

| SUN | MON | TUE | WED | THUR | FRI | SAT | |
|--|---|---|--|--|---|--|--|
| LOCATION KEY AR - Activity Room CC - Casual Cafe DR - Dining Room FP - Front Porch LR - Living Room | O - Outing WC - Wellness Center | Taste of East Cobb! May 4th 11am - 5pm | 9:30 Sittercise (AL) (WC) 10:00 Brain Fitness (AL). WORDLE! (AR) 10:00 Publix Shopping 11:00 Sterling Music Series with Thayer Naples (AR) 11:15 Focused Fitness (WC) 1:00 Massage Therapist here from 1:00-5:00 (WC) 1:00 Piano with Dixie (LR) 2:00 Jeopardy (AR) 2:00 Open Gym (WC) 3:00 Open Swim (WC) 3:00 Wii Bowling (WC) 4:00 "Masters of the Air" FINALE (AR) 6:00 Evening Movie Alfred Hitchcock's "Rear Window" (AR) | 1 9:15 Meditation with Heather (AR) 9:30 Sittercise (AL) (WC) 10:00 Art Class with Scott (AR) 10:00 Campus Water Aerobics with Christine (AL and IL) (WC) 1:00 Hymns & Hope with Joel (LR) 1:00 Open Gym (WC) 2:00 BINGO (AR) 2:00 Open Swim (WC) 3:30 Happy Hour with Joni and Tom Illi (DR) 6:00 Evening Movie "Field of Dreams" Starring Kevin Costner (AR) | 2 9:30 Sittercise (AL) (WC) 10:30 Crafts Derby Hats (AR) 11:15 Focused Fitness (WC) 1:00 "Whittle Hooves" Mini-Horse Therapy (FP) 2:30 The Sterling Derby (Patio) 4:00 Armchair Travels "Visit Churchill Downs!" (AR) 6:00 Friday Funnies Movie Time "Dodgeball" (AR) | 3 9:30 Sittercise (AL) (WC) 10:00 Coffee and Conversation (CC) 11:15 Open Gym (WC) 1:15 Move and Groove (WC) 2:00 Saturday Snack Bar "Popcorn Bar" (AR) 3:00 Jack Reacher Series (AR) 3:00 Twisted Stitches (Library) 4:00 Piano Recital (Front Lobby) 6:45 Kentucky Derby Viewing on the Big Screen! (AR) 7:15 Evening Movie "Secretariat" (AR) | 4 Kentucky Derby 9:30 Sittercise (AL) (WC) 10:00 Coffee and Conversation (CC) 11:15 Open Gym (WC) 1:15 Move and Groove (WC) 2:00 Saturday Snack Bar "Popcorn Bar" (AR) 3:00 Jack Reacher Series (AR) 3:00 Twisted Stitches (Library) 4:00 Piano Recital (Front Lobby) 6:45 Kentucky Derby Viewing on the Big Screen! (AR) 7:15 Evening Movie "Secretariat" (AR) |
| Orthodox Easter Cinco de Mayo 9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) 10:00 Catholic Mass (AR) 10:00 Holy Family Catholic Communion (AR) 11:00 Documentaries: "Cinco de Mayo" (AR) 2:00 BINGO (AR) 6:00 Evening Movie "Gravity" (AR) | 5 Low Brannon is 100! 9:30 Sittercise (AL) (WC) 10:00 Games: "Left, Right, Center" (AR) 11:30 Wii Sports (WC) 12:45 Happy Tails (LR) 2:00 Open Gym (WC) 2:00 Pen Pal Program with Seniors (AR) 3:00 Open Swim (WC) 4:00 BINGO (AR) 6:00 Evening Movie "My Best Friends Wedding" (AR) | 6 9:15 Meditation with Heather (AR) 9:30 Sittercise (AL) (WC) 10:00 Tuesday Trivia and Calendar Update (CC) 10:00 Water Aerobics (AL) with Christine (WC) 11:00 Bible Study with Joel (AR) 1:15 Move and Groove (WC) 2:00 Open Gym (WC) 2:00 Pokeno & Prizes (AR) 3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library) 3:00 Open Swim (WC) 4:00 Quiddler Game (AR) 6:00 Evening Movie "Sideways" Nominated for 5 Academy Awards! (AR) | 7 9:00 Optometrist Visit (WC) 9:30 Sittercise (AL) (WC) 10:00 Publix Shopping 11:15 Focused Fitness (WC) 1:00 Piano with Dixie (LR) 2:00 Mystery Event with our Mystery Guest! (AR) 