

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**All areas are setup for meaningful engagement. Please feel free to use what is available at any time.**

9:30 Resistance Training – 957  
10:00 Morning Reflection – 957  
11:00 Move & Groove – 957  
**2:00 Popcorn and a Movie! – C/957**  
*La La Land – 2h 7m*  
  
May Day

9:30 Move & Groove – 957  
**10:00 Bible Study – C/957**  
11:00 Muscles in Motion – 957  
2:00 Manicures – 3  
6:00 Puzzle of the Week – 2  
  
**Happy Birthday Ruth M.**

9:30 Better Balance – 957  
11:00 Chaplain's Corner – 2  
11:00 Yoga – 957  
2:00 Keno – 3

9:30 Muscles in Motion – 957  
10:00 Morning Reflection – 957  
11:00 Better Balance – 957  
2:00 Let's Bake! – CK  
(Homemade Salsa)

9:30 Better Balance – 957  
11:00 Move & Groove with Maracas – 957  
3:15 Exercise Class – 3  
2:00 Cinco de Bingo! – 3  
  
Cinco de Mayo

1:00 Movie Matinee – 957  
*Leap Year*  
PG – 1h 40m

**2:30 Interfaith Service – C/957**

9:30 Resistance Training – 957  
10:00 Morning Reflection – 957  
11:00 Move & Groove – 957  
**3:00 Animal Encounter with Wildlife Works – C/957**

9:30 Move & Groove – 957  
**10:00 Bible Study – C/957**  
11:00 Muscles in Motion – 957  
2:00 Ice Cream Outing!  
(Sign Up Required)  
5:30 Evening Manicures – 3

9:30 Better Balance – 957  
11:00 Chaplain's Corner – 2  
11:00 Yoga – 957  
2:00 Keno – 3


9:30 Muscles in Motion - 957  
10:00 Morning Reflection – 957  
11:00 Better Balance – 957  
2:00 Craft Corner – 3  
(Flower Photo Wall)

9:30 Better Balance – 957  
11:00 Move & Groove – 957  
**2:00 Mother's Day Ladies Tea! – C**  
**All Ladies Welcome!**  
3:15 Exercise Class – 3  


1:00 Movie Matinee – 957  
*Out of Africa*  
PG – 2h 40m  
  
**Happy Birthday Helen Bra.**  
**Happy 100<sup>th</sup> Birthday Ruth U.**

**2:30 Interfaith Service – C/957**  
  
Mother's Day  
National Skilled Nursing Week

9:30 Resistance Training – 957  
10:00 Morning Reflection – 957  
11:00 Move & Groove – 957  
12:00 Mini Waffle Day! – DR  
**3:00 Ukulele by Tracy Simmons – C/957**  
  
**Happy Birthday Lillian Re.**

9:30 Move & Groove  
**10:00 Bible Study – C/957**  
11:00 Muscles in Motion – 957  
2:00 Manicures – 3  
6:00 Puzzle of the Week – 2  


9:30 Better Balance – 957  
11:00 Chaplain's Corner – 2  
11:00 Yoga – 957  
2:00 Keno – 3

9:30 Muscles in Motion – 957  
10:00 Morning Reflection – 957  
10:30 Let's Bake – CK  
(Cream Cheese Mints)  
11:00 Better Balance – 957  
2:00 Hall Cart  
(Cream Cheese Mints)

9:30 Better Balance – 957  
10:30 Uno – 3  
11:00 Move & Groove – 957  
2:00 Bingo – 3  
3:13 Exercise Class – 3

1:00 Movie Matinee – 957  
*Puff: Wonders of the Reef*  
G – 1h 2m  
  
Armed Forces Day

**2:30 Interfaith Service – C/957**

9:30 Resistance Training – 957  
11:00 Move & Groove – 957  
**3:00 Music by Kevin Solecki – C/957**  
  
Victoria Day (Canada)

9:30 Move & Groove – 957  
**10:00 Bible Study – C/957**  
11:00 Muscles in Motion – 957  
**1:45 Rosary Prayers – C/957**  
2:00 Manicures – 3  
**2:15 Catholic Communion – C**  
5:15 Sunset S'mores – Patio

9:30 Better Balance – 957  
11:00 Chaplain's Corner – 2  
11:00 Yoga – 957  
1:30 Resident Council – 3  
3:00 Keno – 3

9:30 Muscles in Motion – 957  
10:00 Morning Reflection – 957  
11:00 Better Balance – 957  
2:00 Craft Corner – 3  
(Burlap Button Flag)  
  
**Happy Birthday Alice B.**  
Shavuot Begins

9:30 Better Balance – 957  
11:00 Move & Groove – 957  
11:15 Picnic at Indian Lake!  
(Sign Up Required)  
**\*No Bingo**  
3:15 Exercise Class – 3

1:00 Movie Matinee – 957  
*Mission: Joy*  
PG – 1h 24m  
2:00 Shut the Box – 3

**2:30 Interfaith Service – C/957**

10:30 Move & Groove with The Ball – 957  
  
**Happy MEMORIAL DAY**  
  
Memorial Day

9:30 Move & Groove – 957  
**10:00 Bible Study – C/957**  
11:00 Muscles in Motion – 957  
2:00 All Campus Memorial Day Cookout! – Highlanders

9:30 Better Balance – 957  
11:00 Chaplain's Corner – 2  
11:00 Yoga – 957  
12:00 May Birthdays!  
2:00 Keno – 3

**May 2023**  
Redstone Highlands – Greensburg Courtyard

TUNE IN TO CHANNEL 957 ACTIVITIES IN PURPLE can be attended in the Chapel or viewed on Channel 957 – Activities are subject to change