May 2025

Good Shepherd Apartments

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00 Walking Club -CT 9:45 Craft Corner (May Day Baskets)-GSA 10:30 Kickboxing -CT 1:00 Cardio Drumming -CT 2:00 Pokeno -W 6:30 Bingo -O May Day	**2** 10:00 EnerG Exercises -O 10:30 Bean Bags-W 10:30 Tic Tac Toe Toss-GSA 1:00 Balance Boosting -CT 2:00 Wheel of Fortune -CT	**3** ***Coloring Contest*** The coloring pages will be in the community room. Write your name and apartment number on the back. Turn in completed pages to the box provided to be entered in a drawing. Different pages each week. 6:30 Bingo -GSA
4 10:00 Worship Service (Chapel or Ch 900) 2:00 Cards, Coffee & Chat -CT 5:00 Turn in completed coloring pages to be entered into a drawing.	**5** 9:00 Walking Club -CT 10:00 EnerG Exercises -O 10:30 Cooks Corner (Cheese Quesadilla -CT 1:00 Power Pump -TG 1:30 Rosary -C or Ch 900 2:00 Mass -C or Ch 900 3:30 Piano Music -GSA Cinco de Mayo	**6** 9:00 Walking Club -CT 9:45 LRC Dice -GSA 10:15 Pilates -CT **2:00 Birthday Party with Jerry Fisher -CT** 6:30 Bingo -CT	**7** 9:00 Walking Club -CT 9:45 Word Slam-GSA 10:30 Chair Cardio -CT 1:30 Coffee & Chat -GSA 2:00 Yoga -CT 2:00 Bible Study -C or Ch 900 3:00 Interactive Jeopardy-CT **7:00 Holy Cross Choir -C**	**8** 9:00 Walking Club -CT 9:45 Board Games -GSA 10:30 Kickboxing -CT 1:00 Cardio Drumming -CT 2:00 Pokeno -O 6:30 Bingo -O	**9** 10:00 EnerG Exercises -O 10:30 Tic Tac Toe Toss-W 10:30 Bean Bags-GSA 1:00 Oak Tenant Meeting -O 1:00 Balance Boosting -FH 2:00 Connect Four Trivia-CT	**10** ***Coloring Contest*** The coloring pages will be in the community room. Write your name and apartment number on the back. Turn in completed pages to the box provided to be entered in a drawing. Different pages each week. 6:30 Bingo -GSA
11 10:00 Worship Service (Chapel or Ch 900) 2:00 Cards, Coffee & Chat -CT 5:00 Turn in completed coloring pages to be entered into a drawing. Mother's Day National Skilled Nursing Care Week	**12** 9:00 Walking Club -CT 10:00 EnerG Exercises -O 10:30 Craft Corner Sailboats -CT 1:00 Power Pump -TG 1:30 Rosary -C or Ch 900 2:00 Mass -C or Ch 900 3:30 Piano Music -GSA	**13** 9:00 Walking Club -CT 9:30 Circuit Pastor's Worship Service -C or Ch 900 10:00 Tenant Council -O 10:15 Pilates -CT **2:00 Fun Singers -C** 6:30 Bingo -CT	**14** 9:00 Walking Club -CT 9:45 Phase 10 -GSA 10:30 Chair Cardio -CT 1:30 Coffee & Chat -GSA 2:00 Yoga -CT 3:00 Trivia -CT **7:00 Holy Cross Handbells -C**	**15** 9:00 Walking Club -CT 9:45 Board Games -GSA 10:30 Kickboxing -CT 1:00 Cardio Drumming -CT 2:00 Pokeno -CT 6:30 Bingo -O	**16** 10:00 EnerG Exercises -O 10:30 Bowling-W 10:30 Axe Throwing-GSA 1:00 Balance Boosting -FH 2:00 Movie with Popcorn-CT	**17** ***Coloring Contest*** The coloring pages will be in the community room. Write your name and apartment number on the back. Turn in completed pages to the box provided to be entered in a drawing. Different pages each week. 6:30 Bingo -GSA Armed Forces Day
18 10:00 Worship Service (Chapel or Ch 900) 2:00 Cards, Coffee & Chat -CT 5:00 Turn in completed coloring pages to be entered into a drawing.	**19** 9:00 Walking Club -CT 10:00 EnerG Exercises -O 10:30 Sailboat Races-CT 1:00 Power Pump -TG 1:30 Rosary -C or Ch 900 2:00 Mass -C or Ch 900 3:30 Creative Writing -GSA Victoria Day (Canada)	**20** 9:00 Walking Club -CT 9:45 Crocheted Jewelry -GSA 10:15 Pilates -CT 2:00 Games (500, Yahtzee, cribbage) -CT 3:30 Book Club -O 6:30 Bingo -CT	**21** 9:00 Walking Club -CT 9:45 Wild West Rummy -GSA 10:30 Chair Cardio -CT 1:30 Coffee & Chat -GSA 2:00 Yoga -CT 2:00 Bible Study -C or Ch 900 3:00 Picture It -CT	**22** 9:00 Walking Club -CT 9:45 Board Games-GSA 10:30 Kickboxing -CT 1:00 Cardio Drumming -CT 2:00 Pokeno -GSA **4:30-6:30 Tastes, Tunes & Togetherness-CT** 6:30 Bingo -O	**23** 10:00 EnerG Exercises -O **10:00 Memorial Program -C** 1:00 Balance Boosting -FH 2:00 Spelling Bee -CT	**24** ***Coloring Contest*** The coloring pages will be in the community room. Write your name and apartment number on the back. Turn in completed pages to the box provided to be entered in a drawing. Different pages each week. 6:30 Bingo -GSA
25 10:00 Worship Service (Chapel or Ch 900) 2:00 Cards, Coffee & Chat -CT 5:00 Turn in completed coloring pages to be entered into a drawing.	**26** Memorial Day	**27** 9:00 Walking Club -CT 9:45 Writing Group -GSA 10:15 Pilates -CT 1:30 Rosary -C or Ch 900 2:00 Mass -C or Ch 900 3:30 Creative Writing -O 6:30 Bingo -CT	**28** 9:00 Walking Club -CT 9:45 Word Mining -GSA 10:30 Chair Cardio -CT 1:30 Coffee & Chat -GSA 2:00 Yoga -CT 2:00 Bible Study -C or Ch 900 3:00 Hangman -CT	**29** 9:00 Walking Club -CT 9:45 Board Games-GSA 10:30 Kickboxing -CT **12:00-3:00 Puzzle Swap -CT** 1:00 Cardio Drumming -CT 2:00 Pokeno -W 6:30 Bingo -O	**30** 10:00 EnerG Exercises -O 10:30 Axe Throwing-W 10:30 Bowling-GSA 1:00 Balance Boosting -FH **2:00 Music with Gig Noonan -CT**	**31** 6:30 Bingo -GSA

CT=Court Dining Room, O=Oaks Dining Room, W=West Community Room, C=Chapel, TG=Therapy Gym, FH=Fellowship Hall