

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h2>MAY BIRTHDAYS</h2>						
	Carol F. 4th Karl V. 13th Edy S. 17th	Donna M. 29th Nancy E. 30th				
<b>4</b> 9:30 YouTube Fit (D) 1:30 <b>Meditation with Monica (L)</b> 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 <b>Sing Along with Monica (D)</b>	<b>5</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:30 Mexican Train Dominoes (FAR) 1:30 Bridge (PR) 1:30 Health and Wellness Video Series with Josh (D) 3:00 <b>MacPhail: Andrea Leap presents Carole King and Joni Mitchell (D)</b> 5:00 <b>Cinco de Mayo Dinner with Margaritas</b>	<b>6</b> 9:30 Interval Exercise with Michelle (D) 10:30 YouTube Yoga Video (D) 10:15 YouTube Yoga Video (D) 11:00 Great Courses(D) 2:00 <b>Mother's Day Photo Shoot (P)</b> 3:00 Coffee with Friends (P)	<b>7</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:30 Game: Scrabble (FAR) 10:30 <b>Newsletter Committee (L)</b> 12:00 <b>Lunch Outing: The Kenwood (Sign up by 5/2)</b> 2:00 Documentary (D) 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 <b>Bingo with Betty (FAR)</b>	<b>8</b> 9:30 Ball Exercises with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 <b>Crosswords (FAR)</b> 2:00 <b>Mother's Day Tea Party (D)</b> 3:00 Coffee with Friends (P) 3:00 <b>Knitting with Coach Mariann (FAR)</b>	<b>9</b> 9:30 <b>Outing: Original Pancake House (sign up by 4/29)</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:30 Bingo (FAR) 1:30 Bridge (PR) 1:30 <b>Ice Cream for a Cause (FAR)</b> 2:30 Afternoon Movie: (D) 3:00 Coffee with Friends (P)	<b>3</b> 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:15 <b>Current Events (PR)</b> 1:30 <b>Dr. Joe Book Discussion Group (L)</b> 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
<b>11</b> 9:30 YouTube Fit (D) 1:30 <b>Meditation with Monica (L)</b> 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 <b>Sing Along with Monica (D)</b>	<b>12</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:30 Mexican Train Dominoes (FAR) 11:00 <b>Parkinson's Support Group (L)</b> 11:30 <b>Outing: Ridgegate Library (Sign up by 4/8)</b> 1:30 Bridge (PR) 2:00 <b>Health and Wellness Video Series with Josh (D)</b> 3:00 Coffee with Friends (P) 7:00 <b>Summit Music Presents: Resonant Reflections: A French Horn and Piano Concert (P)</b>	<b>13</b> 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Great Courses (D) 2:00 <b>All Resident Meeting (DR)</b> 3:00 Coffee with Friends (P)	<b>14</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:30 Game: Scrabble (FAR) 2:00 <b>Meet Mayoral Candidates (DR)</b> 3:00 Coffee with Friends (P) 4:00 Wet Your Whistle Wednesday (FAR) 6:30 <b>Bingo with Betty (FAR)</b>	<b>15</b> 9:30 Ball Exercises with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Ladder Ball (FAR) 1:30 Silent Book Club (P) 3:00 <b>Knitting with Coach Mariann (FAR)</b>	<b>16</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:00 Bingo (FAR) 1:30 Bridge (PR) 2:30 Afternoon Movie (D) 3:00 Coffee with Friends (P)	<b>17</b> 9:30 YouTube Fit (D) 9:30 <b>Lowry Hill Neighborhood Association Neighborhood Walk (meet in lobby)</b> 10:15 YouTube Yoga Video (D) 11:15 <b>Current Events (PR)</b> 1:30 <b>Dr. Joe Book Discussion Group (L)</b> 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
<b>18</b> 9:30 YouTube Fit (D) 1:30 <b>Meditation with Monica (L)</b> 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 <b>Sing Along with Monica (D)</b>	<b>19</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:30 Mexican Train Dominoes (FAR) 11:00 <b>Time with Two Parables with Bill Tipping (D)</b> 1:30 Bridge (PR) 2:00 <b>Health and Wellness Video Series with Josh (D)</b> 3:00 Coffee with Friends (P)	<b>20</b> 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Great Courses (D) 2:00 <b>MacPhail Hour: Steve Roehm, Marimba (P)</b> 3:00 Coffee with Friends (P)	<b>21</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:30 Game: Scrabble (FAR) 2:00 <b>Jane Austin with AI S (D)</b> 3:00 Coffee with Friends (P) 4:00 <b>Wet Your Whistle Wednesday (FAR)</b> 6:30 <b>Bingo with Betty (FAR)</b>	<b>22</b> 9:30 Ball Exercises with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Origami (P) 2:00 <b>Monthly Birthday Party (D)</b> 3:00 <b>Knitting with Coach Mariann (FAR)</b>	<b>23</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:30 Bingo (FAR) 11:00 <b>Outing: MN Landscape Arboretum-\$20 (Sign up by 4/19)</b> 1:30 Bridge (PR) 1:30 <b>Sing a Long with Arts and Crafts Collective (D)</b> 2:30 Afternoon Movie (D) 3pm Coffee with Friends (P)	<b>24</b> 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:15 <b>Current Events (PR)</b> 1:30 <b>Dr. Joe Book Discussion Group (L)</b> 2:30 Movie and Popcorn (D) 3:00 Coffee with Friends (P) 6:30 Movie Encore (D)
<b>25</b> 9:30 YouTube Fit (D) 1:30 <b>Meditation with Monica (L)</b> 2:30 Movie Matinee (D) 3:00 Coffee with Friends (P) 6:30 <b>Sing Along with Monica (D)</b>	<b>25</b> <b>Memorial Day</b> 9:30 YouTube Fit (D) 2:00 <b>Root Beer Floats (P)</b> 2:30 Movie (D)	<b>27</b> 9:30 Interval Exercise with Michelle (D) 10:15 YouTube Yoga Video (D) 11:00 Great Courses (D) 2:00 <b>Wanda's Story: World of our Indigenous Neighbors (D)</b> 3:00 Coffee with Friends (P)	<b>28</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:30 Game: Scrabble (FAR) 2:00 <b>Importance of Hydration with CenterWell Home Health,</b> 3:00 Garden Club Meet-up (P) 4:00 <b>Wet Your Whistle Wednesday (FAR)</b> 6:30 <b>Bingo with Betty (FAR)</b>	<b>29</b> 9:30 Ball Exercises with Michelle (D) 10:15 YouTube Yoga Video (D) 10:30 Blood Pressure Checks (5th floor) 11:00 Jeopardy (P) 2:00 <b>Happy Hour: Celebrate Older American's Month (DR)</b> 3:00 <b>Knitting with Coach Mariann (FAR)</b>	<b>30</b> 9:30 <b>Stay Fit with Courage (D)</b> 10:30 Bingo (FAR) 12:00 <b>Outing: Sunnyside Gardens</b> 1:30 Bridge (PR) 1:30 <b>Group Haiku with Arts and Crafts Collective (FAR)</b> 2:30 Afternoon Movie (D) 3:00 Coffee with Friends (P)	<b>31</b> 9:30 YouTube Fit (D) 10:15 YouTube Yoga Video (D) 11:00 <b>Outing: Giving Voice Concert at Hamline University-\$10 donation (sign up by 4/26)</b> 11:15 <b>Current Events (PR)</b> 1:30 <b>Dr. Joe Book Discussion Group (L)</b> 2:30 Movie and Popcorn (D) 3pm Coffee with Friends (P) 6:30 Movie Encore (D)