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Tomahawks Travel Baseball Team "Flower Sale"
 Sunday, May 5, 2024
 1:30 p.m. - 3:00 p.m.



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

10:00 Balance Class **1**
 11:00 A Room With Many Views w/ Rev. Jim Lewis
 2:00 Bingo
 3:30 Golf

10:00 Read Aloud Story Time **2**
 10:00 Sittercise
 11:00 Bible Study w/ Rev. Dr. Jay Parkins
 12:30 Alterations w/Carolyn
 1:00 Channel 96: Gentle Yoga
 1:45 Kroger (*)

10:00 Balance Class **3**
 11:00 Silver & Strong Class
 1:00 Shopping @ Walmart (*)
 1:30 Catholic Mass
 3:30 Golf
 7:15 Movie

10:00 Sittercise **4**
 1:00 Channel 96: Seated Exercises
 1:30 Channel 96: Balance Skills & Drill
 5:30 Kentucky Derby Party
 6:45 WV Symphony A Grand Finale (*)
 7:15 Movie

Orthodox Easter Cinco de Mayo **5**
 9:00 Church Shuttle (*)
 10:00 Channel 96: Catholic Mass
 10:30 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
 1:30 Flower Basket Sale
 2:30 Channel 96: Bible Study for Beginners
 3:00 Catholic Mass with Fr. John Finnell
 6:00 Movie

10:00 Balance Class **6**
 11:00 Silver & Strong Class
 2:00 Bingo
 2:00 Channel 96: Gentle Yoga
 3:30 Conversations in French and French Culture with Frank Martin

10:00 Lunch & Shopping at The Greenbrier (*) **7**
 10:00 Sittercise
 1:00 Channel 96: Seated Exercises
 1:30 Channel 96: Balance Skills & Drills
 1:45 Kroger (*)
 7:15 Movie

10:00 Balance Class **8**
 11:00 A Room With Many Views w/ Rev. Jim Lewis
 1:30 Dementia & Alzheimer's Support Group
 2:00 Bingo
 2:00 Check Cashing
 3:30 Golf

10:00 Sittercise **9**
 11:00 Bible Study w/ Rev. Dr. Jay Parkins
 1:00 Channel 96: Gentle Yoga
 1:45 Kroger (*)
 3:00 Meet the Author of "Education on a Conveyor Belt" presented by Robert Bliss

10:00 Balance Class **10**
 11:00 Silver & Strong Class
 1:00 Shopping @ Dollar Tree (*)
 3:30 Golf
 7:15 Movie

10:00 Sittercise **11**
 1:00 Channel 96: Seated Exercises
 1:00 Coke Float Social
 1:30 Channel 96: Balance Skills & Drill
 7:15 Movie

Mother's Day **12**
 9:00 Church Shuttle (*)
 10:00 Channel 96: Catholic Mass
 10:30 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: Bible Study for Beginners
 3:00 Catholic Communion
 6:00 Movie

10:00 Balance Class **13**
 11:00 Silver & Strong Class
 2:00 Bingo
 2:00 Channel 96: Gentle Yoga
 3:30 Conversations in French and French Culture with Frank Martin

10:00 Sittercise **14**
 10:30 First Presbyterian Church Bible Study
 10:30 Massages by The Massage & Reiki Center (*)
 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 (*)
 3:00 Resident Association Meeting
 7:15 Movie

10:00 Balance Class **15**
 11:00 A Room With Many Views w/ Rev. Jim Lewis
 1:30 First Presbyterian Church Meeting
 2:00 Bingo
 3:30 Golf
 4:30 Dinner Trip to Fernbank Public House (*)

10:00 Read Aloud Story Time **16**
 10:00 Sittercise
 11:00 Bible Study w/ Rev. Dr. Jay Parkins
 11:00 Blood Pressure Check
 12:30 Alterations w/Carolyn
 1:00 Channel 96: Gentle Yoga
 1:45 Kroger (*)
 3:00 Spring Fling w/Arlen Bishop

10:00 Balance Class **17**
 11:00 Silver & Strong Class
 1:00 Shopping @ Drug Emporium (*)
 3:30 Golf
 7:15 Movie

10:00 Sittercise **18**
 1:00 Channel 96: Seated Exercises
 1:30 Channel 96: Balance Skills & Drill
 2:00 Makers Space Workshop
 7:15 Movie

9:00 Church Shuttle (*) **19**
 10:00 Channel 96: Catholic Mass
 10:30 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
 2:15 Requiem for Living "The Charleston Civic Chorus First Presbyterian Church (*)"
 2:30 Channel 96: Bible Study for Beginners
 3:00 Catholic Communion
 6:00 Movie

10:00 Balance Class **20**
 11:00 Silver & Strong Class
 1:00 Monthly Birthday Celebration
 2:00 Bingo
 2:00 Channel 96: Gentle Yoga
 3:00 Kanawha Humane Association Pet Visits
 3:30 Conversations in French and French Culture with Frank Martin
 5:30 Parkinsons Support Group Meeting at Blessed Sacrament (*)

10:00 Sittercise **21**
 11:00 Lunch Outing @ Bubbarino's Bites & Bubbles (*)
 11:00 Sing-A-Long with Phyllis
 1:00 Channel 96: Seated Exercises
 1:30 Channel 96: Balance Skills & Drills
 1:45 Kroger (*)
 7:15 Charleston Metro Band & Smores

10:00 Balance Class **22**
 11:00 A Room With Many Views w/ Rev. Jim Lewis
 2:00 Bingo
 2:00 Check Cashing
 3:30 Golf

10:00 Sittercise **23**
 1:00 Channel 96: Gentle Yoga
 1:45 Kroger (*)
 3:00 Celebration of Life Ceremony

10:00 Balance Class **24**
 11:00 Silver & Strong Class
 1:00 Chit Chat
 1:00 Shopping @ Piggly Wiggly (*)
 3:30 Golf
 7:15 Movie

10:00 Sittercise **25**
 1:00 Channel 96: Seated Exercises
 1:30 Channel 96: Balance Skills & Drill
 7:15 Movie

9:00 Church Shuttle (*) **26**
 10:00 Channel 96: Catholic Mass
 10:30 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: Bible Study for Beginners
 3:00 Catholic Communion
 6:00 Movie

Memorial Day Dining Room Hours **27**
 12:00-2:30
 10:00 Balance Class
 11:00 Silver & Strong Class
 2:00 Bingo
 2:00 Channel 96: Gentle Yoga
 3:30 Conversations in French and French Culture with Frank Martin

10:00 Sittercise **28**
 1:00 Channel 96: Seated Exercises
 1:30 Channel 96: Balance Skills & Drills
 1:45 Kroger (*)
 3:00 EWS Got Talent: Three Generation Trio & Ron Walls
 7:15 Movie

10:00 Balance Class **29**
 11:00 A Room With Many Views w/ Rev. Jim Lewis
 2:00 Bingo
 3:30 Golf

10:00 Sittercise **30**
 12:00 BBQ, BREWS & MUSIC
 1:00 Channel 96: Gentle Yoga
 1:45 Kroger (*)

10:00 Balance Class **31**
 11:00 Silver & Strong Class
 1:00 Nancy Thomas 96th Birthday Celebration
 3:30 Golf
 7:15 Movie



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