



May 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div>Calendar Key</div> <div>Transportation Provided 🚗</div> <div>Sign Up at Front Desk Required 📋</div> <div>GR = Gathering Room</div> <div>MR = Media Room</div> <div>LB = Library</div> <div>FR = Fitness Room</div>		<div>All events on calendar are subject to change.</div> <div>Please check the large calendars on each floor of the building for periodic updates.</div>	<div>MEMORIAL DAY</div> <div></div>	<div>1</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 5 Mile Errands/Shopping 🚗</div> <div>11:15 Bingo in GR</div> <div>12:30 Weiner Roast in GR 📋</div> <div>1:30 Card Games in LB</div> <div>2:30 Poker with Clarence in GR</div> <div>6:30 Evening Conversation in GR</div>	<div>2</div> <div>B/P CHECKS</div> <div>9:15 Senior Stretches in GR</div> <div>10:00 Activity Committee</div> <div>10:30 Mexican Train in LB</div> <div>12:00 Derby Day Horse Race Game w/ Prizes 📋</div> <div>1:30 Card Games in LB</div> <div>6:30 Evening Conversation in GR</div>	<div>3</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 Grocery Shopping 📋 🚗</div> <div>11:15 Bingo in GR</div> <div>1:00 Bible Study w/ Clarence</div> <div>1:00 Card Games in LB</div> <div>2:00 Root Beer Floats in GR 📋</div> <div>2:30 Poker w/Clarence</div> <div>3:30 Happy Hour at Bar</div> <div>6:30 Evening Conversation in GR</div>	<div>4</div> <div>11:00 Bingo in GR</div> <div>1:00 Fruity Saturday 📋</div> <div>Afternoon Popcorn in Lobby</div> <div>1:30 Card Games in LB</div>
<div>5</div> <div>Afternoon Popcorn in Lobby 📋</div> <div>1:00 Bingo in GR</div> <div>2:00 Card Games in LB</div> <div>4:30 Movie Night in MR 📋</div> <div>Cinco De Mayo</div>	<div>6</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 Senior Center Drop-off 🚗</div> <div>11:15 Bingo in GR</div> <div>12:30 Cinco de Mayo Taco Bar in GR 📋</div> <div>1:30 Card Games in LB</div> <div>6:30 Evening Conversation in GR</div>	<div>7</div> <div>9:15 Senior Stretches in GR</div> <div>10:00 Donut Tuesday in GR 📋</div> <div>10:30 Gals w/Goals Chat & Check-in 📋</div> <div>1:00 Let's Craft in GR 📋</div> <div>1:30 Card Games in LB</div> <div>Afternoon Popcorn in Lobby</div> <div>3:00 Resident Council Mtg. in GR</div> <div>6:30 Evening Conversation in GR</div>	<div>8</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 5 Mile Errands/Shopping 🚗</div> <div>11:00 Bingo in GR</div> <div>11:45 ROMEO Lunch: Kinlaw's 📋 🚗</div> <div>1:00 Card Games in LB</div> <div>2:30 Poker with Clarence in GR</div> <div>6:30 Evening Conversation in GR</div>	<div>9</div> <div>B/P CHECKS</div> <div>9:00 LOL Breakfast: Parkton Grill 📋 🚗</div> <div>9:15 Senior Stretches in GR</div> <div>10:30 Mexican Train in LB</div> <div>Afternoon Popcorn in Lobby</div> <div>2:30 Fitness Fun with Anna 📋</div> <div>1:30 Card Games in LB</div> <div>6:30 Evening Conversation in GR</div>	<div>10</div> <div>8:45 Vet to Vet Breakfast</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 Grocery Shopping 📋 🚗</div> <div>11:15 Bingo in GR</div> <div>1:00 Bible Study w/ Clarence</div> <div>1:00 Card Games in LB</div> <div>2:00 Fruity Friday in GR 📋</div> <div>2:30 Poker w/Clarence</div> <div>3:30 Happy Hour at Bar</div> <div>6:30 Evening Conversation in GR</div>	<div>11</div> <div>11:00 Bingo in GR</div> <div>1:30 Card Games in LB</div> <div>Afternoon Popcorn in Lobby</div> <div>2:30 Piano Stylings of Aiden in GR 📋</div>	
<div>12</div> <div>Afternoon Popcorn in Lobby</div> <div>1:00 Bingo in GR</div> <div>2:00 Card Games in LB</div> <div>4:30 Movie Night in MR 📋</div> <div>Mother's Day</div>	<div>13</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 Senior Center Drop-off 🚗</div> <div>10:30 Mother's Day Brunch 📋</div> <div>11:15 Bingo in GR</div> <div>1:30 Card Games in LB</div> <div>2:30 Fitness Fun with Anna in GR 📋</div> <div>6:30 Evening Conversation in GR</div>	<div>14</div> <div>9:15 Senior Stretches in GR</div> <div>9:30 Lu Mil Vineyard, Houston's Peanut's, & Gerald's Smokehouse & Grill 📋</div> <div>1:30 Card Games in LB</div> <div>Afternoon Popcorn in Lobby</div> <div>6:30 Evening Conversation in GR</div>	<div>15</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 5 Mile Errands/Shopping 🚗</div> <div>11:00 Bingo in GR</div> <div>12:00 Ladies Lunch: Bees & Boards 📋</div> <div>1:00 Card Games in LB</div> <div>2:30 Poker with Clarence in GR</div> <div>6:30 Evening Conversation in GR</div>	<div>16</div> <div>B/P CHECKS</div> <div>9:15 Senior Stretches in GR</div> <div>10:30 