

May

WEEKLY ACTIVITIES

SUN 25th	2:30 – Church Service in the Chapel	
MON 26th	9:30 – Chair exercise in the Chapel 10:00 – Walking Club in the L.L. 1:00 – Patriotic Pick-up Band in the Dining Room 2:00 – Trivia in the U.L. 3:00 – Gardening in the L.L.	
TUE 27th	9:30 – Chair exercise in the Chapel 9:30 – Coffee with Friends in the Dining Room 10:00 – Catholic Service in the Chapel 1:00 – Bingo in the L.L. 3:30 – Chair Yoga in the Chapel	
WED 28th	9:30 – Chair exercise in the Chapel 10:00 – Meditation in the Sensory Room 1:00 – Cards (Rummy 500) in the U.L. 3:00 – Chair Tai Chi in the Chapel	
THU 29th	9:30 – Chair exercise in the Chapel 10:00 – Word in a Word in the U.L. 1:00 – Bingo in the L.L. 3:30 – Chair Yoga in the Chapel	
FRI 30th	9:30 – Chair exercise in the Chapel 10:00 – Meditation in the Sensory Room 10:00 – Water Aerobics in the Pool Room 1:00 – Keep it Moving in the L.L. 2:00 – Billy BoJack the Gospel Player in the Dining Room 3:00 – Rock Painting in the L.L.	
SAT 31st	1:00 – Cards (313) Hosted by Frances in the U.L.	

****Refer a friend to live here at fabulous Pine Hills Retirement Community and receive \$500 off 1 months rent!!****

(Turn page over for weekly menu)