



The Grand Estate at Londonderry



May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 10AM Men's Club 10AM Walking Club 2PM You Be the Judge 3PM Movie	2 10AM Balance Training 2PM Guest Speaker: Suzanne O'Gara "Oh My Goodness" 3PM Knitting Club	3 10AM Boxing Therapy Workout 2PM Laser Light Stimuli Show! 3PM Knitting Club 7PM Cribbage Club	4 10AM Seated Stretch 2PM Remember When? 4PM Mah Jong 6:30PM Card Games	5 9:30AM Coffee & Donuts 2PM Parlor Games ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆ ☆ 6PM LIVE! ☆ ☆ Barbara Streisand ☆ ☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆	6 2PM Bingo	
7 1PM Scrabble	8 10AM Walking Club 10:30AM Crafts with Meg NEW! 2PM What Am I ? 3PM Movie	9 10AM Balance Training 2PM Crafts with Rosa 2PM Men's Club 3PM Knitting Club 4PM Carol Brunette Hour	10 10AM Boxing Therapy Workout 11AM Basic Yoga 2PM Armchair Travels 3PM Knitting Club 7PM Cribbage Club	11 10AM Seated Stretch NEW! 11AM Zumba for beginners ! NEW! 2PM Fiber Enjoy the Power 4PM Mah Jong	12 9:30AM Coffee & Donuts Pre-Mom's Day Flowers 2PM Parlor Games 3PM Color the Prints 7PM Movie	13 2PM Bingo	
14 1PM Scrabble Happy Mother's Day	15 10AM Philippine Sticks 2PM Mother's Day Monday Social & Music by Bob Baker 3PM Movie	16 10AM Balance Training 2PM Tech Tuesday 3PM Knitting club 4PM Dean Martin Show NEW! 6PM Zumba for	17 10AM Boxing Therapy Workout 2PM Fitness Q & A with Frank 3PM Knitting Club 7PM Cribbage Club	18 10AM Seated Stretch 2PM Team Trivia 4PM Mah Jong 6:30PM Card Games	19 9:30AM Coffee & Donuts 2PM Parlor Games 3PM Color the Prints 7PM Movie	20 2PM Bingo	
21 1PM Scrabble	22 10AM Walking club 10AM Philippine Sticks 2PM You Be The Judge 3PM Movie	23 10AM Balance Training 2PM Tech Tuesday 3PM Knitting club 4PM Red Skelton Show	24 10AM Boxing Therapy Workout 2PM What Would You Do? 3PM Knitting Club 7PM Cribbage Club	25 10AM Seated Stretch 2PM Team Trivia 4PM Mah Jong 6:30PM Card Games RED NOSE DAY!	26 9:30AM Coffee & Donuts 2PM Parlor Games 3PM Color the Prints 7PM Movie	27 2PM Bingo	
28 1PM Scrabble	29 10AM Walking club 10AM Philippine Sticks 2PM What Am I? 3PM Movie	30 10AM Balance Training 2PM Tech Tuesday 3PM Knitting club 4PM Dean Martin	31 10AM Boxing Therapy Workout 2PM Monthly Birthday Party & Music by Caryl 3PM Knitting Club	Program is subject to occasional & unforeseen changes. Changes will be posted in lighted board in lobby next to large calendar.			