2:00 Open Gym (WC) 3:00 Open Swim (WC) 3:00 Wii Bowling (WC) 4:00 "ManHunt" - Episode 1 (AR) 6:00 Evening Movie Alfred Hitchcock's "Vertigo" (AR) | 8 9:15 Meditation with Heather (AR) 9:30 Yoga (AL) (WC) 10:00 Art Class with Scott (AR) 10:00 Campus Water Aerobics with Christine (AL and IL) (WC) 1:00 Hymns & Hope with Joel (LR) 1:00 Open Gym (WC) 2:00 BINGO (AR) 2:00 Open Swim (WC) 3:30 Happy Hour with Jeni Michelson on the Piano (Front Lobby) 6:00 Evening Movie "The Graduate" (AR) | 9 9:30 Sittercise (AL) (WC) 10:30 Mary Kay Pampering Session (AR) 11:00 Clothing Store Pop-Up! (Front Lobby) 11:15 Focused Fitness (WC) 2:00 Ladies' Tea (AR) 2:00 Men's Cards (CC) 2:00 Open Gym (WC) 3:00 Open Swim (WC) 4:00 Armchair Travels "Hidden Aegean" (AR) 6:00 Friday Funnies Movie Time "Wedding Crashers" (AR) | 10 9:30 Sittercise (AL) (WC) 10:00 Coffee and Conversation (CC) 11:00 Classical Sounds (AR) 11:00 Clothing Store Pop-Up! (Front Lobby) 11:15 Open Gym (WC) 1:15 Move and Groove (WC) 2:00 Crafts (AR) 3:00 Jack Reacher Series (AR) 3:00 Twisted Stitches (Library) 4:00 Leigh Plays Guitar in the Lobby! (Front Lobby) 6:00 Evening Movie "Match Point" (AR) | 11 9:30 Sittercise (AL) (WC) 10:00 Coffee and Conversation (CC) 11:00 Classical Sounds (AR) 11:00 Clothing Store Pop-Up! (Front Lobby) 11:15 Open Gym (WC) 1:15 Move and Groove (WC) 2:00 Crafts (AR) 3:00 Jack Reacher Series (AR) 3:00 Twisted Stitches (Library) 4:00 Leigh Plays Guitar in the Lobby! (Front Lobby) 6:00 Evening Movie "Match Point" (AR) |
| Mother's Day 9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) 10:00 Catholic Mass (AR) 11:00 Documentaries "Straight up: Kentucky Bourbon" (AR) 1:30 Residents' Art Show! (AR) 3:00 BINGO (AR) 6:00 Evening Movie "The Parent Trap" COMEDY! (AR) | 12 9:30 Sittercise (AL) (WC) 10:00 Games with Friends - "Yamslam" (AR) 11:30 Wii Sports (WC) 2:00 Brain Fitness (AL) WORDLE! (AR) 2:00 Open Gym (WC) 3:00 Chef Chat (AR) 3:00 Open Swim (WC) 4:00 BINGO (AR) 6:00 Evening Movie "Lewis and Clark Part 1" (AR) | 13 9:15 Meditation with Heather (AR) 9:30 Sittercise (AL) (WC) 10:00 Tuesday Trivia and Calendar Update (CC) 11:00 Bible Study with Joel (AR) 1:00 Resident Council Meeting (AR) 1:15 Move and Groove (WC) 2:00 Open Gym (WC) 2:30 Pokeno & Prizes (AR) 3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library) 3:00 Open Swim (WC) 4:00 "Name That Tune" (AR) 6:00 Evening Movie "Lewis and Clark Part 2" (AR) | 14 9:30 Sittercise (AL) (WC) 10:00 Publix Shopping 11:00 Sterling Music Series with Thayer Naples (AR) 11:15 Focused Fitness (WC) 1:00 Massage Therapist here from 1:00-5:00 (WC) 1:00 Piano with Dixie (LR) 2:00 Open Gym (WC) 2:30 Ice Cream Truck! (FP) 3:00 Open Swim (WC) 3:00 Wii Bowling (WC) 4:00 "ManHunt" - Episode 2 (AR) 6:00 Evening Movie Alfred Hitchcock's "North by Northwest" (AR) | 15 9:15 Meditation with Heather (AR) 9:30 Sittercise (AL) (WC) 10:00 Art Class with Scott (AR) 1:00 Hymns & Hope with Joel (LR) 1:00 Open Gym (WC) 2:00 BINGO (AR) 2:00 Open Swim (WC) 3:45 Happy Hour with Music "Craig Gleeson on Guitar!" (Front Lobby) 6:00 Evening Movie "Saturday Night Fever" (AR) | 16 8:30 