

May 2019

Sharon Towers Vitality and Well-Being Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* Room Key * AS = Art Studio CR = Conference Room CS = Craft Studio CVC = City View Clubroom DC = Daniel Chapel EP = East Parlor EL = East Lobby HCC = Health Care Center HH = Hunter Hall</p>	<p>* Room Key * HT = Harkey Terrace HTC = Harris Towne Center LL = Lower Level P = Pool SR = Sharon Room WC = Wellness Clinic WL = West Lobby YR = Yandle Room</p>		<p>1 9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9:45 Stronger Bodies 1....HH 10:15 Wii Bowling.....CS 10:30 Stronger Bodies 2...HH 11 Faith/Spirituality/Aging..DC 11:15 Stronger Bodies 3...HH 1 Shop Walmart...WL 1:30 Tech Support.....SR 3:30 Memories to Memoirs..HH 5-6 Teatotalers.....CVC 7 Symphony Youth Orchestra..HH</p>	<p>2 9:00 Floor Yoga.....HH 9:30 Men Play Pool.....WL 10:30-3 Treasure Chest...LL 10:30 Line Dancing.....HH 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2:00 Just Relax.....DC 2:00 Water Aerobics 2...P 4:00 Enrichment Seminar..HH 5:00 Thirsty Thursday...Lounge 7:00 Men Play Poker...SR</p>	<p>3 9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9:45 Stronger Bodies 1....HH 10:30 Stronger Bodies 2...HH 11:15 Stronger Bodies 3...HH 12:30 Coffee and a Hand....SR 2:30 Bingo.....CVC 7:00 Games Night....HTC</p>	<p>4 9:30 Men Play Pool....WL 7:00 Evening Movie.....HH "Mary Poppins Returns" Rated PG</p>
<p>5 6:00 Vespers.....HH The Rev. Mike Carr Mount Holly First UMC</p>	<p>6 All Fitness Classes Cancelled 10:00 Open Bible Study...CS 10 Greenway Walking Tour..WL 11:00 Inspired Living...2AW 2:00 Barber.....3HC 2:30 Bank Bus Departs...WL 4 Mariachi & Margaritas...HH 7:00 Discussion Group....CR</p>	<p>7 9-11 SouthPark Area Shuttle..WL 9:00 Floor Yoga.....HH 9:30 Men Play Pool.....WL 9:45 Guided Meditation....DC 10:15 Zumba Gold....HH 10:30-1 Treasure Chest...LL 11:15 Trivial Pursuit....HH 1:00 Tech Support.....YR 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2:00 SouthPark Mall...HH 2:00 Water Aerobics 2...P 3:00 Chat with Jessica....HH</p>	<p>8 9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9-12 Foot Care Clinic...LL 9:45 Stronger Bodies 1....HH 10:15 Wii Bowling.....CS 10:30 Stronger Bodies 2...HH 11 Faith/Spirituality/Aging..DC 11:15 Stronger Bodies 3...HH 1:00 Shop Dollar Tree/Target 1:30 Tech Support.....SR 3:30 Memories to Memoirs..HH 5-6 Teatotalers.....CVC 6:30 Art with Kalin....CS</p>	<p>9 9:00 Floor Yoga.....HH 9:30 Men Play Pool.....WL 10:30-3 Treasure Chest...LL 10:30 Line Dancing.....HH 12:30 Up for Air.....DC 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2:00 Just Relax.....DC 2:00 Water Aerobics 2...P 4:00 Enrichment Seminar..HH 5:00 Thirsty Thursday...Lounge</p>	<p>10 9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9:45 Stronger Bodies 1....HH 10:30 Stronger Bodies 2...HH 11:15 Stronger Bodies 3...HH 2:30 Bingo.....CVC 7:00 Bridge Night....HTC/SR</p>	<p>11 9:30 Men Play Pool....WL 7:00pm Evening Movie....HH "The Mule" Rated R</p>
