

Stay Laughing

"If you're going to be able to look back on something and laugh about it, you might as well laugh about it now."

—Marie Osmond

Milkweed for Monarchs

The first Saturday in May is National Start Seeing Monarchs Day, when the familiar black-and-orange butterflies begin showing up. Planting milkweed, their caterpillars' only food source, can help monarch populations thrive. The best choices for container gardens are tropical milkweed, because of its short height, and swamp milkweed, since it lacks the long taproot that other varieties have.

Enjoy a Teatime Treat

A soothing cup of tea becomes a real party when you add some snacks! While you can nibble on whatever you're in the mood for, certain foods pair especially well with different teas. Desserts that are slightly sweet, like shortbread cookies or scones, are a good choice since they won't overpower the tea's flavor. If sipping a fruity blend, spread the same flavor of jam on toast or a biscuit. Cinnamon treats can enhance a spicy chai, and citrus is an excellent match for Earl Grey.

Sunday	Monday	Tuesday
	9:00 Sit & Be Fit Video (WC) 1 10:00 <i>Resident Council Meeting</i> (BC) 10:30 Chair YOGA (WC) 11:30 Range of Motion and Balance (WC) 1:00 Bridge (GR) 1:30 Corn Hole (Putting Green) 3:30 Social Gym Hour (WC) 6:00 Mexican Train (BC) 6:15 Movie (THTR)	10:00 Water Aerobics (Pool) 2 10:30 Line Dancing (BC) 11:00 Shopping at Kroger (BUS) 11:30 Men's Strength (WC) 1:00 Balance W/Legacy (WC) 1:30 Strength Class (WC) 2:00 <i>Activities Meeting</i> (THTR) 3:00 BINGO (BC) 6:00 All Games Night (BC) 6:15 Movie (THTR)
8:30 Lighthouse Chapel W/Pastor Bart (BC) 7 10:00 Newspaper & Coffee (BISTRO) 1:00 Pool & Shuffleboard (GRT) 2:00 <i>Open Duplicate Bridge</i> (GR) 2:00 Movie (THTR) 3:00 Ice Cream Sunday (BISTRO) 6:00 Movie (THTR)	8 9:00 Sit & Be Fit Video (WC) 10:30 Chair YOGA (WC) 11:30 Range of Motion and Balance (WC) 1:00 Bridge (GR) 1:30 Corn Hole (Putting Green) 3:30 Social Gym Hour (WC) 6:00 Mexican Train (BC) 6:15 Movie (THTR)	9 10:00 Water Aerobics (Pool) 10:30 Line Dancing (BC) 11:00 Shopping at Kroger (BUS) 11:30 Men's Strength (WC) 1:00 Balance W/Legacy (WC) 1:30 Strength Class (WC) 2:00 <i>FACE Concert @ The Centrum "Matthew Roitstein"</i> (BUS) 3:00 BINGO W/Legacy (BC) 6:15 Movie (THTR)
8:30 Lighthouse Chapel W/Pastor Bart (BC) 14 10:00 Newspaper & Coffee (BISTRO) 1:00 Pool & Shuffleboard (GRT) 2:00 <i>Open Duplicate Bridge</i> (GR) 2:00 Movie (THTR) 3:00 Ice Cream Sunday (BISTRO) 6:00 Movie (THTR)	15 9:00 Sit & Be Fit Video (WC) 10:30 Chair YOGA (WC) 11:30 Range of Motion and Balance (WC) 1:00 Bridge (GR) 1:30 Corn Hole (Putting Green) 3:30 Social Gym Hour (WC) 6:00 Mexican Train (BC) 6:15 Movie (THTR)	16 10:00 Water Aerobics (Pool) 10:30 Line Dancing (BC) 11:00 Shopping at Kroger (BUS) 11:30 Men's Strength (WC) 1:00 Balance W/Legacy (WC) 1:30 Strength Class (WC) 3:00 BINGO (BC) 6:00 All Games Night (BC) 6:15 Movie (THTR)
8:30 Lighthouse Chapel W/Pastor Bart (BC) 21 10:00 Newspaper & Coffee (BISTRO) 1:00 Pool & Shuffleboard (GRT) 2:00 <i>Open Duplicate Bridge</i> (GR) 2:00 Movie (THTR) 3:00 Ice Cream Sunday (BISTRO) 6:00 Movie (THTR)	22 9:00 Sit & Be Fit Video (WC) 10:00 Chair YOGA (WC) 11:30 Range of Motion and Balance (WC) 1:00 Bridge (GR) 1:30 Corn Hole (Putting Green) 3:30 Social Gym Hour (WC) 6:00 Mexican Train (BC) 6:15 Movie (THTR)	23 10:00 Water Aerobics (Pool) 10:30 Line Dancing (BC) 11:00 Shopping at Kroger (BUS) 11:30 Men's Strength (WC) 1:00 Balance W/Legacy (WC) 1:30 Strength Class (WC) 3:00 BINGO (BC) 6:00 All Games Night (BC) 6:15 Movie (THTR)
8:30 Lighthouse Chapel W/Pastor Bart (BC) 28 10:00 Newspaper & Coffee (BISTRO) 1:00 Pool & Shuffleboard (GRT) 2:00 <i>Open Duplicate Bridge</i> (GR) 2:00 Movie (THTR) 3:00 Ice Cream Sunday (BISTRO) 6:00 Movie (THTR)	29 Memorial Day 9:00 Sit & Be Fit Video (WC) 10:30 Chair YOGA (WC) 11:30 Range of Motion and Balance (WC) 1:00 Bridge (GR) 1:30 Corn Hole (Putting Green) 4:00 <i>Harry Burk's Memorial Day Entertainment</i> (ROT) 6:00 Mexican Train (BC) 6:15 Movie (THTR)	30 10:00 Water Aerobics (Pool) 10:30 Line Dancing (BC) 11:00 Shopping at Kroger (BUS) 11:30 Men's Strength (WC) 1:00 Balance W/Legacy (WC) 1:30 Strength Class (WC) 3:00 BINGO (BC) 6:00 All Games Night (BC) 6:15 Movie (THTR)

