

# MAY 2023

Sun

Mon

Tue

Wed

Thu

Fri

Sat



**1**  
10:00 – Morning Yoga w/ Debbie (GAR)  
10:30 – Walking Group w/Debbie (Cafe)  
11:00 – Life Enrichment Mtg. (GAR)  
1:00 – Welcome Committee Mtg. w/ Debbie (Café)  
1:45 – Greeting Card Creations w/ Debbie & Shirley (Café)  
4:00 – Birthday & Housewarming Party w/ Debbie & Taylor (Café)  
6:45 – Evening Movie (GAR)

**2**  
10:00 – Balance Builders w/ Taylor (GAR)  
10:30 – Brain Games w/ Taylor (GAR)  
11:45 – Achieving Optimal Wellness at Any Age (GAR)  
1:40 – Larry Shearer Presents: Music of Julie Andrews (GAR)  
2:45 – Tech Help w/ Taylor (GAR)  
3:30 – Catholic Service (GAR)  
6:45 – Evening Movie (GAR)

**3**  
10:00 – Walking Group w/ Debbie (Cafe)  
10:30 – Gardening w/ Debbie (Café/Back Patio)  
11:15 – Scrabble (Café)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Music w/ Taylor (Café)  
4:30 – Celebrating Mexican Style w/ Marianna (Café)  
6:45 – Evening Movie (GAR)

**4**  
10:00 – Drumming w/ Taylor (GAR)  
10:15 – Flower Arranging w/ Debbie (MCK)  
10:30 – Music Games w/ Taylor (GAR)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – “Who Done It?” - Solve the Mary Higgins Clark Mystery (GAR)  
4:00 – Catholic Communion Service (GAR)  
6:45 – Evening Movie (GAR)

**5 Cinco de Mayo**  
10:00 –Balance Building Exercise w/Debbie (GAR)  
10:30 – Walking Group (FL)  
10:30 – Bingo w/ Taylor (MCK)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Mexican Dominoes w/ Debbie (Card Room)  
4:00 – Cinco de Mayo Fiesta (Café)  
6:45 – Evening Movie

**6 Kentucky Derby**  
10:00 – Priority One Exercise Video (GAR)  
11:00 – Bingo w/ Debbie (Café)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Kentucky Derby Party w/Debbie (Café)  
3:15 – National Geographic Presentation (GAR)  
6:15 – Kentucky Derby (GAR)  
6:45 – Evening Movie (GAR)

**7**  
8:00 – Catholic Mass (TV Ch 43)  
10:45 – Third Presbyterian Church Service (GAR)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:30 – Brain Games w/ George (GAR)  
2:50 – Afternoon Drive (Outing)  
3:00 – Afternoon Movie (GAR)  
6:45 – Evening Movie (GAR)

**8 Mani/Pedi Appts.**  
10:00 – Morning Yoga w/Debbie (Cafe)  
10:30 – Walking Group w/Debbie (Cafe)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:00– Welcome Committee Mtg. w/ Debbie (Café)  
1:45 – Baking Group w/ Taylor (MCK)  
4:00 – Social Hour (Café)  
6:45 – Evening Movie (GAR)

**9**  
10:00 – Balance Builders w/ Taylor (GAR)  
10:30 – Brain Games w/ Taylor (GAR)  
11:45 – Achieving Optimal Wellness at Any Age (GAR)  
1:45 – BBC Masterpiece Theatre: Duchess of Duke Street (GAR)  
3:30 – Catholic Service (GAR)  
6:45 – Evening Movie (GAR)

**10**  
10:00 – Walking Group w/ Debbie (Cafe)  
10:30 – Achieving Mental Health at Any Age (GAR)  
**12:00 – Ladies Lavender Lunch w/ Harpist Susan Morehouse (Café)**  
3:15 – The Hedy Lamarr Story (GAR)  
6:45 – Evening Movie (GAR)