<p>12 6:00 Vespers.....HH The Rev. Caroline East</p> <p style="text-align: center;">Mother's Day</p>	<p>13 9-11 CLT Speech & Hearing...SR 9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9:45 Stronger Bodies 1....HH 10:00 Open Bible Study...CS 10:30 Stronger Bodies 2...HH 11:00 Inspired Living...2AW 11:15 Stronger Bodies 3...HH 2:30 Bank Bus Departs...WL 3:00 Spanish Class....SR 5 International Dine Out...WL 6-9 Pickleball....HH</p>	<p>14 9-11 SouthPark Area Shuttle..WL 9:00 Floor Yoga.....HH 9:30 Men Play Pool.....WL 9:45 Guided Meditation....DC 10:15 Zumba Gold....HH 10:30-1 Treasure Chest...LL 11:15 Trivial Pursuit....HH 1:00 Tech Support.....YR 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2:00 Water Aerobics 2...P 4:00 Drum Circle....HH 7 MPPC May Social...HH</p>	<p>15 9:00 Tai Chi.....HH 9:00 Water Walking & WA1...P 9:45 Stronger Bodies 1....HH 10:15 Wii Bowling.....CS 10:30 Stronger Bodies 2...HH 11 Faith/Spirituality/Aging..DC 11:15 Stronger Bodies 3...HH 1:00 Shop Trader Joe's...WL 1:30 Tech Support.....SR 3:00 Towne Meeting...HH 5-6 Teatotalers.....CVC 5 International Dine Out...WL</p>	<p>16 9:00 Floor Yoga.....HH 9:30 Men Play Pool.....WL 10:00 Knitters United....CS 10:30-3 Treasure Chest...LL 10:30 Line Dancing.....HH 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2:00 Just Relax.....DC 2:00 Water Aerobics 2...P 4:00 Enrichment Seminar..HH 5:00 Thirsty Thursday...Lounge 7:00 Men Play Poker...SR</p>	<p>17 8:30 Men's Breakfast Departs for Park Place...WL 9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9:45 Stronger Bodies 1...HH 10:30 Stronger Bodies 2...HH 11:15 Stronger Bodies 3...HH 2:30 Bingo.....CVC 7:00 Games Night....HTC</p>	<p>18 9:30 Men Play Pool....WL 10:00 Errand Express....EL 6:30 Depart for Symphony...WL 7:00pm Evening Movie....HH "O Brother, Where Art Thou?" Rated PG-13</p> <p style="text-align: center;">Armed Forces Day</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">19</p> <p>6:00 Vespers.....HH The Rev. Caroline East</p>	<p style="text-align: right;">20</p> <p>9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9:45 Stronger Bodies 1....HH 10 Audibel Hearing Center...SR 10:00 Open Bible Study...CS 10:30 Stronger Bodies 2...HH 11:00 Inspired Living...2AW 11:15 Stronger Bodies 3...HH 2:00 Barber.....3HC 2:30 Bank Bus Departs...WL 3:00 Spanish Class....SR 3:00 Writers Corner....1205-N 6-9 Pickleball.....HH 7:00 Discussion Group....CR</p>	<p style="text-align: right;">21</p> <p>9-11 SouthPark Area Shuttle..WL 9:00 Floor Yoga.....HH 9-12 Medicare Help.....YR 9:30 Men Play Pool.....WL 9:45 Guided Meditation....DC 10:00 Residents Council....HH 10:30-1 Treasure Chest...LL 11:15 Trivial Pursuit....HH 11:30 Lunch at Café Monte 1:00 Tech Support.....YR 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2:00 Water Aerobics 2...P 3:00 Heritage Seminar...HH</p>	<p style="text-align: right;">22</p> <p>9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9-12 Dermatology Clinic....LL 9:45 Stronger Bodies 1....HH 10:15 Wii Bowling.....CS 10:30 Stronger Bodies 2...HH 11 Faith/Spirituality/Aging..DC 11:15 Stronger Bodies 3...HH 1:30 Tech Support.....SR 3:30 Memories to Memoirs..HH 5-6 Teatotalers.....CVC 6:30 Art with Kalin....CS</p>	<p style="text-align: right;">23</p> <p>9:00 Floor Yoga.....HH 9:30 Men Play Pool.....WL 10:30-3 Treasure Chest...LL 10:30 Line Dancing.....HH 10:15 Zumba Gold....HH 12:30 Up for Air.....DC 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2:00 Just Relax.....DC 2:00 Water