

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|---|---|---|
| <u>Underlined Courses must be signed up for in advance at the Activities Table in the Front Foyer!</u> | 10:00am Catholic Mass CH 11:00am Total Body Workout MR <u>11:00am Bus Trip to: Walmart</u> 1:00pm Motivational Monday: "What Can you do to Prevent Alzheimer's" MR 2:00pm Entertainment By: AMPS Music Group DR 3:30pm Guided Meditation MR 1 | 10:00am Blood Pressure Clinic LR 10:30am Adv. Cardio Drumming FR 11:15am Beg. Cardio Drumming FR 1:00pm Faith Lutheran Service CH 2:00pm Balance and Strength FR 2:30pm (WU) Rosemary Irwin Presents: "The Crazy Amazing Mel Brooks" MR 6:45pm BINGO MPR 2 | 10:30am Moving Through the Mountains Exercise MR 11:00am Total Body Workout MR <u>11:00am Wegmans and Banking</u> 1:00pm Euchre Club 2:00pm Chair Yoga w/ Denise MPR 3:00pm Open Wii Bowling MR 3:00pm Drews Memorial Garden Meeting LR 3 | 10:30am Adv. Cardio Drumming FR 11:15am Beg. Cardio Drumming FR 12:00pm Community Walk Outside 1:00pm Movie Matinee: "Jerry and Marge Go Large" MR 1:30pm (WU) History Behind Cinco De Mayo MPR 2:30pm Trivia LR 3:30 Guided Meditation MR 4 | 10:00am Crochet & Knitting Gr. LR 10:30am Beg. Chair Yoga FR 11:00am Open Wii Bowling MR 12:00pm (WU) Brain Café MPR 2:30pm Cinco De Mayo Party C 6:45pm BINGO MPR 5 | 10:30am Board Games CK 11:30am Open Wii Bowling MR 1:00pm Movie Matinee: "Jerry and Marge Go Large" MR 3:30pm Creative Coloring CR 6 |
| 12:00pm Moving Through the Mountains Exercise MR 2:30pm (WU) Learn Sign Language with Reenie MR 7 | 10:00am Catholic Mass CH 11:00am Total Body Workout MR <u>11:00am Bus Trip to: Barnes & Noble Pittsford Plaza</u> 1:30pm (WU) Memorial Day MR 2:00pm Guided Bible Study MPR 2:30pm Motivational Monday: "Changing Benefits of Exercise" MR 3:00pm Guided Meditation MR 8 | 10:30am Adv. Cardio Drumming FR 11:15am Beg. Cardio Drumming FR 12:00pm The Battle of Normandy: 85 Days in Hell MR 1:00pm (WU) Senior Health & Fitness Management MR 2:00pm Balance and Strength FR 6:45pm BINGO MPR 9 | 10:30am Moving Through the Mountains Exercise MR 11:00am Total Body Workout MR <u>11:00am Wegmans and Banking</u> 1:00pm Euchre Club 1:30pm Line Dancing Demo DR 3:00pm Open Wii Bowling MR 3:30pm Creative Coloring CR 10 | 10:30am Adv. Cardio Drumming FR 11:15am Beg. Cardio Drumming FR 12:00pm Community Walk Outside 1:00pm Movie Matinee: "Ferris Bueller's Day Off"MR <u>1:30pm Crafting Memorial Day Door Hangers MPR</u> 3:00pm Trivia LR 3:30 Guided Meditation MR 11 | 10:00am Crochet & Knitting Gr. LR 10:30am Beg. Chair Yoga FR 11:00am Open Wii Bowling MR 12:00pm (WU) Brain Café MPR 3:30pm Technology and Safety Training With Staples MR 4:00pm Happy Hour C 6:45pm BINGO MPR 12 | 10:30am Board Games CK <u>10:30am Crafting With Anne Canvas Tote Bags MPR</u> 11:30am Open Wii Bowling MR 1:00pm Movie Matinee: "Ferris Bueller's Day Off"MR 3:30pm Creative Coloring CR 13 |
| Mothers Day 12:00pm Moving Through the Mountains Exercise MR 1:00pm Mothers Day Brunch DR 14 | 10:00am Catholic Mass CH 10:00am Total Body Workout MR 11:00am "Seniors Against Scams" with Brighton Securities MR <u>11:00am Bus Trip to: Whole Foods</u> 2:30pm Motivational Monday: "Why it's so Hard to Make Healthy Choices" 3:00pm Guided Meditation MR 15 | 10:30am Adv. Cardio Drumming FR 11:15am Beg. Cardio Drumming FR <u>12:00pm Ladies Tea Party DR</u> 1:00pm Faith Lutheran Service CH 2:00pm Balance and Strength FR 2:30pm Perinton Senior Choir Presents "Bowers of Flowers" DR 6:45pm BINGO MPR 16 | 10:30am Moving Through the Mountains Exercise MR 11:00am Total Body Workout MR <u>11:00am Wegmans and Banking</u> 1:00pm Euchre Club <u>2:00pm Bus Trip to Lilac Festival</u> 2:30pm Painting