**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SPECIAL EVENTS**

**MAY** 2019

**Independent Living**

Engaging Wellness

**8 Dimensions of Wellness**

# Health and wellness means having a balanced life rich in vitality and well- being. To assist our residents in achieving a healthier and happier lifestyle, we provide programming that focuses on 8 Dimensions of Wellness:

Physical Environmental Vocational Intellectual Social Spiritual Emotional Health Services For the month of May we will be focusing on **Environmental**

**Wellness**. These activities are marked with an asterisk.

**This month we are traveling to**

**MEXICO**

# Join us as we explore the many different cultural regions from around the world each month. If you have any photos or experiences that you would like to share with the residents during a month please contact the Director of Life Enrichment.

**Happy Birthday**

# MARGARET C. 5/1 ANN C. 5/30 MARIE W. 5/2

NORMA G. 5/8 KEN F. 5/11 TOM G. 5/12 JOAN J. 5/16 MARY M. 5/24

FRANCES C. 5/24

Legend/Location key

AS ART STUDIO GR GAME ROOM

BC BAYVIEW CLUB FC FITNESS CENTER C CONCIERGE FL FRONT LOBBY

CY COURTYARD FC FITNESS CENTER DR DINING ROOM FP FIREPIT

D DOCK L LIBRARY

P POOLSIDE PD PRIVATE DINING

TH TOWN HALL RR REFLECTIONS ROOM THEATRE HSO HEALTH SERVICES OFFICE

## EQUINOX ORCHESTRA QUARTET IS FILMING THEIR PERFORMANCE HERE W/ WTOC TV

WEDNESDAY, MAY 1ST 4:00PM-6:00PM

WEAR YOUR PARTY DRESS & SUIT YOU'RE GONNA BE ON TV

SING - ALONG W CHERYL CHRISTINE

THURSDAY, MAY 2ND 10:00AM - 12:00PM

BAYSHORE OUTINGS FOR MAY

**1 2 3**

**1 MAY DAY**

**2 HOLOCAUST REMEM. DAY 3**

**NAT'L SPACE DAY 4**

**KENTUCKY DERBY**

BAYVIEW CLUB

 10:00AM EVERY MONDAY - BEACH WALKS

CHECK THE CALENDAR FOR OUTINGS ON

10:00 HILTON HEAD SENIOR CENTER

10:00 HARRIS TEETER SHOPPING (FL) DROP OFF (FL)

10:00 BIBLE STUDY (T)

10:30 WALKING CLUB (FL)

## MOTHER'S DAY HIGH TEA W/

10:00AM EVERY THURSDAY - HARRIS TEETER/PUBLIX

2:00PM EVERY THURSDAY - DOLPHIN HEAD GOLF

11:00AM EVERY FRIDAY - BANK/POST OFFICE RUN

10:00 EVERY FRIDAY - HILTON HEAD SR CENTER

DIFFERENT DATES! THERE'S TOO MANY TO LIST!

HAPPY MAY Y'ALL!

BOAT WILL BE BACK IN ACTION THIS MONTH GET READY FOR BOATING W/ OUR FIRST FEMALE

BOAT CAPTAIN - RETA HUTCHENS!

9:30 CATHOLIC COMMUNION (RR)

10:30 AEROBICS W/ JACKIE (FC)

11:00 FLORAL ARRANGEMENTS (AS)

2:00 MOVIE MATINEE (T)

4:00 EQUINOX ORCHESTRA QUARTET PARTY & WTOC TV (BC)

6:00 GAMES IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

10:00-12:00 SING-ALONG W/ CHERYL CHRISTINE (BC)

10:30 YOGA W/ MARY (TH)

2:00 DOLPHIN HEAD GOLF (FL)

2:00 BRIDGE (BC)

2:00 MOVIE MATINEE (T)

3:00 ICE CREAM SOCIAL (DC)

4:00 HORSERACES (GR)

7:00 MOVIE NIGHT & POPCORN (T)

10:30 YOGA W/ CINDY (TH)

11:00 BANK/POST OFFICE RUN (FL)

1:30 TANGER OUTLET SHOPPING (FL)

2:00 MOVIE MATINEE (T)

3:00 LCR (TH)

4:00 HAPPY HOUR W/ WESLEY CHISHOLM (BC)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

 1:00 GARDENING (CY)

1:30 BOCCE (CY)

2:00 BRIDGE (BC)

4:00-7:00 KENTUCKY DERBY WATCHING (BC)

2:00 MOVIE MATINEE (T)

4:00 HORSERACES (GR)

