




Independent Living May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>KEY Black=Regular Events Red= Special On Campus Green=Off Campus</p>	<p>1 9am Exercise 10am Exercise 11am Huntington Federal Bank 11:15am Men's Exercise Class 12:30pm Bridge 3pm Corn Hole 4pm Meditation W3, 2nd Floor 6pm Heritage Farm, Audy Perry</p>	<p>2 VIDEO SHOOT 9am Exercise/10am Exercise 12-2pm Todd Chow 1pm Walmart 1pm Chair Yoga 1pm Mexican Train Dominos 2pm Knitting Circle & Loom 1:30pm Stolen Moments Jazz Band</p>	<p>3 9am Exercise 10am Exercise 11:15am Men's Exercise Class 12:30pm Bridge 4pm Happy Hour (BYOB) 6:15pm Bingo</p>	<p>4 9am Exercise /10am Exercise 10:30am Seamstress 12pm The Friends of the Cabell County Public Library Luncheon 1pm Chair Yoga 1:30pm Pool Shots 3pm Board Games 4pm Communion</p>	<p>5 Cinco de Mayo! 9am Exercise 10am Balance in Action with Genesis 12:30pm Bridge 2pm Croquet Meeting 3pm Margarita Party! 3pm Corn Hole 6pm Movie- "I Wanna Dance with Somebody"</p>	<p>6 Kentucky Derby! 12:30pm Bridge 2pm Piano Concert HMOA 4pm Derby Party 6:15pm Bingo</p>
<p>7 1:30pm Virtual Worship Service, Ch. 1990 1:30pm Worship Service with Rev. Nathan McClay, Lewis Memorial 2:30pm New Baptist Hand bell Choir 6pm Movie-"Rear Window"</p>	<p>8 9am Exercise 10am Exercise 11am Huntington Federal Bank 11:15am Men's Exercise Class 12:30pm Bridge 1pm Charles Schultz 3pm Corn Hole 4pm Meditation W3, 2nd Floor 6pm MARSHALL MONDAY—</p>	<p>9 9am Exercise/10am Exercise 12-2pm Todd Chow 1pm Kroger 1pm Chair Yoga 1pm Right Left Center 2pm Cottage Council 2pm Knitting Circle & Loom 2pm One Day University 6pm Parkinson's Support— Susan Lefew, AARP</p>	<p>10 9am Exercise 10am Exercise 10am Food Committee 10am Bible Study 11:15am Men's Exercise Class 12:30pm Bridge 1pm Dr. Brashears Audiologist 4pm Happy Hour (BYOB) 6:15pm Bingo</p>	<p>11 9am Exercise /10am Exercise 10:30am Seamstress 1pm Chair Yoga 1:30pm Pool Shots 3pm Board Games 4pm Communion 6pm HFCH— Dr. Paul Finch, Hematology/Oncology</p>	<p>12 9am Exercise 10am Balance in Action with Genesis 12:30pm Bridge 2pm Ladies Tea 3pm Corn Hole 6pm The Harmonica Club</p>	<p>13 12:30pm Bridge 6:15pm Bingo</p>
<p>14 Mother's Day 1:30pm Virtual Worship Service, Ch. 1990 1:30pm Worship Service with Rev. 6pm Movie-"Vertigo"</p> 	<p>15 9am Exercise 10am Exercise 10:30am Activities Meeting 11am Huntington Federal Bank 11:15am Men's Exercise Class 12:30pm Bridge 3pm Corn Hole</p>	<p>16 9am Exercise/10am Exercise 12-2pm Todd Chow 12:30pm MU Emeritus Club, MU Pres. Brad Smith 1pm Chair Yoga 1pm Ashland Mall 1pm Mexican Train Dominos 2pm Knitting Circle & Loom Knitting, W5 #184 Cmmns Area</p>	<p>17 9am Exercise 10am Exercise 11:15am Men's Exercise Class 12:30pm Bridge 2pm Lincoln Co. Cloggers 4pm Happy Hour (BYOB) 6:15pm Bingo</p>	<p>18 9am Exercise 10am Exercise 10:30am Seamstress 10:30am Wayne Elem. Honor Choir 1pm Chair Yoga 1:30pm Pool Shots 2pm Resident Council 4pm Communion 5pm Dinner out—LeBistro</p>	<p>19 9am Exercise 10am Balance in Action with Genesis 12:30pm Bridge 2pm Rusty Rebels! Return! 3pm Corn Hole 6pm Movie- "The Fablemans"</p>	<p>20 12pm Trip out to Opera-Don Giovanni 12:30pm Bridge 6:15pm Bingo</p>