Men's Breakfast - Lockheed Martin (AR) 9:30 Sittercise (AL) (WC) 10:30 Jeopardy (AR) 11:15 Focused Fitness (WC) 1:00 Outing: Atlanta History Center and the Cyclorama (O) 2:00 Current Events with John Hurlbut (AR) 2:00 Open Gym (WC) 3:00 Open Swim (WC) 4:00 Armchair Travels "Amsterdam" and "The Netherlands: Beyond Amsterdam" (AR) 6:00 Friday Funnies Movie Time "The Bounty Hunter" (AR) | 17 9:30 Sittercise (AL) (WC) 10:00 Coffee and Conversation (CC) 11:15 Open Gym (WC) 1:15 Move and Groove (WC) 2:00 Saturday Snack Bar "Popsicle Punch" (AR) 3:00 Piano Recital (Front Lobby) 3:00 Jack Reacher Series (AR) 3:00 Twisted Stitches (Library) 6:45 The Preakness Horse Race (AR) 7:00 Evening Movie "Men of Honor" (AR) | 18 9:30 Sittercise (AL) (WC) 10:00 Coffee and Conversation (CC) 11:15 Open Gym (WC) 1:15 Move and Groove (WC) 2:00 Saturday Snack Bar "Popsicle Punch" (AR) 3:00 Piano Recital (Front Lobby) 3:00 Jack Reacher Series (AR) 3:00 Twisted Stitches (Library) 6:45 The Preakness Horse Race (AR) 7:00 Evening Movie "Men of Honor" (AR) |
| 9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) 10:00 Catholic Mass (AR) 10:00 Holy Family Catholic Communion (AR) 11:00 Documentaries "Idaho the Movie" Emmy Award Winning! (AR) 2:00 BINGO (AR) 3:00 Piano Recital (Front Lobby) 4:15 Good News Gospel Singers (Front Lobby) 6:00 Evening Movie "The Bounty" (AR) | 19 9:30 Sittercise (AL) (WC) 10:00 Games: "Left, Right, Center" (AR) 11:15 Alliance of Therapy Dogs - Meet Georgia! (Front Lobby) 11:30 Wii Sports (WC) 2:00 Brain Fitness (AL) SUDOKU (AR) 2:00 Open Gym (WC) 3:00 New Resident Social (AR) 3:00 Open Swim (WC) 4:00 BINGO (AR) 6:00 Evening Movie "Safe Haven" (AR) | 20 9:15 Meditation with Heather (AR) 9:30 Sittercise (AL) (WC) 10:00 Tuesday Trivia and Calendar Update (CC) 10:00 Water Aerobics (AL) with Christine (WC) 11:00 Bible Study with Joel (AR) 1:15 Move and Groove (WC) 2:00 Open Gym (WC) 2:00 Pokeno & Prizes (AR) 3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library) 3:00 Open Swim (WC) 4:00 Quiddler Game (AR) 5:00 "Spring Picnic Supper" Theme Dinner Landmark Building Residents (DR) 6:00 Evening Movie "Rain Man" (AR) | 21 9:30 Sittercise (AL) (WC) 10:00 Kroger and Dollar Tree Shopping (Front Lobby) 11:15 Focused Fitness (WC) 1:00 Piano with Dixie (LR) 2:00 Open Gym (WC) 2:00 Tasty Travel - Italy (AR) 3:00 Open Swim (WC) 3:00 Wii Bowling (WC) 4:00 "ManHunt" - Episode 3 (AR) 6:00 Evening Movie Alfred Hitchcock's "The Birds" (AR) | 22 9:15 Meditation with Heather (AR) 9:30 Yoga (AL) (WC) 10:00 Art Class with Scott (AR) 10:00 Campus Water Aerobics with Christine (AL and IL) (WC) 1:00 Hymns & Hope with Joel (LR) 1:00 Open Gym (WC) 2:00 BINGO (AR) 2:00 Open Swim (WC) 3:30 Happy Hour with Loose Shoes (DR) 6:00 Evening Movie "Mister Roberts" (AR) | 23 9:30 Sittercise (AL) (WC) 10:30 Crafts "Patriotic Door Decor" (AR) 11:15 Focused Fitness (WC) 1:00 Outing: The Atlanta Botanical Gardens (O) 2:00 Current Events (AR) 2:00 Open Gym (WC) 3:00 Open Swim (WC) 4:00 Armchair Travels "Magic Mountains - Land of the Chamois" (AR) 6:00 Friday Funnies Movie Time "Out of Sight" (AR) | 24 9:30 