**11**  
10:00 – Drumming w/ Taylor (GAR)  
10:15 – Flower Arranging w/ Adrianna (MCK)  
10:30 – Music Games w/ Taylor (GAR)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Broadway Bob (GAR)  
3:00 – Group Hymn Sing w/ Taylor (Café)  
6:45 – Evening Movie (GAR)

**12**  
10:00 Balance Building Exercise w/ Debbie (GAR)  
10:30 – Walking Group (FL)  
11:45 – Achieving Mental Health at Any Age (GAR)  
10:30 – Bingo w/ (MCK)  
1:30 – Book Discussion Group (Library)  
4:00 – Cocktail Hour (Café)  
6:45 – Evening Movie (GAR)

**13**  
10:00 –Priority One Exercise (GAR)  
11:00 – Bingo w/ Debbie (GAR)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Celebrate Older American Month & Music w/ Dave Marchionne (Café)  
3:00 – National Geographic Presentation (GAR)  
6:15 – Evening Movie

**14 Happy Mother’s Day**  
8:00 – Catholic Mass (TV Ch 43)  
10:45 – Third Presbyterian Church Service (GAR)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:30 – Brain Games w/ George (GAR)  
2:50 – Afternoon Drive (Outing)  
3:00 – Afternoon Movie (GAR)  
6:45 – Evening Movie (GAR)

**15**  
10:00 – Morning Yoga w/Debbie (GAR)  
10:30 – Walking Group w/Debbie (Café)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:00 – Welcome Committee Mtg. w/ Debbie (Café)  
1:45 – Travel w/ Beth to Mexico (GAR)  
4:00 – Pop & Popcorn Social Hour (Café)  
6:45 – Evening Movie (GAR)

**16**  
10:00 – Balance Builders w/ Taylor (GAR)  
10:30 – Brain Games w/ Taylor (GAR)  
11:45 – Achieving Optimal Wellness at Any Age (GAR)  
1:45 – Music w/ Fred Vine (Café)  
3:00 – Tech Help w/ Taylor (GAR)  
3:30 – Catholic Service (GAR)  
6:45 – Evening Movie (GAR)

**17**  
10:00 – Walking Group w/ Debbie (FL)  
10:30 – Blood Pressure Clinic w/ Paula (Café)  
11:00 – Gardening w/ Debbie (Café/Back Patio)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Music w/ Taylor (Café)  
3:00 – Bingo w/Debbie (Café)  
6:45 – Evening Movie (GAR)

**18**  
10:00 – Drumming w/ Taylor (GAR)  
10:15 – Flower Arranging w/ Debbie (MCK)  
10:30 – Music Games w/ Taylor (GAR)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Dining Serves Meeting  
4:00 – Catholic Communion Service (GAR)  
6:45 – Evening Movie (GAR)

**19**  
10:00 Balance Building Exercise w/ Debbie (GAR)  
10:30 – Walking Group w/ Debbie (FL)  
10:30 – Bingo w/ Taylor (MCK)  
11:45 – Achieving Mental Health at Any Age (GAR)  
2:00 – Cooking Group w/ Taylor (CK)  
4:00 – Cocktail Hour (Café)  
6:45 – Evening Movie (GAR)

**20**  
10:00 –Stretch & Tone w/ Shannon (GAR)  
11:00 – Bingo w/ Shannon (Café)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Watercolor Class w/ Shannon (Café))  
3:00 – National Geographic Presentation (GAR)  
6:15 – Evening Movie (GAR)

**21**  
8:00 – Catholic Mass (TV Ch 43)  
10:45 – Third Presbyterian Church Service (GAR)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:30 – Brain Games w/ George (GAR)  
2:50 – Afternoon Drive (Outing)  
3:00 – Afternoon Movie (GAR)  
6:45 – Evening Movie (GAR)

**22 Mani/Pedi Appts.**  
10:00 – Morning Yoga w/Debbie (Cafe)  
10:30 – Walking Group w/Debbie (Cafe)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:00– Welcome Committee Mtg. w/ Debbie (Café)  
1:45 – Music w/ Dick Stacy (Café)  
4:00 – Social Hour (Café)  
6:45 – Evening Movie (GAR)

