

May 2019

THE MEETING PLACE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Daily: Puzzles Billiards Computer Gym			1 9:30 Ceramics 10:30 Mindful Body 11:00 Zumba 12:30 Bingo & Bridge	2 9:30 Ceramics 10:00 Devotions 11:00 Glucose checks 12:30 Grocery shopping Share Thy Bread	3 10:00 Pound It! 10:30 Trash train 11:00 Dance class 12:30 Movie	4
5	6 8:45 Tai Chi 10:00 Steps to Health 10:30 Trash train 11:00 Zumba 12:30 Bead class	7 9:30 Ceramics 9:30-10:30 Recipe club 10:00 Let's Get Craftin' 11:00 Name That Tune 12:30 Bingo	8 9:30 Ceramics 10:30 Mindful Body 11:00 Zumba 12:30 Bingo & Bridge	9 7:30 Breakfast at Honey & Salt in Flat Rock 9:30 Ceramics 9:30-11:30 BP checks 10:00 Devotions 11:00 Glucose checks 12:30 Grocery shopping	10 9:30-12 Walmart 10:00 Pound It! 10:30 Trash train 11:00 Dance class 12:30 Movie	11
12	13 8:45 Tai Chi 10:00 Steps to Health 10:30 Trash train 11:00 Zumba 12:30 Prize bingo	14 9:30 Ceramics 9:30-10:30 Recipe club 10:00 Let's Get Craftin' 11:00 "Meet & Greet the Sheriff" 12:30 Bingo	15 9:30 Ceramics 9:30-10:30 The Craft Shop 10:30 Mindful Body 11:00 "Instant Pot 101: Baby Back Ribs" 11:00 Zumba 12:30 Bingo & Bridge	16 9:30 Ceramics 10:00 Devotions 10:00 Harrah's 11:00 Glucose checks 12:30 Grocery shopping Share Thy Bread	17 10:00 Pound It! 10:30 "Local History"-James Metcalf 12:30 Movie	18
19	20 8:45 Tai Chi 9:30 Vaya Health-"Mental Health 101" 10:00 Steps to Health 10:30 Trash train 11:00 Zumba 12:30 Bead class	21 9:30 Ceramics 9:30-10:30 Recipe club 10:15 Denise Young-"Understanding Alzheimer's & Dementia" 12:30 Bingo	22 9:30 Ceramics 10:30 Mindful Body 11:00 Zumba 12:30 Bingo & Bridge	23 9:30 Ceramics 10:00 Devotions 11:00 Glucose checks 12:15 Paula Hipp, birthday celebrations & talk 12:30 Grocery shopping	24 10:00-1:00 MEMORIAL DAY FUN DAY	25
26	27 MEMORIAL DAY CLOSED	28 9:30 Ceramics 9:30-10:30 Recipe club 10:00 Let's Get Craftin' 11:00 Name That Tune 12:30 Bingo	29 9:30 Ceramics 10:30 Mindful Body 11:00 Zumba 12:30 Bingo & Bridge	30 9:00 Lake Jocassee boat tour and lunch 9:30 Ceramics 10:00 Devotions 11:00 Glucose checks 12:30 Grocery shopping 2:00 Caregiver Support meeting	31 9:30-11:30 HEALTH & RESOURCE FAIR	