Aerobics 2...P 4:00 Enrichment Seminar..HH 5:00 Thirsty Thursday...Lounge</p>	<p style="text-align: right;">24</p> <p>9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9:30 Daniel Stowe Botanical Gardens and Picnic...WL 9:45 Stronger Bodies 1....HH 10:30 Stronger Bodies 2...HH 11:15 Stronger Bodies 3...HH 12:30 Coffee and a Hand...SR 1:30 Book Club...HH 2:30 Bingo.....CVC 7:00 Bridge Night....HTC/SR</p>	<p style="text-align: right;">25</p> <p>9:30 Men Play Pool....WL 7:00pm Evening Movie....HH "Stan and Ollie" Rated PG</p>
<p style="text-align: right;">26</p> <p>6:00 Vespers.....HH The Rev. Caroline East</p>	<p style="text-align: right;">27</p> <p style="text-align: center;">All Fitness Classes Cancelled</p> <p>1:00 Charlotte Knights Baseball Game...WL 4:00 Patriotic Sing Along...HH 6-9 Pickleball.....HH 7:00 Dominoes....CVC</p> <p style="text-align: center;">Memorial Day</p>	<p style="text-align: right;">28</p> <p>9-11 SouthPark Area Shuttle..WL 9:00 Floor Yoga.....HH 9:30 Men Play Pool.....WL 9:45 Guided Meditation....DC 10:15 Zumba Gold....HH 10:30-1 Treasure Chest...LL 11:15 Trivial Pursuit....HH 1:00 Chair Zumba.....HH 1:00 Tech Support.....YR 1:30 Stretch and Breathe...HH 2:00 Water Aerobics 2...P 2:30 Bank Bus Departs...WL</p>	<p style="text-align: right;">29</p> <p>9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9:45 Stronger Bodies 1....HH 10:15 Wii Bowling.....CS 10:30 Stronger Bodies 2...HH 11 Faith/Spirituality/Aging..DC 11:15 Stronger Bodies 3...HH 1:00 Shop Aldi...WL 1:30 Tech Support.....SR 3:30 Memories to Memoirs..SR* 5-6 Teatotalers.....CVC 7:00 The V.A.W.A.'s.....HH</p>	<p style="text-align: right;">30</p> <p>9:00 Floor Yoga.....HH 9:30 Men Play Pool.....WL 10:30-3 Treasure Chest...LL 10:30 Line Dancing.....HH 1:00 Chair Zumba.....HH 1:30 Stretch and Breathe...HH 2:00 Just Relax.....DC 2:00 Water Aerobics 2...P 4:00 Enrichment Seminar..HH 5:00 Thirsty Thursday...Lounge</p>	<p style="text-align: right;">31</p> <p>9:00 Water Walking & WA1...P 9:00 Tai Chi.....HH 9:30 Old Salem Daytrip with Lunch at The Tavern 9:45 Stronger Bodies 1....HH 10:30 Stronger Bodies 2...HH 11:15 Stronger Bodies 3...HH 2:30 Bingo.....CVC</p>	
<p style="text-align: center;"><u>* Room Key *</u> AS = Art Studio CR = Conference Room CS = Craft Studio CVC = City View Clubroom DC = Daniel Chapel EP = East Parlor EL = East Lobby HCC = Health Care Center HH = Hunter Hall</p>	<p style="text-align: center;"><u>* Room Key *</u> HT = Harkey Terrace HTC = Harris Towne Center LL = Lower Level P = Pool SR = Sharon Room WC = Wellness Clinic WL = West Lobby YR = Yandle Room</p>	<p style="text-align: center;">ENRICHMENT SEMINARS THURSDAYS AT 4PM IN HUNTER HALL</p> <p style="text-align: center;">2nd Rabbi Tracy Klirs - "The Basic Beliefs of Judaism"</p> <p style="text-align: center;">9th Rabbi Tracy Klirs - "Isreal Beyond the Headlines"</p> <p style="text-align: center;">16th Leighton Ford and Ken Garfield "Places of the Heart"</p> <p style="text-align: center;">23rd Angel Elmore - "Massage and the Aging Body"</p> <p style="text-align: center;">30th Mark Norman- "Bridges Out of Poverty"</p>			<p style="text-align: center;">STTV - Channel 1394</p> <p style="text-align: center;">Activity in Red Requires Sign-Up</p>	