

May 2024



Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Center Dining Room Terrace Level Outing Board Room			1 10:30am Sit & Fit 11:30am Meditation 2:30pm Bible Study	2 10:30am Walking Group 12pm Shopping	3 10:30am Sit & Fit 11:30am Meditation 1pm Bingo	4 8:30-10am Continental Breakfast 7:30pm Music @ GLCFA
5 8:30-10am Continental Breakfast 	6 10:30am Sit & Fit 11:30am Meditation 1:30pm Menu Chat	7 10:30am Walking Group 12pm Shopping 10am Seated Tai Chi 1pm Bingo 4:30pm Piano Ken	8 10:30am Sit & Fit 11:30am Meditation 2:30pm Bible Study	9 10am Seated Yoga 10:30am Walking Group 12pm Shopping	10 10:30am Sit & Fit 11:30am Meditation 1pm Bingo	11 8:30-10am Continental Breakfast
12 8:30-10am Continental Breakfast  4pm Music @ FPHS	13 10:30am Sit & Fit 11:30am Meditation 1:30pm Project Include Presentation	14 10am Seated Tai Chi 10:30am Walking Group 12pm Shopping 1pm Bingo 4:30pm Piano Ken	15 10:30am Sit & Fit 11:30am Meditation 1pm Take a ride! 2:30pm Bible Study 4:30pm Lake Street Orchestra	16 10am Seated Yoga 10:30am Walking Group 12pm Shopping 2 pm Where in MI am I? Presentation 	17 10:30am Sit & Fit 11:30am Meditation 1pm Bingo	18 8:30-10am Continental Breakfast
19 8:30-10am Continental Breakfast	20 10:30am Sit & Fit 11:30am Meditation	21 10am Seated Tai Chi 10:30am Walking Group 12pm Shopping 1pm Bingo	22 10:30am Sit & Fit 11:30am Meditation 2:30pm Bible Study 4:30pm Piano Ken 	23 10am Seated Yoga 10:30am Walking Group 12pm Shopping	24 10:30am Sit & Fit 11:30am Meditation 1pm Bingo	25 8:30-10am Continental Breakfast
26 8:30-10am Continental Breakfast	27 10am Memorial Day Parade in HS 	28 10am Seated Tai Chi 10:30am Walking Group 12pm Shopping 1pm Bingo 4:30pm Piano Ken	29 10:30am Sit & Fit 11:30am Meditation 2:30pm Bible Study 4pm Garden plan mtg.	30 10am Seated Yoga 10:30am Walking Group 12pm Shopping	31 10:30am Sit & Fit 11:30am Meditation 1pm Bingo	 Special Happy Hour & Dinner