Wednesday	Thursday	Friday	Saturday
<p>9:00 Sit & Be Fit Video (WC) ³</p> <p>10:00 Chair YOGA (WC)</p> <p>11:00 <u>Lunch at Campioni</u> (Bus)</p> <p>11:00 Range of Motion & Balance (WC)</p> <p>1:30 Corn Hole (Putting Green)</p> <p>3:00 <u>Town Hall (DR)</u></p> <p>3:30 Social Gym Hour (WC)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Water Aerobics (Pool) ⁴</p> <p>10:30 Bible Study Class (BC)</p> <p>11:00 Shopping @ Target</p> <p>11:30 Men's Strength</p> <p>1:00 Balance W/Legacy</p> <p>1:30 Strength Class(WC)</p> <p>3:00 BINGO (BC)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Chair YOGA (WC) ⁵</p> <p>11:00 Count Your Blessings (THTR)</p> <p>11:30 Range of Motion and Balance (WC)</p> <p>1:30 Corn Hole (Putting Green)</p> <p>4:00 <u>Cinco De Mayo Social Hour W/ Marlon & Wayne</u> (Bistro)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Chair YOGA Class (WC) ⁶</p> <p>11:00 Walk With Me (2nd Floor)</p> <p>1:00 Mandala Art (CS)</p> <p>1:30 Pool & Shuffleboard (GRT)</p> <p>3:00 Corn Hole (GRT)</p> <p>4:00 <u>Kentucky Derby Hat Parade & Watch Party (Bistro/THTR)</u></p> <p>6:15 Movie (THTR)</p>
<p>9:00 Sit & Be Fit Video (WC) ¹⁰</p> <p>10:00 Chair YOGA (WC)</p> <p>11:00 <u>Lunch at Pappadeaux Seafood</u> (Bus)</p> <p>11:00 Range of Motion & Balance (WC)</p> <p>1:30 Corn Hole (Putting Green)</p> <p>2:00 <u>Food Forum (BC)</u></p> <p>3:30 Social Gym Hour (WC)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Water Aerobics (Pool) ¹¹</p> <p>10:30 Bible Study Class (BC)</p> <p>11:00 Shopping @ HEB</p> <p>11:30 Men's Strength</p> <p>1:00 Balance W/Legacy</p> <p>1:30 Strength Class(WC)</p> <p>3:00 BINGO (BC)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Chair YOGA (WC) ¹²</p> <p>11:00 Count Your Blessings (THTR)</p> <p>11:30 Range of Motion and Balance (WC)</p> <p>12:00 <u>Mother's Day Tea Party W/ Maurice</u></p> <p>1:30 Corn Hole (Putting Green)</p> <p>3:30 Social Gym Hour (WC)</p> <p>6:15 Movie (THTR)</p>	<p>9:30 <u>The Refreshed Band</u> (ROT) ¹³</p> <p>10:00 Water Aerobics (Pool)</p> <p>11:00 Walk With Me (2nd Floor)</p> <p>1:00 Mandala Art (CS)</p> <p>1:30 Pool & Shuffleboard (GRT)</p> <p>3:00 Shuffle Board (GRT)</p> <p>6:15 Movie (THTR)</p>
