TUE **THUR FRI** 10:00 Balance Class KENTUCKY DERBY. 10:00 Sittercise 10:00 Sittercise Please use the 10:00 WVU OLLI Class 1:00 Channel 96: Seated 11:00 Bible Study w/ 311 Pre-Columbian Art: Exercises registration sheet to Rev. Dr. Timothy 1:30 Channel 96: Balance Skills & Incan (*) Bias sign up for any event 11:00 Next Level Fit with Drill MOTHER'S Happy Memorial Day 11:00 Flex & Flow with Christian Burch 2:00 Makers Space Workshop with an asterisk (*) Let's say a prayer in Mary Louise King 1:00 Shopping @ Walmart (*) 5:30 Kentucky Derby Party Date: Saturday, May 3rd 12:30 Alterations w/Carolyn 1:30 Catholic Mass 6:45 WV Symphony Season next to it. 1:00 Channel 96: Gentle Yoga Party Starts at 5:30 p.m. 3:30 Golf Finale! (*) 1:45 Kroger (*) 7:15 Movie 7:15 Movie 9:00 Church Shuttle (*) 10:00 Balance Class 10:00 Balance Class 10:00 Sittercise 10:00 Sittercise 10:00 Sittercise Cinco de Mayo 10 10:00 Channel 96: Catholic Mass 10:00 WVU OLLI Class 11:00 Bible Study with 10:00 Balance Class 1:00 Channel 96: 11:00 Sing-A-Long to 11:00 A Room with 10:00 Church Shuttle (*) 11:00 Next Level Fit Rev. Dr. Timothy Bias 11:00 Spiritual Service Pre-Columbian Art: the Oldies **Seated Exercises** Many Views w/ 1:00 Channel 96: Seated Exercises with Christian Burch 11:00 Flex & Flow with Mary Toltec (*) 1:00 Channel 96: Seated 1:00 Coke Float Social 1:30 Channel 96: Balance Skills & Drill Rev. Jim Lewis 2:00 Bingo Louise King 11:00 Next Level Fit with 1:30 Channel 96: Balance 1:30 First Presbyterian Church **Exercises** 1:00 Channel 96: Gentle Yoga 2:00 Channel 96: Gentle Yoga 2:00 Bingo Communion Christian Burch 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for 3:30 Conversations in French 1:45 Kroger (*) 1:00 Shopping @ Dollar Tree (*) 2:00 Makers Space 3:30 Golf Skills & Drills Beginners and French Culture with 6:45 Broadway Series 7:00 Prayer Circle 3:30 Golf 3:00 Catholic Mass with Fr. John Finnell 1:45 Kroger (*) Workshop "Chicago" at the Clay Frank Martin 6:00 Movie 7:15 Movie Meeting 4:00 Cinco De Mayo Party 7:15 Movie Center (*) 7:15 Movie 10:00 Sittercise 10:00 Balance Class Mother's Day 10:00 Sittercise 10:00 Balance Class 10:00 Sittercise Full Moon 10:30 Massages by The Massage 9:00 Church Shuttle (*) 10:00 WVU OLLI Class: Pre-11:00 Bible Study with Rev. 11:00 A Room with 1:00 Channel 96: 10:00 Balance Class & Reiki Center (*) 10:00 Channel 96: Catholic Mass Dr. Timothy Bias Columbian Art Aztec (*) 11:00 Food Truck Triple B Many Views w/ Rev. **Seated Exercises** 10:00 Church Shuttle (*) 11:00 Next Level Fit 11:00 Blood Pressure Check 11:00 Next Level Fit with 11:00 Channel 96: Spiritual Service w/ Dr. Eatery Jim Lewis 1:30 Channel 96: Balance Skills 11:00 John Adams Middle School with Christian Burch Christian Burch :00 Channel 96: Seated Exercises Charles Stanley 1:30 Dementia & Alzheimer's 1:00 Shopping @ Drug Emporium (*) 1:00 Holy Communion With St. Marks Chorus & Drill 11:00 Spiritual Service 2:00 Bingo Support Group Methodist Church 12:30 Alterations w/Carolyn 3:30 Golf 1:00 Channel 96: Seated Exercises 2:00 Makers Space Workshop 2:00 Channel 96: Gentle Yoga 1:00 Read Aloud & Story Time 2:00 Check Cashing 1:00 Channel 96: Gentle Yoga 6:15 Music at First Presbyterian & 1:30 Channel 96: Balance Skills & Drill :30 Channel 96: Balance Skills & Drills 3:00 Andrew Jackson Middle 1:00 WVU OLLI Class