

SUN MON TUE WED THUR FRI SAT

Full Moon
9:00 Church Shuttle (*)
10:00 Catholic Mass w/ Fr. Charles
10:00 Channel 96: Catholic Mass
10:00 Church Shuttle (*)
11:00 Spiritual Service
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drill
1:30 First Presbyterian Church Communion
2:30 Channel 96: Matthew for Beginners
6:00 Movie

1

Eid al-Fitr
10:00 Balance Class
11:00 Corn Hole
2:00 Channel 96: Gentle Yoga
2:00 Famous Mothers Trivia

2

10:00 Sittercise
11:00 Sing-A-Long to the Oldies
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drills
1:45 Kroger (*)
2:00 Bingo
7:15 Movie

3

10:00 Balance Class
11:00 Bible Study
1:30 First Presbyterian Church Meeting
2:00 Adult Coloring Pages

4

Cinco de Mayo
10:00 Sittercise
11:00 Bingo
12:30 Alterations w/Carolyn
1:00 Channel 96: Gentle Yoga
1:45 Kroger (*)
2:00 National Day of Prayer Service
3:00 Holy Communion with St. John's Episcopal Church
7:30 Senior Moments Band Performs

5

10:00 Balance Class
11:00 EZ Music Remembering Songs about Mothers and Motherhood
1:00 Shopping @ Walmart (*)
1:30 Catholic Mass
3:00 Uno and Crazy 8's Card Games
7:15 Movie

6

10:00 Sittercise
11:00 Bingo
11:00 Channel 96: St. Marks Methodist Church Service
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drill
2:00 Movie and Popcorn
6:15 Kentucky Derby Pre-Party
7:30 Movie

7

Mother's Day
9:00 Church Shuttle (*)
10:00 Catholic Mass w/ Fr. Charles
10:00 Channel 96: Catholic Mass
10:00 Church Shuttle (*)
11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley
11:00 Spiritual Service
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drill
2:30 Channel 96: Matthew for Beginners
6:00 Movie

8

10:00 Balance Class
11:00 Ridgemont Lunch Outing to Cracker Barrel (*)
2:00 Channel 96: Gentle Yoga

9

10:00 Sittercise
11:00 Bingo
11:00 New Resident Orientation
1:00 Channel 96: Seated Exercises
1:00 Holy Communion With St. Marks Methodist Church
1:30 Channel 96: Balance Skills & Drills
1:45 Kroger (*)
2:00 Can You Picture This
3:00 Resident Association Meeting
7:15 Movie

10

10:00 Balance Class
11:00 Bible Study
1:30 Dementia & Alzheimer's Support Group
2:00 Check Cashing
2:00 Movie and Popcorn

11

10:00 Sittercise
11:00 Bingo
1:00 Channel 96: Gentle Yoga
1:45 Kroger (*)
2:00 Mother's Day Coloring Sheets
7:15 Brothers in the Cross Perform

12

10:00 Balance Class
11:00 Motherly Humor
1:00 Shopping @ Dollar Tree & Riverwalk Plaza (*)
3:00 Uno and Crazy 8's Card Games
7:15 Movie

13

10:00 Sittercise
11:00 Bingo
11:00 Channel 96: St. Marks Methodist Church Service
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drill
2:00 Movie and Popcorn
7:15 Movie

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9:00 Church Shuttle (*)
10:00 Channel 96: Catholic Mass
10:00 Church Shuttle (*)
11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley
11:00 Spiritual Service
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drill
2:30 Channel 96: Matthew for Beginners
6:00 Movie

15

10:00 Balance Class
11:00 Corn Hole
1:00 Monthly Birthday Celebration
2:00 Channel 96: Gentle Yoga
3:00 Kanawha Humane Association Pet Visits

16

10:00 Sittercise
11:00 Sing-A-Long w/ Phyllis
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drills
1:45 Kroger (*)
2:00 Bingo
7:15 Movie

17

10:00 Balance Class
10:30 Massages by Opportunity Massage (*)
11:00 Bible Study
1:00 Awesome Auction
2:00 Ridgemont Meeting

18

10:00 Sittercise
11:00 Bible Study w/ Rev. Dr. Jay Parkins
11:00 Bingo
12:30 Alterations w/Carolyn
1:00 Channel 96: Gentle Yoga
1:45 Kroger (*)
2:00 Lincoln County Cloggers

19

10:00 Balance Class
11:00 Sing Along Traditional Folk Songs
1:00 Shopping @ Drug Emporium (*)
3:00 Uno and Crazy 8's Card Games
7:15 Movie

20

10:00 Sittercise
11:00 Bingo
11:00 Channel 96: St. Marks Methodist Church Service
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drill
2:00 Armed Forces Day Coloring Sheets
7:15 Movie

21

9:00 Church Shuttle (*)
10:00 Channel 96: Catholic Mass
10:00 Church Shuttle (*)
11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley
11:00 Spiritual Service
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drill
2:30 Channel 96: Matthew for Beginners
6:00 Movie

22

10:00 Balance Class
1:00 Sing Along with Keith Ellison
2:00 Channel 96: Gentle Yoga
3:00 Cardinal Canvas Painting

23

10:00 Sittercise
11:00 Bingo
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drills
1:45 Kroger (*)
2:00 Celebration of Life Service
4:00 Bible Study w/Rabbi Urecki & Rev. Jim Lewis
7:15 Movie

24

10:00 Balance Class
11:00 Bible Study
2:00 Check Cashing
2:00 EZ Does it Random Trivia

25

10:00 Sittercise
11:00 Bible Study w/ Rev. Dr. Jay Parkins
11:00 Bingo
1:00 Channel 96: Gentle Yoga
1:45 Kroger (*)
2:00 Sing Along with Suzie Q

26

10:00 Balance Class
11:00 The Origins of Memorial Day
1:00 Ladies Chit Chat
3:00 Uno and Crazy 8's Card Games
7:15 Movie

27

10:00 Sittercise
11:00 Bingo
11:00 Channel 96: St. Marks Methodist Church Service
12:30 Coke Float Social
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drill
2:00 Movie and Popcorn
7:15 Movie

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9:00 Church Shuttle (*)
10:00 Channel 96: Catholic Mass
10:00 Church Shuttle (*)
11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley
11:00 Spiritual Service
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drill
2:30 Channel 96: Matthew for Beginners
6:00 Movie

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Memorial Day
10:00 Channel 96: Balance Class
2:00 Channel 96: Gentle Yoga
7:15 Movie

30

10:00 Sittercise
11:00 Bingo
11:00 Lunch Outing to China King Buffet (*)
1:00 Channel 96: Seated Exercises
1:30 Channel 96: Balance Skills & Drills
1:45 Kroger (*)
2:00 Short Story: Coffee and Sugar
7:15 Rock Around The Clock Dance w/Arlen Bishop

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Primary Election
Tuesday, May 10, 2022
6:30 a.m. - 7:30 p.m.
Art Studio




Please use the registration sheet to sign up for any event with an asterisk (*) next to it.



May 2022

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300 Baker Lane Charleston, WV 25302 (304) 346-2355

