES)
 1:00 PM Herb Ball Nature Trail Walk
 2:00 PM Herb Ball Nature Trail Walk
 1:30 PM Thrift Sale (BS, G Hall 103)
 2:00 PM A Matter of Balance (AR)
 3:30 PM Ukulele Play and Sing Along (HR)
 4:00 PM Communion (C)
 6:30 PM Yahtzee (HR)

10:00 AM TGIF Men's Coffee! (BC) 3
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 11:15 AM Movie and Lunch (AR)
 1:30 PM Old Fashioned Bridge (MDR)
 2:00 PM Photography Club (BC)
 2:00 PM Exploring Storytelling (HR)

9:00 AM Hiking Club 4
 1:00 PM Ping Pong

3:00 PM Doggie Meet and Greet (Dog Park) 5
 4:00 PM Games Hour (HR)
 4:00 PM Worship (AR)

8:15 AM Military Officers Breakfast (Deli) 6
 9:00 AM Mindfulness Meditation (MR)
 9:30 AM McCall Class (BC)
 9:30 AM Poetry Group (LDR)
 10:10 AM Total Workout (AR)
 11:00 AM Strength and Stretch (AR)
 12:45 PM Weekly Shopping Trips
 2:00 PM McCall Class (BC)
 4:00 PM Residents Corporation Meeting (AR)

9:00 AM Qigong (UFR) 7
 9:30 AM McCall Class (BC)
 11:00 AM Bach's Lunch (AR)
 11:00 AM Chair Yoga (ES)
 12:00 PM Poker (HR)
 1:00 PM Ping Pong (ES)
 2:00 PM McCall Class (BC)
 3:00 PM Dulcimer Jam (LUL)
 3:30 PM Bible Study (C)
 6:30 PM Readers Theater (BC)
 7:00 PM Dominoes (HR)

9:30 AM McCall Class (BC) 8
 10:00 AM Bocce (Behind Brookside)
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 11:00 AM Walker Clinic (LLSR)
 1:00 PM Handbells (HR)
 2:00 PM McCall Class (BC)
 3:00 PM Mat Yoga (ES)

9:00 AM Qigong (UFR) 9
 9:00 AM Carolina Mobile Optics (AR)
 9:45 AM Current Events (BC)
 10:00 AM Campus Tree Walk with Arborist Tony Morrison
 11:00 AM Chair Yoga (ES)
 1:00 PM Ping Pong (ES)
 1:30 PM Thrift Sale (BS G Hall 103)
 2:00 PM Caldwell Forum (BC)
 2:00 PM A Matter of Balance (AR)
 3:30 PM Ukulele Play and Sing Along (HR)
 4:00 PM Communion (C)
 6:30 PM Yahtzee (HR)

10:00 AM TGIF Men's Coffee! (BC) 10
 10:15 AM Free Hearing Screenings-AVADA (MR)
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 1:30 PM Old Fashioned Bridge (MDR)
 2PM Symphony Talk(-Leave fro AR)
 6:30 Friday Night Movie - (BC)

9:00 AM Hiking Club 11
 1:00 PM Ping Pong
 6:00 PM Asheville Symphony

11:30 Mother's Day Brunch (MDR/AR) 12
 3:00 PM Doggie Meet and Greet (Dog Park)
 4:00 PM Games Hour (HR)
 4:00 PM Worship (AR)

9:00 AM Mindfulness Meditation (MR) 13
 9:30 AM McCall Class (BC)
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 12:00 PM Birthday Luncheon (MDR)
 12:45 PM Weekly Shopping Trips
 2:00 PM McCall Class (BC)

9:30 AM McCall Class (BC) 14
 9:00AM Qigong (UFR)
 9:30 AM Memory Loss Support Group (MR)
 9:30 AM Caregiver Support Group (HR)
 9:30 AM McCall Class (BC)
 11:00 AM Chair Yoga (ES)
 12:00 PM Poker (HR)
 2:00 PM McCall Class (BC)
 3:00 PM Dulcimer Jam (LUL)
 3:00 PM Fluff & Stuff (LLSR)
 3:30 PM Bible Study (C)
 7:00 PM Dominoes (HR)

