

MAY 2025

INDEPENDENT LIVING - LIFE ENRICHMENT & WELLNESS



This Month We Celebrate Mexico



Birthdays

Frances Cauthen **5/3**
 Bill Crockford **5/13**
 Louise Clinton **5/21**

Alice Airth **5/23**
 Ann Simpson **5/24**
 Audrey Moughan **5/29**

The Towers bus holds 14 people. If you sign up for an event or an outing and are not able to go, please remember to remove your name from the sign-up sheet so someone can go in your place!

Morning exercise classes (Healthy Upper or Lower Body) are lead by Junalyn.

Afternoon exercise classes are lead by Robin. We have added subject/titles to her daily classes.

+ L - # Floor Lounge
 AS - Art Studio in the Lower Level
 BR - Billiards Room - 5th floor
 CB - Coffee Bar in the Dining Room
 CH99 - Channel 99
 CR - Community Room
 CY - Courtyard
 DR - Dining Room

FR - Fitness Room (Gym)
 GR - Garden Room in Health Center
 HH - Heritage Hall
 L - Lobby
 LL - Lower Level
 MT - Movie Theater
 WS - Woodshop in Lower Level

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|---|
| 28 | 29 | 30 | 31 | 1 National Day of Prayer 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 StretchMoveGroove-CR 1:30 Harris Teeter 1:30 Nat'l Day of Prayer - HH 6:00 Bible Reading - L 6:30 Hymn Sing - CR | 2 World Tuna Day 10:00 Water Walking - P 10:00 Chester DMV - Real ID Lunch at Buttermilk's BBQ 3:00 Corn Hole - HH 6:00 Bible Reading - L 6:00 Stroll with a Friend | 3 Kentucky Derby 10:30 Choir Practice - HH 1:00 Rummikub - CR 1:30 Rummy - AS 2:00 Movies w/ Ken - MT 3-5pm Megan Piano Recital 6:00 Bible Reading - L 6:30 BINGO - HH |
| 4 Star Wars Day 9:00 WPC Service on CH 98 1:00 Rummikub - CR 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - 5L | 5 Cinco De Mayo 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 3:00 Fun w/Prov.Class.Kids-HH 3:00 Newport Walmart 6:00 Bible Reading - L | 6 9:30 Healthy Lower Body - HH 1:30 Chair Yoga - HH 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - CR | 7 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:15 Camden Trip & Lunch 1:00 Balance & Core - HH 2:00 Coloring with Alice - AS 3:00 Towers' Stitches - CR 6:00 Bible Reading - L 6:00 Card Games - CR 7:00 Lizzy Ulrich Recital @ Winthrop | 8 Have a Cake Day 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 StretchMoveGroove-HH 1:30 Harris Teeter 2:00 First ARP Bible Study-CR 6:00 Bible Reading - L 6:30 Hymn Sing - CR | 9 10:00 Water Walking - P 11:00 Cook-out at Westminster Park by the Lake 3:00 Corn Hole - HH 6:00 Bible Reading - L 6:00 Stroll with a Friend | 10 National Shrimp Day 10:30 Choir Practice - HH 1:00 Rummikub - HH 1:30 Rummy - AS 2:00 Movies w/ Ken - MT 3:00 Patrick Hudson - HH 6:00 Bible Reading - L 6:30 BINGO - HH |
