

SUN	MON	TUES	WED	THUR	FRI	SAT
<p>RL = Resident Led Event</p> <p> = Trash Day</p> <p> = Recycle Day</p>	<p>1</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. BINGO</p>	<p>2</p> <p>10:00 a.m. Crafts with Kelly: Hanging Photo Frame</p> <p>12:30 p.m. Euchre RL</p> <p>2:00 p.m. Tech Tuesday</p> <p>3:00 p.m. Fiber Arts</p>	<p>3</p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>10:30 a.m. Resident Council Meeting</p> <p>12:30 p.m. Bridge RL</p> <p>1:00 p.m. Line Dance Class</p> <p>1:00 p.m. Weekly Shopping Trip: </p> <p>4:00 p.m. Social Hour: <i>Hasta La Vista Taco Bar</i> </p>	<p>4</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Euchre & Dominoes RL</p> <p>12:30 p.m. Brain Games</p> <p>3:00 p.m. Resolution Meeting RL</p> <p><i>NO Line Dancing Class</i></p>	<p>5</p> <p>9:00 a.m. Coffee & Conversations</p> <p>9:15 a.m. Water Aerobics</p> <p>10:00 a.m. Tai Chi</p> <p>12:30 p.m. Hand & Foot RL</p> <p>1:00 p.m. Movie Theater Trip (TBD) </p>	<p>6</p> <p>4:30 p.m. Kentucky Derby Party RL </p>
<p>7</p> <p>3:00 p.m. Afternoon Show: <i>12 Strong</i></p>	<p>8</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. BINGO</p>	<p>9</p> <p>12:30 p.m. Euchre RL</p> <p>3:00 p.m. Fiber Arts</p>	<p>10</p> <p>HAPPY BIRTHDAY Nancy Mebed!</p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>12:30 p.m. Bridge RL</p> <p>1:00 p.m. Weekly Shopping Trip: </p> <p>3:00 p.m. BUNCO Night </p>	<p>11</p> <p>HAPPY BIRTHDAY Barbara Slusher!</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Euchre & Dominoes RL</p> <p>12:30 p.m. Brain Games</p> <p>3:00 p.m. Line Dancing Class RL</p> <p>5:00 p.m. Dinner Club: </p>	<p>12</p> <p>9:00 a.m. Coffee & Conversations</p> <p>9:15 a.m. Water Aerobics</p> <p>10:00 a.m. Tai Chi</p> <p>10:00 a.m. <i>Summer Wreath Making Class with Suzanne</i> </p> <p>12:30 p.m. Hand & Foot RL</p>	<p>13</p> <p><i>Nail Tech Available by App</i></p> <p>3:00 p.m. Non-Denominational Worship Service RL</p>
<p>14</p> <p>HAPPY BIRTHDAY Jo Woody!</p> <p>11:00 a.m. Mother's Day Extended Menu</p> <p>3:00 p.m. Afternoon Show: <i>Murder Mystery</i></p> <p>3:00 p.m. Hymm Sing in Piano Lounge</p>	<p>15</p> <p>HAPPY BIRTHDAY Margie Morris!</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. BINGO</p>	<p>16</p> <p>12:30 p.m. Euchre RL</p> <p>3:00 p.m. Fiber Arts</p>	<p>17</p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>12:30 p.m. Bridge RL</p> <p>1:00 p.m. Weekly Shopping Trip: </p> <p>2:00 p.m. Line Dance Practice RL</p> <p>4:30 p.m. <i>Bedford Backyard BBQ</i> </p>	<p>18</p> <p><i>Columbia Foot Care in Salon</i></p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Brain Games</p> <p>12:30 p.m. Euchre & Dominoes RL</p>	<p>19</p> <p>9:00 a.m. Coffee & Conversation</p> <p>9:15 a.m. Water Aerobics</p> <p>10:00 a.m. Tai Chi</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. <i>The Banshees of Inisherin</i> viewing in the Bedford Theatre</p>	<p>20</p>
<p>21</p> <p>3:00 p.m. Afternoon Show: <i>Lost Girls</i></p>	<p>22</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. BINGO</p>	<p>23</p> <p>12:30 p.m. Euchre RL</p> <p>3:00 p.m. Fiber Arts</p> <p>4:00 p.m. Live Music with Kay & Ann in Piano Lounge</p>	<p>24</p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>12:30 p.m. Bridge RL</p> <p>1:00 p.m. Weekly Shopping Trip: </p> <p>2:40 p.m. Tour of the Columbia Center for Urban Agriculture followed by live music at neighboring Farmer's Market </p>	<p>25</p> <p><i>Massage Therapist Available by Appt</i></p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Brain Games</p> <p>12:30 p.m. Euchre & Dominoes RL</p> <p>5:00 p.m. Dinner Club: <i>SOPHIA'S</i> </p>	<p>26</p> <p>9:00 a.m. Coffee & Conversation</p> <p>9:15 a.m. Water Aerobics</p> <p>10:00 a.m. Tai Chi</p> <p>12:30 p.m. Hand & Foot RL</p> <p>1:00 p.m. Walking Club: <i>Shelter Gardens</i> </p> <p>7:00 p.m. Game Night RL</p>	<p>27</p> <p>3:00 p.m. Non-Denominational Worship Service RL</p>
<p>28</p> <p>3:00 p.m. Afternoon Show: <i>The Highway Men</i></p> <p>4:30 p.m. Memorial Day Cookout RL</p>	<p>29</p> <p><i>Hair Stylist Available by Appt</i></p> <p>8:15 a.m. Water Aerobics 1</p> <p>8:45 a.m. Water Aerobics 2</p> <p>10:00 a.m. Chair Yoga</p> <p>12:30 p.m. Hand & Foot RL</p> <p>3:00 p.m. BINGO</p>	<p>30</p> <p>12:30 p.m. Euchre RL</p> <p>3:00 p.m. Fiber Arts</p> <p>4:00 p.m. <i>Book Club</i> RL </p>	<p>31</p> <p>HAPPY BIRTHDAY Betty Miller!</p> <p>10:00 a.m. Fitness Class with EmpowerMe</p> <p>12:30 p.m. Bridge RL</p> <p>1:00 p.m. Fitness Through Flexibility Class</p> <p>1:00 p.m. Weekly Shopping Trip: </p> <p>4:00 p.m. Social Hour: <i>Birthday Cake & Ice Cream!</i> </p>	<p>THE VILLAGE OF BEDFORD WALK</p> <p>JES I PRIME SENIOR LIVING</p> <p>MAY 2023</p>		