9:30 AM McCall Class (BC) 15
 10:00 AM Bocce (Behind Brookside)
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 11:15 Ladies Lunch-Ole Guacamole-(AR)
 1:00 PM Handbells (HR)
 2:00 PM McCall Class (BC)
 3:00 PM Mat Yoga (ES)
 4:00 PM Highlanders (AR)

9:00 AM Qigong (UFR) 16
 9:45 AM Current Events (BC)
 11:00 AM Chair Yoga (ES)
 1:00 PM Charity Knitters (BR)
 1:30 PM Thrift Sale (BS, G Hall 103)
 2:00 PM Library Committee (LL)
 2:00 PM A Matter of Balance (AR)
 3:30 PM Ukulele Play and Sing Along (HR)
 4:00 PM Communion (C)
 6:30 Yahtzee (HR)

10:00 AM TGIF Men's Coffee! (BC) 17
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 11:45 AM Men's Lunch (AR)
 1:30 PM Old Fashioned Bridge (MDR)
 2:00 PM Photography Club (BC)
 6:00 PM Girl Scout Puzzle Night (LFR)

9:00 AM Hiking Club 18
 1:00 PM Ping Pong

3:00 PM Doggie Meet and Greet (Dog Park) 19
 4:00 PM Games Hour (HR)
 4:00 PM Worship (AR)

9:00 AM Mindfulness Meditation (MR) 20
 9) 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 12:45 PM Weekly Shopping Trips!!!
 4:00 PM GHF Community Meeting(AR)

9:00 AM Qigong (UFR) 21
 11:00 AM Chair Yoga (ES)
 12:00 PM Poker (HR)
 1:00 PM Ping Pong (ES)
 2:00 PM Dulcimer Jam (LUL)
 3:30 PM Bible Study (C)
 7:00 PM Dominoes (HR)

10:00 AM Bocce (Behind Brookside) 22
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 1:00 PM Handbells (HR)
 3:00 PM Mat Yoga (ES)
 3:00 PM Therapy Presentation (AR)

9:00 AM Qigong (UFR) 23
 9:45 AM Current Events (BC)
 11:00 AM Chair Yoga (ES)
 1:00 PM Ping Pong (ES)
 1:30 PM Thrift Sale (BS, G Hall 103)
 2:00 PM A Matter of Balance (AR)
 3:30 PM Ukulele Play and Sing Along (HR)
 4:00 PM Communion (C)
 6:30 PM Yahtzee

10:00 AM TGIF Men's Coffee! (BC) 24
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 1:30 PM Old Fashioned Bridge (MDR)
 6:30 PM Friday Night Movie - BC

9:00 AM Hiking Club 25
 1:00 PM Ping Pong

3:00 PM Doggie Meet and Greet (Dog Park) 26
 4:00 PM Games Hour (HR)
 4:00 PM Worship (AR)

9:00 AM Mindfulness Meditation (MR) 27
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 12:45 PM Weekly Shopping Trips!!!

9:00 AM Qigong (UFR) 28
 9:30 AM Memory Loss Supp. Grp (MR)
 11:00 AM Chair Yoga (ES)
 12:00 PM Poker (HR)
 3:00 PM Fluff and Stuff (LLSR)
 3:00 PM Dulcimer Jam (LUL)
 3:30 PM Bible Study (C)
 7:00 PM Dominoes (HR)

10:00 AM Bocce (Behind Brookside) 29
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 1:00 PM Handbells (HR)
 3:00 PM Mat Yoga (ES)

9:00 AM Qigong (UFR) 30
 9:45 AM Current Events (BC)
 11:00 AM Chair Yoga (ES)
 1:00 PM Ping Pong (ES)
 1:30 PM Thrift Sale (BS, G Hall 103)
 2:00 PM A Matter of Balance (AR)
 3:30 PM Ukulele Play and Sing Along (HR)
 4:00 PM Communion (C)
 6:30 PM Yahtzee

9:15 AM BMW Plant Tour (leave From AR) 31
 10:00 AM TGIF Men's Coffee! (BC)
 10:10 AM Total Workout (AR)
 11:00 AM Strength & Stretch (AR)
 1:30 PM Old Fashioned Bridge (MDR)

