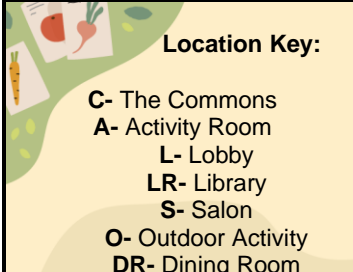
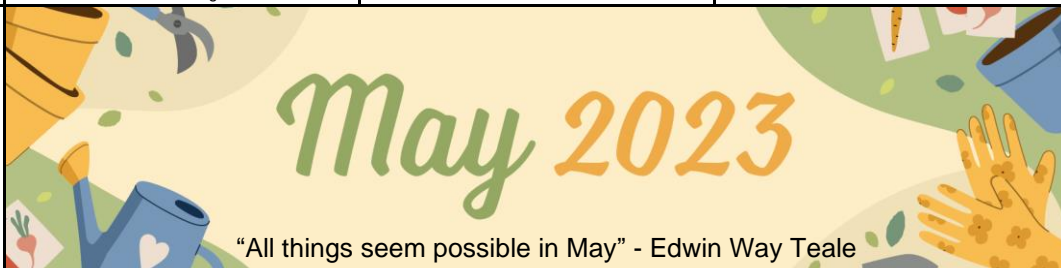


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<div></div> <div>Location Key: C- The Commons A- Activity Room L- Lobby LR- Library S- Salon O- Outdoor Activity DR- Dining Room</div>	9a- Functional Fitness (C) 1 10a- Independent Exercise (C) 1p- Ladder Golf (O) 3p- Make Your Own Greeting Cards (Mother's Day) (A) May Day	9:30a- Teatime (LR) 2 10a- Blood Pressures (LR) 10:15a- Sit & Fit (C) 1p- Bridge Group (L) 1p- Make Your Own Lip Balm (A) 3p- Trivia (LR)	9a- Craft (Elephant Pouches) (A) 3 10a- Independent Exercise Group (C) 1p- Bridge Group (L) 1p- Contract Rummy (LR) 3p- Craft (Kentucky Derby Hats) (A)	Salon Open 9a-1:30p 4 9a- Game (Skip Bo) (A) 10a- Stretch & Flow (C) 1p- Game (Headbanz) (A) 1p- Shopping Trip 2-3p Manicures (S) 3:30p- Let's Make...Oreo Cookie Pops (A)	8a- Men's Breakfast (DR) 5 9a- Craft (Cacti Planters) (A) 10a- Independent Exercise Group (C) 11a- Chair Yoga (C) 1p- Scrabble (A) 2:30p- Cinco de Mayo Fiesta (A) Cinco de Mayo	2p- NEW Movie- The Lost City (C) 6 Kentucky Derby coverage starting at 5:00p in the Commons.	
