

May 2023 Happenings



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation	2 10am Let's Stretch 10:30am Walk In/Out 1pm Bingo	3 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation 12pm Lunch Bunch 2pm Bible Study	4 10am Let's Stretch 10:30am Walk In/Out 11am Chapel 1pm Craft with Barb	5 9am Foot Clinic 10:30am Sit&Fit 11:30am Meditation 1pm Bingo ★ Special Meal	6 8:30-10:30am Continental Breakfast
7 8:30-10:30am Continental Breakfast	8 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation	9 10am Let's Stretch 10:30am Walk In/Out 1pm Bingo	10 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation 12:45pm Shopping 2pm Bible Study	11 10am Let's Stretch 10:30am Walk In/Out 11am Chapel 2pm HS History Pt 1	12 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation 1pm Bingo 1:30pm Mother's Day Tea	13 8:30-10:30am Continental Breakfast 4:30pm Presentation
14 Mother's Day 8:30-10:30am Continental Breakfast 	15 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation	16 9:30am Cops & Donuts 10am Let's Stretch 10:30am Walk In/Out 1pm Bingo	17 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation 12pm Lunch Bunch 2pm Bible Study	18 10am Let's Stretch 10:30am Walk In/Out 11am Chapel 3pm Health Fair	19 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation 1pm Bingo	20 8:30-10:30am Continental Breakfast
21 8:30-10:30am Continental Breakfast	22 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation	23 10am Let's Stretch 10:30am Walk In/Out 1pm Bingo 3:30pm Live music	24 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation 12pm Shopping 2pm Bible Study	25 10am Let's Stretch 10:30am Walk In/Out 11am Chapel 11:30am Presentation 3pm Book Club	26 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation 1pm Bingo	27 8:30-10:30am Continental Breakfast
28 8:30-10:30am Continental Breakfast	29 10am Memorial Day Parade in Harbor Springs	30 10am Let's Stretch 10:30a'm Walk In/Out 1pm Bingo	31 10am Let's Stretch 10:30am Sit&Fit 11:30am Meditation 2pm Bible Study	Lunch Bunch 5/3 Rusty Saw 5/17 City Park Grille Bus leaves @ 12pm	4:30pm Happy Hour Every Day!	Wellness Center Card Room Dining Room Behind Fireplace Outing The Birches