Waterfalls of 2:30 Channel 96: Bible Study for 3:30 Conversations in 3:00 Celebration of Life Service The Amazing Technicolor 1:45 Kroger (*) **School Band Performs Beginners** WV Steven Holsclaw (*) Dreamcoat in Concert (*) in Memory of Ken Gosnell 3:00 Resident Association Meeting French and French Culture 3:00 Catholic Communion 4:30 Dinner Trip to Longhorn (*) 1:45 Kroger (*) 7:15 Movie 7:15 Movie 7:00 Prayer Circle Meeting with Frank Martin 6:00 Movie 2:00 Movie 10:00 Balance Class 23 9:00 Church Shuttle (*) 10:00 Balance Class 10:00 Sittercise 10:00 Sittercise 10:00 Balance Class 10:00 Sittercise 24 10:00 Channel 96: Catholic Mass 11:00 Next Level Fit with 11:00 Lunch Outing to 11:00 Bible Study with 11:00 A Room with 11:00 Next Level 1:00 Channel 96: 10:00 Church Shuttle (*) Christian Burch Albuquerque Southwest Rev. Dr. Timothy Bias Many Views w/ Rev. 11:00 Channel 96: Spiritual 1:00 Monthly Birthday Fit with **Seated Exercises** Bar & Grill (*) 11:00 Flex & Flow with Mary Service w/ Dr. Charles Stanley Celebration Jim Lewis 11:00 Sing-A-Long with Phyllis 11:00 Spiritual Service 2:00 Bingo Louise King Christian Burch 1:30 Channel 96: Balance 11:00 Employee Activities 1:00 Channel 96: Seated Exercises 2:00 Channel 96: Gentle Yoga 1:00 Channel 96: Seated Exercises 1:00 Channel 96: Gentle Yoga Committee Hamburger & 1:00 Chit Chat Skills & Drill 1:30 Channel 96: Balance Skills & Drill 3:00 Kanawha Charleston Humane 1:30 Channel 96: Balance Skills & 1:45 Kroger (*) Hotdog Fundraiser 2:30 Channel 96: Bible Study for **Association Pet Visits** 1:00 Shopping @ Target (*) 2:00 Makers Space Drills Beginners 3:30 Conversations in French and French 3:00 Sock Hop with Arlen Bishop 2:00 Bingo 1:45 Kroger (*) 3:00 Catholic Communion Culture with Frank Martin 3:30 Golf Workshop 4:00 Bible Study w/ Rabbi 3:00 Celebration of Life Ceremony 3:30 Golf 5:30 Parkinsons Support Group Meeting 6:00 Movie Urecki & Rev. Jim Lewis 7:15 Movie 7:15 Movie 7:15 Movie 7:00 Prayer Circle Meeting at Blessed Sacrament (*) 9:00 Church Shuttle (*) 10:00 Sittercise 10:00 Balance Class 10:00 Balance Class 10:00 Sittercise Dining Room Hours 10:00 Sittercise Memorial Day 30 10:00 Channel 96: Catholic Mass 11:00 Lunch Outing to 11:00 Bible Study with 11:00 Next Level Fit 1:00 Channel 96: 11:00 A Room with 10:00 Church Shuttle (*) Quarrier Diner (*) Rev. Dr. Timothy Bias with Christian Burch 11:00 Channel 96: Spiritual **Seated Exercises** Many Views w/ 12-2:30 p.m. 1:00 Channel 96: Seated Service w/ Dr. Charles Stanley 11:00 Flex & Flow with Mary 2:00 Meet the Authors of 1:30 Channel 96: Balance Skills Rev. Jim Lewis **Exercises** 11:00 Spiritual Service 10:00 Balance Class Louise King Lives Intertwined, The & Drill 1:00 Channel 96: Seated Exercises 1:00 Read Aloud & Story Time 2:00 Bingo 2:00 Bingo 1:00 Channel 96: Gentle Yoga 1:30 Channel 96: Balance Skills & Drill Legacy of Murder on 2:00 Makers Space Workshop 1:30 Channel 96: Balance Skills & 2:00 Check Cashing 2:30 Channel 96: Bible Study for 1:45 Kroger (*) 2:00 Channel 96: Gentle **Staunton Road** Drills 2:00 Violin Recital Students Beginners 3:30 Golf 3:00 Edgewood Summit's Got 1:45 Kroger (*) 3:30 Golf of Jennifer Wood Perform 3:00 Catholic Communion Yoga Talent Show 7:15 Charleston Metro Band & 7:00 Prayer Circle Meeting 7:15 Movie 7:15 Movie 7:15 Movie Smores May 2025