Mexican Train in LB</div> <div>11:30 Pate's Farmers Market 📋 🚗</div> <div>Afternoon Popcorn in Lobby</div> <div>1:00 Fitness Fun with Anna</div> <div>1:30 Card Games in LB</div> <div>6:30 Evening Conversation in GR</div>	<div>17</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 Grocery Shopping 📋 🚗</div> <div>11:15 Bingo in GR</div> <div>1:00 Bible Study w/ Clarence</div> <div>1:30 Card Games in LB</div> <div>2:00 Root Beer Floats in GR 📋</div> <div>2:30 Poker w/Clarence</div> <div>3:30 Happy Hour at Bar</div> <div>6:30 Evening Conversation in GR</div>	<div>18</div> <div>11:00 Bingo in GR</div> <div>1:00 Fruity Saturday 📋</div> <div>Afternoon Popcorn in Lobby</div> <div>1:30 Card Games in LB</div>	
<div>19</div> <div>Afternoon Popcorn in Lobby</div> <div>10:30 Spiritual Blessings with Minster Batts in GR</div> <div>1:00 Bingo in GR</div> <div>2:00 Card Games in LB</div> <div>4:30 Movie Night in MR 📋</div>	<div>20</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 Senior Center Drop-off 🚗</div> <div>11:00 Bingo in GR</div> <div>12:00 Presentation by Mrs. Armour: History of the Red Poppy 📋</div> <div>1:00 Fitness Fun with Anna FR 📋</div> <div>1:30 Card Games in LB</div> <div>6:30 Evening Conversation in GR</div>	<div>21</div> <div>Mobile Library</div> <div>Movie theater Trip TBA 🚗</div> <div>9:00 Men's Breakfast: Parkton Grill 📋</div> <div>9:15 Senior Stretches in GR</div> <div>11:00 Stroll Down Meadowwalk 📋</div> <div>1:30 Card Games in LB</div> <div>Afternoon Popcorn in Lobby</div> <div>6:30 Evening Conversation in GR</div>	<div>22</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 5 Mile Errands/Shopping 🚗</div> <div>11:00 Bingo in GR</div> <div>12:00 Bakers Bunch: Cupcake Decorating 📋</div> <div>1:00 Card Games in LB</div> <div>2:30 Poker with Clarence in GR</div> <div>6:30 Evening Conversation in GR</div>	<div>23</div> <div>B/P CHECKS</div> <div>9:15 Senior Stretches in GR</div> <div>10:30 Mexican Train in LB</div> <div>Afternoon Popcorn in Lobby</div> <div>1:00 Fitness Fun with Anna 📋</div> <div>1:30 Card Games in LB</div> <div>3:30 Lu Mil Wine Tasting @ Bar 📋</div> <div>6:30 Evening Conversation in GR</div>	<div>24</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 Grocery Shopping 📋 🚗</div> <div>11:15 Bingo in GR</div> <div>1:00 Bible Study w/ Clarence</div> <div>1:00 Card Games in LB</div> <div>2:00 Fruity Friday in GR 📋</div> <div>2:30 Poker w/Clarence</div> <div>3:30 Happy Hour at Bar</div> <div>6:30 Evening Conversation in GR</div>	<div>25</div> <div>11:00 Bingo in GR</div> <div>Afternoon Popcorn in Lobby</div> <div>1:30 Card Games in LB</div> <div>6:15 FSU Planetarium: Supernovas 📋</div>	
<div>26</div> <div>Afternoon Popcorn in Lobby</div> <div>1:00 Bingo in GR</div> <div>2:00 Card Games in LB</div> <div>4:30 Movie Night in MR 📋</div> <div></div>	<div>27</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 Senior Center Drop-off 🚗</div> <div>11:00 Bingo in GR</div> <div>12:30 Birthday/Memorial Day Lunch in GR 📋</div> <div>1:30 Card Games in LB</div> <div>6:30 Evening Conversation in GR</div> <div>Memorial Day</div>	<div>28</div> <div>9:15 Senior Stretches in GR</div> <div>10:00 Food Committee Meeting</div> <div>10:30 Lecture in GR: Benefits of Strength Training For Older Adults 📋</div> <div>12:00 Artistic Creation: Kitchen Décor 📋</div> <div>1:30 Card Games in LB</div> <div>Afternoon Popcorn in Lobby</div> <div>6:30 Evening Conversation in GR</div>	<div>29</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 5 Mile Errands/Shopping 🚗</div> <div>11:15 Bingo in GR</div> <div>12:00 Women Code Breakers of WWII Presentation w/Snacks 📋</div> <div>1:00 Card Games in LB</div> <div>2:30 Poker with Clarence in GR</div> <div>6:30 Evening Conversation in GR</div>	<div>30</div> <div>9:15 Senior Stretches in GR</div> <div>10:30 Mexican Train in LB</div> <div>1:00 Fitness Fun with Anna 📋</div> <div>Afternoon Popcorn in Lobby</div> <div>1:30 Card Games in LB</div> <div>6:30 Evening Conversation in GR</div>	<div>31</div> <div>9:15 Chair Aerobics in GR</div> <div>9:45 Grocery Shopping 📋 🚗</div> <div>11:15 Bingo in GR</div> <div>1:00 Bible Study w/ Clarence</div> <div>1:00 Card Games in LB</div> <div>2:00 Fruity Friday in GR 📋</div> <div>2:30 Poker w/Clarence</div> <div>3:30 Happy Hour at Bar</div> <div>6:30 Evening Conversation in GR</div>	<div>May Birthdays:</div> <div>12th Clarence Hemminger</div> <div>21st Hannah Barrett</div> <div>(Activities assistant)</div> <div></div>	