6:00 CHECKERS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

## CHERYL CHRISTINE THURSDAY, MAY 9TH 3:00PM - 4:30PM BAYVIEW CLUB

ST LUKES CHURCH SERVICE EVERY SUNDAY @ 10:30AM REFLECTIONS ROOM

1. **CINCO DE MAYO**
2. **NAT'L NURSES DAY 7**

**NAT'L TEACHER DAY 8**

**9 NAT'L MOSCATO DAY 10**

1. **NAT'L DOG MOM'S DAY**

BIBLE STUDY IS BACK ON

10:30 ST. LUKE'S CHURCH SERVICE

10:00 BEACH WALK (FL)

10:00-12:00 PAPARAZZI JEWELRY

10:30 YOGA W/ MARY (TH)

11:15 BAYSHORE NEW RESIDENT

9:15 LUCID HEARING SERVICES (L)

9:30 CATHOLIC COMMUNION (RR)

10:00 PUBLIX SHOPPING (FL)

10:30 YOGA W/ MARY (TH)

10:00 HILTON HEAD SENIOR CENTER DROP OFF (FL)

10:00 BIBLE STUDY (T)

## SATURDAY MORNINGS @ 10:00AM THEATRE

(RR)

TRUNK SHOW (DC)

MEET & GREET (L)

10:30 AEROBICS W/ JACKIE (FC)

11:00 FOOD COMMITTEE MEETING(PD 10:30 YOGA W/ CINDY (TH)

10:30 WALKING CLUB (FL)

## GRAB YOUR PAINT BRUSH

11:30-1:30 MEXICAN BRUNCH (DR)

1:30 BOAT WATCHING ON THE PIER (D)

2:00 PUZZLE IN DOCKSIDE (DC)

10:30 YOGA W/ CINDY (TH)

11:00 MOVIE COMMITTEE MEETING (T

2:00 MOVIE MATINEE (T)

2:30 MILKSHAKE MONDAY (DC)

1:30 BELKS SR DISCOUNT DAY (FL)

2:00 BRIDGE (BC)

2:00 MOVIE MATINEE (T)

2:00 ART W/ MARY ANN (AS)

11:00 FLORAL ARRANGEMENTS (AS)

11:30 PICNIC @ THE BEACH (FL)

1:00 BOOKMOBILE (FL)

2:00 MOVIE MATINEE (T)

2:00 DOLPHIN HEAD GOLF (FL)

2:00 BRIDGE (BC)

2:00 MOVIE MATINEE (T)

3:00 ICE CREAM SOCIAL (DC)

11:00 BANK/POST OFFICE RUN (FL)

11:15 CRACKER BARREL LUNCH OUT & SHOPPING (FL)

2:00 MOVIE MATINEE (T)

1:00 GARDENING (CY)

1:30 BOCCE (CY)

2:00 BRIDGE (BC)

2:00 MOVIE MATINEE (T)

## TUESDAY'S OUR FAMOUS BLUFFTON ARTIST

MARY ANN BROWNING FORD

2:00 MOVIE MATINEE (T)

3:00 LCR (TH)

3:15 CURRENTS EVENTS W EUNICE(L) 4:00 HAPPY HOUR W/ BOBBY RYDER

3:00-4:30 MOTHER'S DAY HIGH TEA W/ 3:00 LCR (TH)

4:00 HORSERACES (GR)

## 2:00PM

3:00 RUMMIKUB (DC)

6:00 SCRABBLE IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

3:30 BLING BINGO (DC)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

4:15 TUESDAY TRIVIA (BC)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

(BC)

6:00 GAMES IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

CHERYL CHRISTINE (BC) 4:00 HORSERACES (GR)

7:00 MOVIE NIGHT & POPCORN (T)

4:00 HAPPY HOUR W/ THEA (BC)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

6:00 CHECKERS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

## ART STUDIO

COME & HELP W/ THE FLOWERS FOR THE DINING ROOM

1. **MOTHER'S DAY**
2. **NAT'L APPLE PIE DAY**
3. **NAT'L DANCE LIKE A CHICKEN15**

**NAT'L CHOCOLATE CHIP DAY16**

**NAT'L LOVE A TREE DAY 17**

**NAT'L PIZZA PARTY DAY**

**18 NAT'L ARMED FORCES DAY**

WEDNESDAY'S @ 11:00AM

10:30 ST. LUKE'S CHURCH SERVICE

10:30 YOGA W/ MARY (TH)

9:30 CATHOLIC COMMUNION (RR)

10:00 HARRIS TEETER SHOPPING (FL) 10:00 HILTON HEAD SENIOR CENTER

10:00 BIBLE STUDY (T)

## ART STUDIO

(RR)