| 11 Mother's Day 9:00 WPC Service on CH 98 1:00 Rummikub - CR 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Play Billiards - 5L 2:00 Nick Chambers - HH No Catholic Service Today | 12 International Nurses Day 9:30 Healthy Upper Body - HH 10:30 Agape Care - CR 1:30 Cardio Drumming - HH 2:00 Activity Cmte Mtg - 4L 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/Dollar Tree 6:00 Bible Reading - L Deadline for Windows Articles | 13 National Apple Day 9:30 Healthy Lower Body - HH 1:30 Chair Yoga - HH 3:00 Bingo - HH 3:45 YC Bookmobile - L 6:00 Bible Reading - L 6:30 Hymn Sing - CR | 14 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:30 Bush/Vine, Dollar Gen. 1:00 Balance & Core - HH 2:00 Coloring with Alice - AS 3:00 Church Service - HH 3:30 Freddy Tripp - L 5:00 Dinner at Longhorn 6:00 Bible Reading - L 6:00 Card Games - CR | 15 9:30 Healthy Lower Body - HH 11:00 Audiology - CR 11:15 Neurobics - MT 1:30 Stretch*Move*Groove - CR 1:30 Harris Teeter 3:00 Towers' Stitches - CR 6:00 Bible Reading - L 6:30 Hymn Sing - CR | 16 National BBQ Day 9:30 DONUT DAY - CB 10:00 Water Walking - P 11:00 Lunch at Fishmarket 3:00 Corn Hole - HH 6:00 Bible Reading - L 6:00 Stroll with a Friend | 17 National Walnut Day 10:00 Jim's Antique Car Shop 10:30 Choir Practice - HH 1:00 Rummikub - HH 1:30 Rummy - AS 2:00 Movies w/ Ken - MT 6:00 Bible Reading - L 6:30 BINGO - HH |
| 18 9:00 WPC Service on CH 98 1:00 Rummikub - CR 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Play Billiards - 5L | 19 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 3:00 Newsletter Committee-2L 3:00 Newport Walmart 6:00 Bible Reading - L 3:00 Emily on Piano - L | 20 Nat'l Quiche Lorraine Day 9:30 Healthy Lower Body - HH 10am Card Making - AS 1:30 Chair Yoga - HH 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - CR | 21 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 1:00 Balance & Core - HH 2:00 Coloring with Alice - AS 3:00 Towers' Stitches - CR 5:00 Luigi's/Rizzo Bros. 6:00 Bible Reading - L 6:00 Card Games - CR | 22 Vanilla Pudding Day 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Stretch*Move*Groove - HH 1:30 Harris Teeter 2:30 Wellness Social - CR 6:00 Bible Reading - L 6:30 Hymn Sing - CR | 23 10:00 Water Walking - P 11:00 Lunch at Flipside 3:00 Corn Hole - HH 6:00 Bible Reading - L 6:00 Stroll with a Friend | 24 Scavenger Hunt Day 10:30 Choir Practice - HH 1:00 Rummikub - HH 1:30 Rummy - AS 2:00 Movies w/ Ken - MT 6:00 Bible Reading - L 6:30 BINGO - HH |
| 25 9:00 WPC Service on CH 98 1:00 Rummikub - CR 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Play Billiards - 5L | 26 National Day of Prayer 9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:30 Aqua Move and Groove - P 3:00 CVS/Walgreens/D. Tree 6:00 Bible Reading - L | 27 9:30 Healthy Lower Body - HH 1:30 Chair Yoga - HH 3:00 Bingo - HH 6:00 Bible Reading - L 6:30 Hymn Sing - CR | 28 National Hamburger Day 9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:00 Brunch @ Eggs Up 1:00 Balance & Core - HH 2:00 Coloring with Alice - AS 3:00 Church Service - HH 5:00 Dinner at Red Bowl 6:00 Bible Reading - L 6:00 Card Games - CR | 29 9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Stretch*Move*Groove - HH 1:30 Harris Teeter 3:00 Towers' Stitches - CR 6:00 Bible Reading - L 6:30 Hymn Sing - CR | 30 10:00 Water Walking - P 11:00 Lunch at Nathan's 3:00 Corn Hole - HH 6:00 Bible Reading - L 6:00 Stroll with a Friend | 31 National Smile Day 10:30 Choir Practice - HH 1:00 Rummikub - HH 1:30 Rummy - AS 2:00 Movies w/ Ken - MT 3:30 RH Symphony 6:00 Bible Reading - L 6:30 BINGO - HH |