MAY HIGHLIGHTS!

MONDAYS – Join us every Monday for Grocery Shopping at 9:45AM; please sign up at the front desk!

WEDNESDAYS – Join us every Wednesday for 5 Mile Errands & Shopping at 9:45AM; please sign up at the front desk!

FRIDAYS – Join us every Friday for Grocery Shopping at 9:45AM; please sign up at the front desk! Join us every Friday for a Movie in the Media Room at 1PM; please sign up at the front desk!

MAY 1ST– Join us in the Gathering Room for hotdogs with your choice of toppings.

MAY 2ND – Join us for a fun Kentucky Derby inspired horse race game. Winners will receive lottery scratch off tickets.

MAY 2ND– **Activity Committee is open to ALL residents. Your voice is important, please come share your ideas & feedback**

MAY 3RD- We are serving root beer floats in the GR at 2PM

MAY 4TH– Join us in the GR for Fruity Saturday. A healthy snack and great company!

MAY 6TH – In celebration of Cinco de Mayo we will host a taco bar in the GR

MAY 7TH- **All Carolina Highlands residents are invited to RESIDENT COUNCIL in the GR @ 3PM.**

May 7TH– Gals w/ Goals is a new group that will be meeting w/ our intern Ms. Anna to work on our health/ fitness goals. This is a safe space for us to support each other. Remember improving our health and fitness routines is vital to maintain independence.

MAY 9TH – Fitness Fun with Anna at 2:30 in the GR.

MAY 10TH – Fruity Friday happening in the GR @ 2PM

MAY 11TH – At 2:30PM in the GR we will have guest piano player with music stylings from the 60’s

MAY 13TH – **HAPPY MOTHERS DAY!!!** In celebration of Mother’s Day we will be hosting brunch in the GR @ 10:30

MAY 13TH – Join our knowledgeable intern Anna for afternoon stretches

MAY 14TH – **We will be going on an out of town trip to the Lu Mil Vineyard, Houstons Peanut Store, & lunch at Gerald’s Smokehouse & Grill. Lunch & Vineyard admission is covered by the Carolina Highland’s.**

MAY 16TH – Fitness Fun with Anna at 1:00 in the GR..

MAY 17TH – Root Beer floats are being served in the GR @ 2PM

MAY 18TH-Join us in the GR for Fruity Saturday. A healthy snack and great company!

MAY 20TH – **Join us in the GR @ 12PM for an engaging presentation from Mrs. Armour & Mrs. Orsbon about the history of the “Red Poppy.” This is something you don’t want to miss! We will have samplings of poppy seed inspired snacks.**

MAY 21ST– **Our neighboring community has a beautiful walking path to explore. We will be taking the bus down the hill to enjoy an afternoon stroll.**

MAY 22ND– Show off your cake decorating skills or come learn some basic techniques at Bakers Bunch in the GR @ noon.

May 23RD – Fitness Fun with Anna at 1:00 in the GR.

MAY 23RD– Join us down at the bar @ 3:30 for wine tasting from our trip to Lu Mil Vinyard

MAY 24TH – It’s Fruity Friyaaayyy!!! Join us in the GR @ 2PM for fresh fruit and great conversation.

MAY 25TH – **We will be taking off into space this Saturday, as we explore supernovas at the FSU Planetarium.**

MAY 27TH – **We will be honoring our Veterans & celebrating May birthday’s in the GR @ 12:30.**

MAY 28TH– Please join us for an informational lecture from our wonderful Ms. Anna as she educates us about the benefits of strength training for older adults and what that looks like for individuals over 55.

MAY 29TH– Let’s learn about the women code breakers of WWII in the GR @ 12PM. We have snacks!!!

Check out the inside of the calendar for all the events, and check the elevators for all of our event flyers!

