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Monday, Wednesday & Friday Exercise

8:20 AM Walking CD 9 AM Strong Woman CD

Wednesday's add 10 AM Tai Chi & 1 PM Shen Zhen Friday add 9:30 Easy Movement

Every **MONDAY** Bingo @ 9:30 AM

Monday May 29th CLOSED for MEMORIAL DAY

Tuesday May 2, Coffee/Tea @ 10 AM Topic TBD. Tues. 9th Palm Discussions w/ Saina. Tues. 16th, Financials. Tues. 23rd Get up & Go Committee. Discussions on upcoming events. Tues. 30th, TBD

Wednesday May 3, *Field Trip to Wild Raven's Soap Company. 9 AM*

Wednesday May 3, Widow's luncheon Wednesday May 31st, Book Club 10 AM Celeste Ng "Our Missing Hearts."

Thursday May 11, *Grand Junction Trip. Bus leaves at 8am.*

Thursday May 18. **CRAFTS. We will be doing garden Stakes.** MAY 25 **Brunch at The Jail House Café**

Friday 26th Movie Matinee. Right after Lunch!

Just a heads up. In May we will practicing our fire safety and we will be having a drill. Subsequently, sometime in June we will be having someone talk to us about safety for other types of dangers, and what kind of protocols we need to follow.

In June we will have a pie party social. If anyone loves to make pies or cobblers and would like to donate your favorite pie, or if you just love to eat pie.... Keep it in mind.

And.....Towards the end of the June we will be going to Telluride

IF YOU HAVE THESPIAN TALENTS OR A BEND TOWARDS THEATRICS, YOU ARE IN LUCK. WE ARE IN BEGINNING STAGES OF SOMETHING AMAZING. Let Kris know if this interests you.

One last note. Our trip to Mount Rushmore is happening. I am so overjoyed to say with the help of Emery, Castle Dale areas and Moab, we filled the bus. We are going to have a great time. South Dakota we will be seeing you in August.