

Oak Gables



May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Lily of the Valley & Emerald</p>	<p>1 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 May Day Around the World 11:00 Balance Class 1:30 Crossword Puzzle NBH1 3:30</p>	<p>2 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Warm Rolls Social NBH2 10:30 Kids in the Courtyard 1:30 Scripture Reflection NBH1 1:30 Mr Rogers Documentary TH 3:15 Ella Tickles the Ivories NBH3</p>	<p>3 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 11:00 Balance Class 1:30 Bing Crosby Biography NBH2 1:30 Mister Rogers Episodes TH 3:30</p>	<p>4 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 A Day in the Life of a Firefighter NBH1 2:00 Intergenerational Relationships AUD 3:30 Sing Along NBH3</p>	<p>5 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Java Music & Chat NBH3 1:30 Movie in NBH2 "Lucky One" 2:00 Neighborhood Block Party TER</p>	<p>6</p>
<p>7 9:30 Mass CH 2:00 Bingo NBH2</p>	<p>8 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Herb Trivia NBH1 11:00 Balance Class 1:30 Crossword Puzzle NBH2 3:30 Visions of Canada NBH2</p>	<p>9 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Warm Rolls Social NBH1 10:30 Kids in the Courtyard 11:00 Balance Class 1:30 Scripture Reflection NBH1 3:30 Famous Composers NBH3</p>	<p>10 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Speaking of Spirit NBH2 11:00 Balance Class 1:30 Mother Ocean Day NBH1 3:00 May Birthdays Party MDR</p>	<p>11 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Minnesota Day 11:00 Balance Class 1:30 Book Club NBH2 3:30 Irving Berlin Bio</p>	<p>12 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Java Music & Chat NBH1 11:00 Balance Class 1:30 Movie in NBH2 "The Fabelmans" 4:00 Fun with Mary-Genevieve</p>	<p>13</p>
<p>14 9:30 Mass CH 2:00 Bingo NBH2</p>	<p>15 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Peter, Paul, & Mary Songs NBH1 1:30 Film: Wizard of Oz NBH2 2:00 Proclamation & Tea CH 3:30 Crossword Puzzle NBH3</p>	<p>16 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Warm Rolls Social NBH2 10:30 Kids in the Courtyard 11:00 Balance Class 1:30 Scripture Reflection NBH1 3:15 Ella Tickles the Ivories NBH3</p>	<p>17 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 11:00 Balance Class 1:30 Painting with Sally NBH2 2:00 Planting Our Gardens CY 3:00 Planet Earth Shorts NBH1</p>	<p>18 8:30 Yoga Video * 9:30 Mass of the Ascension CH 10:05 Wellness Exercise MDR 10:30 TEDTalk: The Power of Vulnerability NBH1 11:00 Balance Class 1:30 Book Club NBH2 3:30 Joey Clark Performs NBH3</p>	<p>19 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Java Music & Chat NBH2 11:00 Balance Class 1:30 Movie in NBH2 "Chocolat" 4:00 Fun with Mary-Genevieve</p>	<p>20</p>
<p>21 9:30 Mass CH 2:00 Bingo NBH2</p>	<p>22 <i>Bee out</i> 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 11:00 Balance Class 7:00 Chapel Strings AUD</p>	<p>23 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Warm Rolls Social NBH3 10:30 Kids in the Courtyard 11:00 Balance Class 1:30 Scripture Reflection NBH1 3:15 Ella Tickles the Ivories NBH3</p>	<p>24 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Anointing MDR 11:00 Balance Class 1:30 Painting with Sally NBH2 3:00 Story Time 3:30 Happy Hour NBH1</p>	<p>25 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Poppy Pin Craft NBH1 11:00 Balance Class 1:30 Book Club NBH2 3:30 Sing Along NBH3</p>	<p>26 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Java Music & Chat NBH3 11:00 Balance Class 1:30 Movie in NBH2 "The King's Speech"</p>	<p>27</p>
<p>28 9:30 Mass CH 2:00 Bingo NBH2</p>	<p>29 9:30 Mass CH</p>	<p>30 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 10:30 Warm Rolls Social NBH1 10:30 Kids in the Courtyard 11:00 Balance Class 1:30 Scripture Reflection NBH1 3:30 Songs from the '30s NBH2</p>	<p>31 <i>Bee out</i> 8:30 Yoga Video * 9:30 Mass CH 10:05 Wellness Exercise MDR 11:00 Balance Class 3:00 Story Time</p>	<p>Contact Bee (Life Enrichment Coordinator) with questions or requests at *5107</p>	<p>Programs happening in the Chapel can be watched on channel 990. An asterisk (*) indicates viewing on channel 992.</p>	<p>KEY NBH1, NBH2, NBH3: common areas of each CC neighborhood MDR: Main Dining Room CY: Courtyard All House Events: AUDitorium, CHapel, THeater, TErrace Calendar and activities are subject to change.</p>