	2p- Classic Movie Matinee- "Walk the Line" (C) 7	9a- Functional Fitness (C) 8 10a- Independent Exercise (C) 10a- Billings Farm Trip (boarding at 9:45a) 1p- Bocce (O)	9:30a- Teatime (LR) 9 10a- Blood Pressures (LR) 10:15a- Sit and Fit (C) 1p- Bridge Group (L) 1p- Craft (Alcohol Ink Coaster) (A) 3:30p- Caring Canines (C)	9a- Reminiscing (Mother's Day) (LR) 10 10a- Independent Exercise (C) 1p- Bridge Group (L) 1p- Contract Rummy (LR) 3p- Game (Boggle) (A)	Salon Open 9a-1:30p 11 9a- Tag Sale Meeting (A) 10am Stretch & Flow (C) 1p- Volleyball (O) 1p- WRITEaway Group (LI) 2-3p-Manicures (S) 1p- Shopping Trip 3p- Garden Planning Meeting (A)	9a- Mother's Day Tea Time (A) 12 10a- Independent Exercise Group (C) 11a- Chair Yoga (C) 1p- BINGO (C) 3p- Fresh Floral Arrangements (A)	10a- Resident Committee Conversation (C) 13 2p- NEW Movie- The Greatest Showman (C)
	Happy Mother's Day! 14 2p- Classic Movie Matinee- "Jane Eyre" (C) Mother's Day National Skilled Nursing Care Week	9a- Functional Fitness (C) 15 10a- Independent Exercise (C) 1p- Lynn Tucker (LR) 1- 3pm- Foot Clinic (S) 3p- Vacation Club (C)	9:30a- Teatime (LR) 16 10a- Blood Pressure (LR) 10:15a- Sit & Fit (C) 1p- Bridge Group (L) 1p- Craft (Bead Suncatchers) (A) 3:30p- Trivia (LR)	9a- Craft (Butterfly Magnets) (A) 17 10am- Independent Exercise Group (C) 1p- Bridge Group (L) 1p- Contract Rummy (LR) 1pm- Resident Committee (LI) 1p- Craft (Cat toys) (A) 6p- Movie Theater Night "Coda" (C)	Salon Open 9a-1:30p 18 9a- Uno (A) 10m- Tai Chi (C) 1p- Group Walk (O) 1p- Shopping Trip 2-3p- Manicures (S) 2:30p- Parkinson's Group (C) 2:30p- Root Beef Float (A)	9a- Therapeutic Art (A) 19 10a- Independent Exercise Group (C) 11am- Chair Yoga (C) 11:30a- Lunch at Sushi Yoshi (boarding bus at 10:45) 1p- Scrabble (A) Armed Forces Day	2p- NEW Movie- Greyhound (C) 20
	2p- Classic Movie Matinee- A Good Year (2006) (C) 21	9a- Functional Fitness (C) 22 10a- Independent Exercise (C) 1p- BINGO (C) 2:30p- Neurographic Art Workshop (A) 3p- Cornhole (O) Victoria Day (Canada)	9:30a- Teatime (LR) 23 10a- Blood Pressure (LR) 10:15a- Sit & Fit (C) 1p- Bridge Group (L) 1p- Craft (Pressed Flower Lanterns) (A) 3p- Game (Who, What, am I?) (A)	9a- Craft (Bookmarks) (A) 24 10a- Independent Exercise Group (C) 1p- Bridge Group (L) 1p- Contract Rummy (LR) 3p- Lawn Darts (O)	Salon Open 9a-1:30p 25 9a- Words in a Word (A) 10am- Stretch & Flow (C) 1p- Group Walk (O) 1p- Shopping Trip 1:30p- Book Club (LI) 2-3p- Manicures (S) 3p- Apples to Apples (A) Shavuot Begins	9a- Scattergories (A) 26 10a- Independent Exercise Group (C) 11a- Chair Yoga (C) 2-3p- Jennifer Cohen on Piano (C)	2p- NEW Movie- Mia and the White Lion (C) 27
	2p- Classic Movie Matinee- "A League of their Own" (C) 28	9a- Memorial Day Reflection (O) 29 10a- Independent Exercise (C) 2:30p- Neurographic Art Workshop (A) 3p- Volleyball (O) Memorial Day	9:30a- Teatime (LR) 30 10a- Blood Pressures (LR) 10:15a- Sit & Fit (C) 1p- Bridge Group (L) 1p- Let's Make...Smoothies! (A) 3p- Game (You be the Judge) (A)	National Senior Health & Fitness Day! 31 (Please see flyer for a list of activities today) 10am- Independent Exercise Group (C) 1p- Bridge Group (L) 1p- Contract Rummy (LR)	<div></div> <div>May 2023</div> <div>"All things seem possible in May" - Edwin Way Teale</div>		

The Gables at East Mountain- 200 Gables Place, Rutland, VT 05701 *OUTDOOR ACTIVITIES WILL BE HELD IN THE COMMONS IN THE EVENT OF RAIN/COLD WEATHER*