with Diana MPR 3:00pm Open Wii Bowling MR 3:30pm Creative Coloring CR 17 | 10:30am Adv. Cardio Drumming FR 11:15am Beg. Cardio Drumming FR 12:00pm Community Walk Outside 1:00pm Movie Matinee: "Breakfast at Tiffany's" MR 1:30pm (WU) Birth Flowers MPR 2:30pm Trivia LR 7:00pm Entertainment By: Joe Miltsh DR 18 | 10:00am Mens Morning Break C 10:00am Crochet & Knitting Gr. LR 10:30am Beg. Chair Yoga FR 11:00am Open Wii Bowling MR 2:00pm Lemonade on the Patio P <u>5:00pm Bus Trip To: Taste of Legacy Event</u> 6:45pm BINGO MPR 19 | 10:30am Board Games CK 11:00am (WU) Travel With Beth: Mexico MR 11:30am Open Wii Bowling MR <u>12:00pm Mary Kay All Daughters Makeovers MPR</u> 1:00pm Movie Matinee: "Breakfast at Tiffany's" MR 3:30pm Creative Coloring CR 20 |
| 10:30am (WU) Armchair Travels With Josh: Greece MPR 12:00pm Moving Through the Mountains Exercise MR 2:30pm (WU) Learn Sign Language with Reenie MR 21 | 10:00am Catholic Mass CH 11:00am Total Body Workout MR <u>11:00am Bus Trip to: Michaels Craft Store</u> 12:00PM (WU) Butterflies MR 2:00pm Guided Bible Study MPR 2:30pm Motivational Monday: Boost your Mind, Body and Mood MR 3:00pm Guided Meditation MR 22 | 10:30am Adv. Cardio Drumming FR 11:15am Beg. Cardio Drumming FR <u>12:00pm Mens Lunch DR</u> 2:00pm Balance and Strength FR 2:30pm (WU) Beers From Around the World With Jeff MPR <u>3:30pm Hydrangea Bubble Art MPR</u> 6:45pm BINGO MPR 23 | 10:30am Moving Through the Mountains Exercise MR 11:00am Total Body Workout MR <u>11:00am Wegmans and Banking</u> 1:30pm (WU) Culture & Cuisine DR 3:00pm Open Wii Bowling MR <u>6:30pm Bus Trip to: Eastman Theater for Spring Concert</u> 24 | 10:30am Adv. Cardio Drumming FR 11:15am Beg. Cardio Drumming FR 12:00pm Community Walk Outside 1:00pm Movie Matinee: "Queen Bees" MR 1:30pm National Wine Day Tour C 2:30pm Trivia LR <u>2:30 Spring Ikebana Class MPR</u> 3:30 Guided Meditation MR 25 | 10:00am Resident Townhall and Food Council Meeting DR 10:00am Crochet & Knitting Gr. LR 11:00am Open Wii Bowling MR 1:00pm Show and Tell LR 2:30pm Happy Hour C 6:45pm BINGO MPR 26 | 10:30am Board Games CK <u>10:30am Quilling Activity With Anne MPR</u> 11:30am Open Wii Bowling MR 1:00pm Movie Matinee: "Queen Bees" MR 3:30pm Creative Coloring CR 27 |
| 12:00pm Moving Through the Mountains Exercise MR 28 | 10:00am Catholic Mass CH <u>10:00am Veterans Breakfast DR</u> 11:00am Total Body Workout MR <u>11:00am Bus Trip to: Atlantic Family Restaurant for Lunch</u> 2:30pm Motivational Monday: "Sleep is your Superpower"MR 3:00pm Guided Meditation MR <u>5:00pm Memorial Day Picnic DR</u> 29 | 10:30am Adv. Cardio Drumming FR 11:15am Beg. Cardio Drumming FR 12:00pm Fairport High Jazz Band Concert DR 1:30pm (WU) Mental Health MR 2:00pm Balance and Strength FR 3:00pm Resident Outing & Activity Planning Meeting LR 6:45pm BINGO MPR 30 | 10:30am Moving Through the Mountains Exercise MR 11:00am Total Body Workout MR <u>11:00am Wegmans and Banking</u> 1:00pm Euchre Club 2:30pm Entertainment: Don NewComb Singalongs DR 3:00pm Open Wii Bowling MR 3:30pm Creative Coloring CR 31 | | | <u>Book your hair appointments with our Hairdresser Annalisa. She is in the community every Friday. Call her to make appointments (406-3904)</u> |
| <u>Don't forget to make your appointments with the Podiatrist. She will be here in the afternoon on Thursday, May 20th. Call her to make appointments (352-5211)</u> | | <div>MAY 2023</div> <div>Legacy at Willow Pond</div> | | ACTIVITY LOCATOR KEY C- Cafe CH- Chapel CK- Country Kitchen CR- Conference Room DR- Dining Room FR- Fitness Room | LR- Living Room L- Library MR- Media Room MPR- Multi-Purpose Room P- Patio SL- Sports Lounge WU- Watermark University | |