10:00 BEACH WALK (FL)

11:15 BAYSHORE NEW RESIDENT

10:00-11:00 BP/WEIGHT CLINIC (HSO)

10:30 YOGA W/ MARY (TH)

10:30 YOGA W/ CINDY (TH)

10:30 WALKING CLUB (FL)

11:30-1:30 MOTHER'S DAY BRUNCH

10:30 YOGA W/ CINDY (TH)

MEET & GREET (L)

10:30 AEROBICS W/ JACKIE (FC)

2:00 DOLPHIN HEAD GOLF (FL)

11:00 CAREGIVERS SUPPORT GROUP 1:00 GARDENING (CY)

## MR. ENTERTAINER - BOBBY RYDER

(DR)

1:30 BOAT WATCHING ON THE PIER (D)

2:00 PUZZLE IN DOCKSIDE (DC)

2:00 MOVIE MATINEE (T)

2:00 MOVIE MATINEE (T)

2:30 MILKSHAKE MONDAY (DC)

2:30 APPLE PIE SOCIAL (DC)

3:00 LCR (TH)

3:30 BINGO (DC)

11:15 WELCOME COMMITTEE MEETING (L)

2:00 BRIDGE (BC)

2:00 ART W/ MARY ANN (AS)

2:00 MOVIE MATINEE (T)

11:00 FLORAL ARRANGEMENTS (AS)

1:30 CHOCOLATE CHIP COOKIE SOCIAL (DC)

2:00 MOVIE MATINEE (T)

4:00 HAPPY HOUR W/ WESLEY

2:00 BAYSHORE BOOK CLUB (L)

2:00 BRIDGE (BC)

2:00 MOVIE MATINEE (T)

3:00 ICE CREAM SOCIAL (DC)

4:00 HORSERACES (GR)

(RR)

11:00 BANK/POST OFFICE RUN (FL)

1:30 WALMART SHOPPING (FL)

2:00 MOVIE MATINEE (T)

3:00 LCR (TH)

1:30 BOCCE (CY)

2:00 BRIDGE (BC)

2:00 MOVIE MATINEE (T)

4:00 HORSERACES (GR)

5:00-7:00 GRACE/MILLER BIRTHDAY

## HAPPY HOUR WEDNESDAY'S, MAY 8TH & 22ND

4:00PM -6:00PM

MONDAY, MAY 20TH

3:00 RUMMIKUB (DC)

6:00 SCRABBLE IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

4:15 TUESDAY TRIVIA (BC)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

CHISHOLM (BC)

6:00 GAMES IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

4:15 SUN CITY SQUARE DANCERS (BC)

7:00 MOVIE NIGHT & POPCORN (T)

4:00 HAPPY HOUR & PIZZA PARTY (BC CELEBRATION W/ KEVIN JETER (P)

6:00 CARDS IN THE CAFE (DC) 6:00 CHECKERS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T) 7:00 MOVIE NIGHT & POPCORN (T)

## COME MEET TIPPY THE RESCUE DOG

11:00AM LOBBY

**19 20**

**NAT'L RESCUE DOG DAY 21**

**22 INT'L BIOLOGICAL DIVERSITY23**

**WORLD TURTLE DAY**

**24 NAT'L BROTHER DAY 25**

**NAT'L WINE DAY**

10:30 ST. LUKE'S CHURCH SERVICE (RR)

11:30-1:30 SUNDAY BRUNCH (DR)

1:30 BOAT WATCHING ON THE PIER (D)

2:00 PUZZLE IN DOCKSIDE (DC)

10:00 BEACH WALK (FL)

11:00-12:00 RESCUE DOG DAY (L)

10:30 YOGA W/ CINDY (TH)

2:00 MOVIE MATINEE (T)

2:30 MILKSHAKE MONDAY (DC)

3:00 LCR (TH)

10:30 YOGA W/ MARY (TH)

11:15 BAYSHORE NEW RESIDENT MEET & GREET (L)

2:00 BRIDGE (BC)

2:00 MOVIE MATINEE (T)

2:00 ART W/ MARY ANN (AS)

9:15 LUCID HEARING SERVICES (L)

9:30 CATHOLIC COMMUNION (RR)

10:30 AEROBICS W/ JACKIE (FC)

11:00 OUR PLANET ONE PLANET (T)

11:00 FLORAL ARRANGEMENTS (AS)

1:00 BOOKMOBILE (FL)

2:00 MOVIE MATINEE (T)

10:00 PUBLIX SHOPPING (FL)

10:30 YOGA W MARY (FC)

11:00 RESIDENT COUNCIL MEETING (TH)

