



**NEW COMMUNITIES**  
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**MAY 2023**  
Activity Calendar



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday   |
|--|---|--|---|--|--|
| 1.   | 2.<br>Movie & Game Day<br>10a-12p   | 3.   | 4.<br>Financial Literacy: Couponing<br>with Ms. Brown<br>10a-12:30p                   | 5.   | 6. <b>TRIP:</b><br>Empowered Women Who<br>Make a Difference:<br>Honoring All Aspects of<br>Motherhood Brunch<br>At St. Luke's<br>10a-2p  |
| 8.<br>  | 9.<br>Workout & Wellness<br>With Rodney<br>10a-12p<br> | 10.  | 11.<br>Sip 'n Paint<br>with Christina<br>10a-12p                                      | 12.<br>  | 13<br>  |
| 15.<br> | 16.<br>Mother's Day Brunch<br>10:30a-1:00p  | 17.<br> | 18.<br>Virtual Travel<br>with the Oculus<br>10a-12p                                   | 19.  | 20.<br>  |
| 22.  | 23.<br>Boxing Fitness<br>with Greg Outlaw<br>10a-12p  | 24.<br> | 25.<br><b>TRIP:</b><br>Super Walmart in VA<br>10a-12:30p                              | 26.  | 27.  |
| 29.  | 30.<br>Meal Demo: 20-minute meal<br>with Chef Dre<br>10a-12p  | 31.<br><b>TRIP:</b><br>Senior Fest<br>Gateway Pavilion<br>10a-3p                           |  | May is National Awareness<br>Month for:<br><b>Older Americans Month</b><br><b>Asian Pacific American<br/>Heritage Month</b><br><b>Mental Health Awareness<br/>Month</b><br><b>Jewish American Heritage<br/>Month</b> | <b>National Nurses Week</b><br><b>Deaf Awareness Week (1<sup>st</sup><br/>week of May)</b><br><b>National Teacher's Day</b><br><b>ALS Awareness Month</b><br><b>American Stroke Month</b><br><b>Brain Cancer Awareness<br/>Month</b> |