

May Activity Calendar 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Game Day Exercise Class 9:30 May Day	2 Live Music 10:00am Blood Pressure Clinic	3 Cards Exercise Class 9:30	4 Foodo 9:30 Cards	5 Tai Chi 9:30	6 National Fitness Day Kentucky Derby Day	7 National Tourism Day
8 Game Day Exercise Class 9:30	9 Live Music 10:00am	10 Cards Exercise Class 9:30	11 Foodo 9:30 Cards	12 Tai Chi 9:30	13 National Frog Jumping Day	14 Mother's Day
15 Game Day Exercise Class 9:30	16 Live Music 10:00am	17 Cards Birthday Celebrations Exercise Class 9:30	18 Foodo 9:30 Cards	19 Tai Chi 9:30	20 Armed Forces Day	21
22 Game Day Exercise Class 9:30	23 Live Music 10:00am	24 Cards Exercise Class 9:30	25 Foodo 9:30 Cards Board Meeting 12:30	26 Tai Chi 9:30	27	28 National Hamburger Day
29 CLOSED HOLIDAY	30 Live Music 10:00am	31 Cards Exercise Class 9:30	"Life shrinks or expands in proportion to one's courage"	"The healthiest response to life is joy"	"Life is a succession of lessons which must be lived to be understood"	"Life is what we make it, always has been, always will be"
*Cards *Puzzles *Board Games Available Daily	National Salad Month	Older Americans Month	Date Your Mate Month	National BBQ Month	National Blood Pressure Month	Lupus Awareness Month