Sittercise (AL) (WC) 10:00 Coffee and Conversation (CC) 11:00 Classical Sounds (AR) 11:15 Open Gym (WC) 1:15 Move and Groove (WC) 2:00 Crafts (AR) 3:00 Jack Reacher Series (AR) 3:00 Twisted Stitches (Library) 4:00 Leigh Plays Guitar in the Lobby! (Front Lobby) 6:00 Evening Movie "Dr. No" (AR) | 25 9:30 Sittercise (AL) (WC) 10:00 Coffee and Conversation (CC) 11:00 Classical Sounds (AR) 11:15 Open Gym (WC) 1:15 Move and Groove (WC) 2:00 Crafts (AR) 3:00 Jack Reacher Series (AR) 3:00 Twisted Stitches (Library) 4:00 Leigh Plays Guitar in the Lobby! (Front Lobby) 6:00 Evening Movie "Dr. No" (AR) |
| 9:00 In Touch with Dr. Charles Stanley (Channel 13 in your suite) 10:00 Catholic Mass (AR) 11:00 Documentaries: Georgia! "Cumberland Island" and "Carol on Cumberland" (AR) 2:00 BINGO (AR) 6:00 Evening Movie "Solace" (AR) | 26 Memorial Day 9:30 Sittercise (AL) (WC) 10:00 Games with Friends - "Yamslam" (AR) 11:30 Wii Sports (WC) 2:00 Brain Fitness (AL) CROSSWORD (AR) 2:00 Open Gym (WC) 3:00 Open Swim (WC) 4:00 BINGO (AR) 6:00 Evening Movie in Honor of Memorial Day! "American Sniper" (AR) | 27 9:15 Meditation with Heather (AR) 9:30 Sittercise (AL) (WC) 10:00 Tuesday Trivia and Calendar Update (CC) 10:00 Water Aerobics (AL) with Christine (WC) 11:00 Bible Study with Joel (AR) 1:30 Wii Bowling Tournament: Sterling East (WC) 2:00 Open Gym (WC) 2:00 Pokeno & Prizes (AR) 3:00 "Twisted Stitches" Knitting and Crocheting Club (Second Floor Library) 3:00 Open Swim (WC) 4:00 "Name That Tune" (AR) 6:00 Evening Movie "Spectre". 007 Again! (AR) | 28 9:30 Sittercise (AL) (WC) 11:15 Focused Fitness (WC) 1:00 Piano with Dixie (LR) 2:00 Open Gym (WC) 3:00 "The Bibliophiles" Book Club (Library) 3:00 Open Swim (WC) 3:00 Wii Bowling (WC) 4:00 "ManHunt" - Episode 4 (AR) 6:00 Evening Movie Alfred Hitchcock's "The Man Who Knew Too Much" (AR) | 29 9:15 Meditation with Heather (AR) 9:30 Sittercise (AL) (WC) 10:00 Art Class with Scott (AR) 10:00 Campus Water Aerobics with Christine (AL and IL) (WC) 1:00 Hymns & Hope with Joel (LR) 1:00 Open Gym (WC) 2:00 BINGO (AR) 2:00 Open Swim (WC) 3:30 Happy Hour with Music - "Atlanta Joe" (DR) 6:00 Evening Movie "Chinatown" (AR) | 30 9:30 Sittercise (AL) (WC) 10:00 Library Outing (Meet in Front Lobby) 10:30 Crafts (AR) 11:15 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Gym (WC) 3:00 Open Swim (WC) 4:00 Armchair Travels "The Florida Keys: 200 Years of Paradise" (AR) 6:00 Friday Funnies Movie Time "Sweet Home Alabama" (AR) | 31 9:30 Sittercise (AL) (WC) 10:00 Library Outing (Meet in Front Lobby) 10:30 Crafts (AR) 11:15 Focused Fitness (WC) 2:00 Current Events (AR) 2:00 Open Gym (WC) 3:00 Open Swim (WC) 4:00 Armchair Travels "The Florida Keys: 200 Years of Paradise" (AR) 6:00 Friday Funnies Movie Time "Sweet Home Alabama" (AR) | 31 9:30 Sittercise (AL) (WC) 10:00 Coffee and Conversation (CC) 11:00 Classical Sounds (AR) 11:15 Open Gym (WC) 1:15 Move and Groove (WC) 2:00 Crafts (AR) 3:00 Jack Reacher Series (AR) 3:00 Twisted Stitches (Library) 4:00 Leigh Plays Guitar in the Lobby! (Front Lobby) 6:00 Evening Movie "Dr. No" (AR) |

May 2024

Activity and Social Calendar