<p>9:00 Sit & Be Fit Video (WC) ¹⁷</p> <p>10:00 Chair YOGA (WC)</p> <p>11:00 <u>Lunch at Shogun Vintage</u> (Bus)</p> <p>11:00 Range of Motion & Balance (WC)</p> <p>1:30 Corn Hole (Putting Green)</p> <p>3:00 <u>New Resident Gathering & Orientation (GRT)</u></p> <p>3:30 Social Gym Hour (WC)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Water Aerobics (Pool) ¹⁸</p> <p>10:30 Bible Study Class (BC)</p> <p>11:00 Shopping @ Walmart</p> <p>11:30 Men's Strength</p> <p>1:00 Balance W/Legacy</p> <p>1:30 Strength Class(WC)</p> <p>3:00 BINGO (BC)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Chair YOGA (WC) ¹⁹</p> <p>11:00 Count Your Blessings (THTR)</p> <p>11:30 Range of Motion and Balance (WC)</p> <p>1:30 Corn Hole (Putting Green)</p> <p>3:30 Social Gym Hour (WC)</p> <p>4:00 <u>BirthDay Celebration W/ Harry Burks</u> (Bistro/ROT)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Chair YOGA (WC) ²⁰</p> <p>11:00 Walk With Me (2nd Floor)</p> <p>1:00 Mandala Art (CS)</p> <p>1:30 Pool & Shuffleboard (GRT)</p> <p>3:00 Corn Hole (GRT)</p> <p>6:15 Movie (THTR)</p>
<p>9:00 Sit & Be Fit Video (WC) ²⁴</p> <p>10:00 Chair YOGA (WC)</p> <p>11:00 <u>Lunch at Cormier's Cajun Kitchen</u> (Bus)</p> <p>11:00 Range of Motion & Balance (WC)</p> <p>1:30 Corn Hole (Putting Green)</p> <p>3:00 <u>Ambassador's Meeting (BC)</u></p> <p>3:30 Social Gym Hour (WC)</p> <p>6:15 Movie (THTR)</p>	<p>10:00 Water Aerobics (Pool) ²⁵</p> <p>10:30 Bible Study Class (BC)</p> <p>11:00 <u>Shopping at Trader Joe's and Lunch at Fieldings (BUS)</u></p> <p>11:30 Men's Strength</p> <p>1:00 Balance W/Legacy</p> <p>1:30 Strength Class(WC)</p> <p>3:00 BINGO (BC)</p> <p>6:00 All Games Night (BC)</p> <p>6:15 Movie (THTR)</p>	<p>9:00 Sit & Be Fit YOGA (WC) ²⁶</p> <p>10:00 Chair YOGA (WC)</p> <p>11:00 Count Your Blessings (THTR)</p> <p>11:30 Range of Motion and Balance (WC)</p> <p>2:00 <u>Conservatory's Got Talent (DR)</u></p> <p>6:15 Movie (THTR)</p>	<p>10:00 Water Aerobics (Pool) ²⁷</p> <p>11:00 Walk With Me (2nd Floor)</p> <p>1:00 Mandala Art (CS)</p> <p>1:30 Pool & Shuffleboard (GRT)</p> <p>3:00 Corn Hole (GRT)</p> <p>6:15 Movie (THTR)</p>
<p>9:00 Sit & Be Fit Video (WC) ³¹</p> <p>10:00 Chair YOGA (WC)</p> <p>11:00 Lunch at <u>la Madeleine & Shop @ Painted Tree</u> (Bus)</p> <p>11:00 Range of Motion & Balance (WC)</p> <p>1:30 Corn Hole (Putting Green)</p> <p>3:30 Social Gym Hour (WC)</p> <p>6:15 Movie (THTR)</p>	<p><i>May</i></p>	<p>MOM</p>	<p>More Information to Come</p> <p>There Will Be More Events Added This Month, And We Will Inform You as We Receive All of the Details - Please Sign Up at the Front Desk for Events and Trips You Would Like to Participate in. Let Me Know if You Have Any Suggestions for Next Month. Hope You Have a Great May - Terri</p>