**23**  
10:00 – Balance Builders w/ Taylor (GAR)  
10:30 – Brain Games w/ Taylor (GAR)  
11:45 – Achieving Wellness Life at Any Age (GAR)  
1:45 – BBC Masterpiece Theatre: Duchess of Duke Street (GAR)  
3:30 – Catholic Service (GAR)  
6:45 – Evening Movie (GAR)

**24**  
10:00 – Walking Group w/ Debbie (FL)  
10:30 – Gardening w/ Debbie (Café/Back Patio)  
11:30 – Resident Council Mtg. (GAR)  
1:45 – Music w/ Taylor (Café)  
3:00 – Bingo w/Debbie (Café)  
6:45 – Evening Movie (GAR)

**25**  
10:00 – Drumming w/ Taylor (GAR)  
10:15 – Flower Arranging w/ Adrianna (MCK)  
10:30 – Music Games w/ Taylor (GAR)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:30 – Documentary: TBD (GAR)  
4:00 – Protestant Communion Service (GAR)  
6:45 – Evening Movie (GAR)

**26 Podiatrist (Dr. Markle)**  
10:00 Balance Building Exercise w/ Debbie (GAR)  
10:30 – Walking Group (FL)  
10:30 – Bingo w/ Taylor (MCK)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Learn How to Play Phase 10 Card Game (Card Room)  
4:00 – Cocktail Hour (Café)  
6:45 – Evening Movie (GAR)

**27**  
10:00 –Stretch & Tone w/ Shannon (GAR)  
11:00 – Bingo w/ Shannon (Café)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Art Class w/ Shannon (Café))  
3:00 – National Geographic Presentation (GAR)  
6:15 – Evening Movie (GAR)

**28**  
8:00 – Catholic Mass (TV Ch 43)  
10:45 – Third Presbyterian Church Service (GAR)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:30 – Brain Games w/ George (GAR)  
2:50 – Afternoon Drive (Outing)  
3:00 – Afternoon Movie (GAR)  
6:45 – Evening Movie (GAR)

**29 Memorial Day**  
10:00 – Walking Group w/Debbie (GAR)  
10:30 – Bingo w/ Debbie (Café)  
11:45 – Achieving Mental Health at Any Age (GAR)  
2:00 – Memorial Day Tribute (Courtyard)  
4:00 – Red/White/Blue Social Hour (Café)  
6:45 – Evening Movie (GAR)

**30**  
10:00 – Balance Builders w/ Taylor (GAR)  
10:30 – Brain Games w/ Taylor (GAR)  
11:45 – Achieving Optimal Life at Any Age (GAR)  
1:45 – BBC Masterpiece Theatre: Duchess of Duke Street (GAR)  
3:00 – Tech Help w/ Taylor (GAR)  
3:30 – Catholic Service (GAR)  
6:45 – Evening Movie (GAR)

**31**  
10:00 – Walking Group w/ Debbie (FL)  
10:30 – Gardening w/ Debbie (Café/Back Patio)  
11:15 – Scrabble (Café)  
11:45 – Achieving Mental Health at Any Age (GAR)  
1:45 – Music w/ Taylor (Café)  
3:00 – Bingo w/ Debbie (Café)  
6:45 – Evening Movie (GAR)

**Life Enrichment Director**  
**Chad Estabrooks**  
  
**Life Enrichment Specialists**  
**Debbie Lewis**  
**Taylor Smith**  
**Adrianna Noone**  
**Shannon Halligan**

**Gentle Exercise with Carly**  
**Mon–Fri**  
**9:45 & 1:30**  
  
**TV Channel 1389**

**ROOM KEY**  
GAR—Glenmere Activity Room  
CAFÉ—Glenmere Cafe  
CK—Glenmere Country Kitchen  
FL—Front Lobby  
L—LIBRARY  
MCK—Memory Care Kitchen  
MCL—Memory Care Lounge