<p>21 1:30pm Virtual Worship Service, Ch. 1990 1:30pm Worship Service with Rev. John Yeager, Enslow Park Presbyterian 6pm Movie—"Psycho"</p>	<p>22 9am Exercise 10am Exercise 11am Huntington Federal Bank 11:15am Men's Exercise Class 12:30pm Bridge 3pm Corn Hole</p>	<p>23 9am Exercise / 10am Exercise 11am Huntington Federal Bank 12-2pm Todd Chow 1pm Chair Yoga 1pm Kroger 1pm Right Left Center 2pm One Day University 6pm Bill Hairston, Storyteller</p>	<p>24 9am Exercise/10am Exercise 10am Bible Study 11:15am Men's Exercise Class 12:30pm Bridge 2pm WV Humanities Little Lecture 4pm Happy Hour (BYOB) 6:15pm Bingo</p>	<p>25 9am Exercise 26 10am Exercise 10:30am Seamstress 10:30am Book Club 1pm Chair Yoga 1:30pm Pool Shots 3pm Board Games 4pm Communion 6pm Thundertones</p>	<p>26 Birthday Dinner! 9am Exercise 10am Balance in Action with Genesis 12:30pm Bridge 3pm Corn Hole 6pm—Donnie Carman</p>	<p>27 12:30pm Bridge 6:15pm Bingo</p>
<p>28 1:30pm Virtual Worship, Ch1990 1:30pm Worship Service with Rev. 6pm Movie—"The Birds"</p>	<p>29 MEMORIAL DAY! 9am Exercise /10am Exercise 11am Huntington Federal CANCELED 11:15am Men's Exercise Class 12:30pm Bridge 3pm Corn Hole</p> 	<p>30 9am Exercise /10am Exercise 12-2pm Todd Chow 1pm Chair Yoga 1pm Huntington Mall 1pm Mexican Train Dominos 2pm Knitting Circle & Loom Knitting, W5 #184 Cmmns Area</p>	<p>31 9am Exercise/10am Exercise 10am Bible Study 11:15am Men's Exercise Class 12:30pm Bridge 4pm Happy Hour (BYOB) 6:15pm Bingo</p>			

Healthcare May 2023 (Calendar Subject to Change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Exercise 11:15am-11:45am Bingo 2:00-3:00pm 3pm-3:30pm Mass w/Father Dean, Chapel	2 Exercise 11:15am-11:45am Gardening on the Patio 2-3pm	3 Exercise 11:15am-11:45am Pretty Nails 2-3pm	4 Exercise 11:15am-11:45am Resident Council 2-2:30 Refreshments 2:30—3pm	5 Exercise 11:15am-11:45am Let's Play Cards 2-3pm	6 Activities in the Neighborhoods
7 Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service Carol Gump 3-3:45pm, Chapel	8 Exercise 11:15am-11:45am Bingo 2:00-3:00pm 3pm-3:30pm Mass w/Father Dean, Chapel	9 Exercise 11:15am-11:45am Tussie Mussies 2-3pm	10 Exercise 11:15am-11:45am Walmart Trip 1-4pm Activities in the Neighborhoods	11 Tea Party 2-3pm	12 Exercise 11:15am-11:45am Aspire Music Therapy 2-3pm Harmonica Club 5pm Dining Room	13 Pastries & TV Time 10:30-11:30am Bingo 2-3pm
14 Mother's Day!  Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	15 Exercise 11:15am-11:45am Bingo 2:00-3:00pm 3pm-3:30pm Mass w/Father Dean, Chapel	16 Exercise 11:15am-11:45am Pretty Nails 2-3pm	17 Exercise 11:15-11:45am Lincoln Co. Cloggers 2-3:30pm	18 Exercise 11:15-11:45am Movie "A League of their Own" & Popcorn 2pm-4pm	19 Exercise 11:15am-11:45am Let's Play Games 2-3pm	20 Pastries & TV Time 10:30-11:30am Bingo 2-3pm
21 Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	22 Exercise 11:15am-11:45am Bingo 2-3pm 3pm-3:30pm Mass w/Father Dean, Chapel Piano w/Liberty 4:30pm Dining Rm	23 Exercise 11:15am-11:45am Crochet/Knitting Circle 2-3pm	24 Exercise 11:15am-11:45am Scrabble Slam 2-3pm	25 Exercise 11:15am-11:45am Movie "Fried Green Tomatoes" & Popcorn 2pm-4pm	26 Birthday Dinner! Exercise 11:15am-11:45am Aspire Music Therapy 2-3pm 5pm Music with Donnie Carman	27 Pastries & TV Time 10:30-11:30am Bingo 2-3pm
28 Virtual Worship Service 1:30pm-2:30pm, Channel 1990 Worship Service/Communion with Carol Gump 3-3:45pm, Chapel	29 Memorial Day! Activities in the Neighborhoods 	30 Exercise 11:15am-11:45am Gardening on the Patio 2-3pm	31 Exercise 11:15-11:45am Walmart Trip 1-4pm Activities in the Neighborhoods			Friday Room Visits with Chaplain Carol Gump 9am—2pm Outings Weather Permitting