2:00 DOLPHIN HEAD GOLF (FL)

2:00 BRIDGE (BC)

10:00 HILTON HEAD SENIOR CENTER DROP OFF (FL)

10:30 YOGA W/ CINDY (TH)

11:00 BANK/POST OFFICE RUN (FL)

1:30 ST. FRANCIS THRIFT STORE (FL)

2:00 MOVIE MATINEE (T)

3:00 LCR (TH)

10:00 BIBLE STUDY (T)

10:30 WALKING CLUB (FL)

12:00-2:00 MEMORIAL DAY COOKOUT W/ WESLEY CHISHOLM (P)

1:00 GARDENING (CY)

1:30 BOCCE (CY)

2:00 BRIDGE (BC)

## MEMORIAL DAY COOKOUT MAY 25TH

12:00PM - 2:00PM

W/ LIVE ENTERTAINMENT

MEET THE AUTHOR ‘BILL MILLS’

2:00 MOVIE MATINEE (T)

3:30 BINGO (DC)

3:15 CURRENTS EVENTS W/ EUNICE(L 4:00 HAPPY HOUR W/ BOBBY RYDER

2:00 MOVIE MATINEE (T)

4:00 HAPPY HOUR W/ RAY LA

2:00 MOVIE MATINEE (T)

## MAY 29TH @ 11:00AM

3:00 RUMMIKUB (DC)

6:00 SCRABBLE IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

4:15 TUESDAY TRIVIA (BC)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

(BC)

6:00 GAMES IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

3:00 ICE CREAM SOCIAL (DC)

4:00 HORSERACES (GR)

7:00 MOVIE NIGHT & POPCORN (T)

ROVERE (BC)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

4:00 HORSERACES (GR)

6:00 CHECKERS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

## TOWN HALL

**26 Nat'l Blueberry Cheesecake Day27**

**MEMORIAL DAY**

1. **NAT'L BURGER DAY**
2. **Nat'l Senior Health & Fitness Day30**

**WORLD OTTER DAY 31**

**NAT'L SMILE DAY**

10:30 ST. LUKE'S CHURCH SERVICE

10:00 BEACH WALK (FL)

10:30 YOGA W/ MARY (TH)

9:30 CATHOLIC COMMUNION (RR)

10:00 HILTON HEAD SENIOR CENTER

10:00 HARRIS TEETER SHOPPING (FL) DROP OFF (FL)

(RR)

10:30 YOGA W/ CINDY (TH)

11:15 BAYSHORE NEW RESIDENT

10:30 AEROBICS W/ JACKIE (FC)

10:30 YOGA W/ MARY (TH)

10:30 YOGA W/ CINDY (TH)

11:30-1:30 SUNDAY BRUNCH (DR)

2:00 MOVIE MATINEE (T)

MEET & GREET (L)

11:00 MEET THE AUTHOR - BILL MILLS 2:00 DOLPHIN HEAD GOLF (FL)

11:00 BANK/POST OFFICE RUN (FL)

1:30 BOAT WATCHING ON THE PIER (D)

2:00 PUZZLE IN DOCKSIDE (DC)

2:00 MOVIE MATINEE (T)

3:00 RUMMIKUB (DC)

6:00 SCRABBLE IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

2:30 MILKSHAKE MONDAY (DC)

3:00 LCR (TH)

3:30 BINGO (DC)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

11:30 WENDY'S BURGER OUTING (FL)

2:00 BRIDGE (BC)

2:00 MOVIE MATINEE (T)

2:00 ART W/ MARY ANN (AS)

4:15 TUESDAY TRIVIA (BC)

6:00 CARDS IN THE CAFE (D)

7:00 MOVIE NIGHT & POPCORN (T)

(TH)

11:00 FLORAL ARRANGEMENTS (AS)

2:00 MOVIE MATINEE (T)

4:00 HAPPY HOUR W/ THEA (BC)

6:00 GAMES IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

2:00 BRIDGE (BC)

2:00 MOVIE MATINEE (T)

3:00 ICE CREAM SOCIAL (DC)

4:00 HORSERACES (GR)

7:00 MOVIE NIGHT & POPCORN (T)

1:30 DOLLAR TREE SHOPPING (FL)

2:00 MOVIE MATINEE (T)

3:00 LCR (TH)

4:00 HAPPY HOUR W/ DEBBIE DARLING (BC)

6:00 CARDS IN THE CAFE (DC)

7:00 MOVIE NIGHT & POPCORN (T)

ALF #

Note: Scheduled activities and events are subject to change without prior notice. Please see Life Enrichment staff for any possible changes and/or updates.