


MAY 2025- Down the Rabbit Hole

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION Activity Room (AR) Centerview 2nd FL Lounge (C2FL) Centerview 3rd Floor Lounge (C3FL) Centerview Lounge (CL) Dining Room (DR) Fitness Center (FC) Garden Cafe (GC) Library (L) Northridge 2nd FL lounge (N2FL) Northridge 3rd Floor Lounge (N3FL) Pool (P) Prayer Garden (PG) Private Dining Room (PDR)	ACTIVITY LEGEND ♥ Heart ▲ Body ● Mind ✦ Spirit	* For Any activity followed by an asterisk(*), please sign up at the concierge desk!	8:00am ▲ Cornhole (AR) 8:00am ▲ Morning Strolls (PG) 1 9:00am ▲ Water Aerobics (P) 10:00am ♥ Music & Melodies (L) 10:00am ● Thinkin' Thursday (GC) 11:00am ▲ Daily Workout (FC) 11:00am ♥ I'm Feeling Blue (PDR) 11:00am ♥ Working Hands (C3FL) 11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm ● Down the Rabbit Hole* (AR)	8:00am ▲ Morning Strolls (PG) 2 9:00am ▲ Senior Fit (AR) 9:00am Post Office 9:30am ▲ Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 12:30pm ● Bridge (C2FL) 12:30pm ♥ LCR (C3FL) 3:00pm ♥ Food & Friends- Taco-bout a Good Time* (GC) 6:00pm ● Bridge (AR)	8:00am ▲ Water Aerobics (P) 3 9:00am ▲ Axe Throwing (AR) 10:30am ● Bingo (AR) 12:00pm ▲ Chair Yoga with Brittany (FC) 12:00pm ● Rummikub (AR) 1:30pm ♥ Cinema Saturday: Alice in Wonderland (2010) (AR) 3:00pm ▲ Cornhole (FC) 6:00pm ● Game Night (GC)
10:00am ● Outing: Arizona Science Center* 4 3:00pm ✦ Worship Service- Chaplain Lee Spivey (AR)	8:00am ▲ Morning Strolls (PG) 5 9:00am ▲ Senior Fit (AR) 9:00am Shopping: Fry's 9:30am ▲ Stretch & Flex (AR) 10:30am ▲ Make & Mingle (AR) 11:00am ▲ Daily Workout (FC) 11:30am ▲ Chair Yoga with Kelley (AR) 1:00pm ● Farkle (C2FL) 1:30pm Shopping: Fry's 2:00pm ✦ Catholic Communion Service (AR) 2:30pm ✦ Rosary (AR) 3:00pm ♥ Nacho Average Cinco de Mayo* (GC) 6:00pm ● Bingo (AR)	8:00am ▲ Morning Strolls (PG) 6 9:00am ▲ Water Aerobics (P) 9:30am ♥ Lap Quilts (AR) 10:30am ▲ Core Confidence (FC) 11:00am ▲ Hiking Club (FC) 12:15pm ▲ Wii Bowling (AR) 1:30pm ● Bingo (AR) 2:30pm ♥ Craft Club* (GC) 6:00pm ● Hand & Foot (AR)	8:00am ▲ Morning Strolls (PG) 7 9:00am ▲ Senior Fit (AR) 9:30am ▲ Chair Yoga with Leti (FC) 10:00am ✦ Bible Study (AR) 11:00am ▲ Billiards (N2FL) 11:00am ✦ Breaking Bread (AR) 11:30am Shopping: Fry's 10% Off 1:00pm ● Pinochle (C2FL) 1:00pm ♥ Winning Wednesday: Concentration (AR) 1:30pm Bank Run 1:30pm Shopping: Fry's 10% Off 2:00pm Friends of Bill W Meeting (PDR) 3:00pm ● National Tourism Day* (AR) 6:00pm ♥ Bunco (AR)	8:00am ▲ Cornhole (AR) 8 8:00am ▲ Morning Strolls (PG) 9:00am ▲ Water Aerobics (P) 10:00am ♥ Music & Melodies (L) 10:00am Chef Chat (AR) 11:00am ▲ Daily Workout (FC) 11:00am ♥ I'm Feeling Blue (PDR) 11:00am ♥ Working Hands (C3FL) 11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR) 12:30pm ▲ Curana Presentation: She's Still Got It! Celebrating Women's Health (AR) 3:00pm ♥ Thirsty Thursday- The White Rabbit* (L)	8:00am ▲ Morning Strolls (PG) 9 9:00am ▲ Senior Fit (AR) 10:00am ♥ Magnificent Mom's & Mimosas* (AR) 10:00am Shopping: Safeway, Walgreens or CVS 12:30pm ● Bridge (C2FL) 12:30pm ♥ LCR (C3FL) 2:00pm ● Choir Practice (AR) 6:00pm ● Bridge (AR)	8:00am ▲ Water Aerobics (P) 10 9:00am ▲ Axe Throwing (AR) 10:30am ● Bingo (AR) 12:00pm ▲ Chair Yoga with Brittany (FC) 12:00pm ● Rummikub (AR) 1:30pm ♥ Entertainment: Klaus Sander (AR) 3:00pm ▲ Cornhole (FC) 6:00pm ● Game Night (GC)
3:00pm Mother's Day ✦ Worship Service- Gus Vogelsang (AR) 11	8:00am ▲ Morning Strolls (PG) 12 9:00am ▲ Senior Fit (AR) 9:00am Shopping: Fry's 9:30am ▲ Stretch & Flex (AR) 10:30am ▲ Make & Mingle (AR) 11:00am ♥ Meal Out: Peter Piper Pizza* 11:00am ▲ Daily Workout (FC) 11:30am ▲ Chair Yoga with Kelley (AR) 1:00pm ● Farkle (C2FL) 1:30pm Shopping: Fry's 2:00pm ✦ Catholic Communion Service (AR) 2:30pm ✦ Rosary (AR) 6:00pm ● Bingo (AR)	8:00am ▲ Morning Strolls (PG) 13 9:00am ▲ Water Aerobics (P) 9:30am ♥ Lap Quilts (AR) 10:00am ▲ Blood Pressure Clinic (CL) 10:00am Mary Kay Cosmetics (GC) 10:30am ▲ Core Confidence (FC) 11:00am ▲ Hiking Club (FC) 12:15pm ▲ Wii Bowling (AR) 1:30pm ● Bingo (AR) 2:30pm ♥ Craft Club* (GC) 3:00pm Travel Tuesday (AR) 6:00pm ● Hand & Foot (AR)	7:30am ✦ Men's Breakfast (DR) 14 8:00am ▲ Morning Strolls (PG) 9:00am ▲ Senior Fit (AR) 9:30am ▲ Chair Yoga with Leti (FC) 10:00am ✦ Bible Study (AR) 11:00am ▲ Billiards (N2FL) 11:00am ✦ Breaking Bread (AR) 1:00pm ● Pinochle (C2FL) 1:00pm ♥ Winning Wednesday: Wheel of Fortune (AR) 1:30pm Bank Run 1:30pm Shopping: Super Walmart 2:00pm Friends of Bill W Meeting (PDR) 3:00pm ♥ The Stars & Stripes Forever Day* (AR) 6:00pm ♥ Bunco (AR)	8:00am ▲ Cornhole (AR) 15 8:00am ▲ Morning Strolls (PG) 9:00am ▲ Water Aerobics (P) 10:00am ♥ Music & Melodies (L) 10:00am ● Thinkin' Thursday (GC) 10:00am ♥ Vet to Vet (AR) 10:00am Walker and Scooter Repair* 11:00am ▲ Daily Workout (FC) 11:00am ♥ I'm Feeling Blue (PDR) 11:00am ♥ Working Hands (C3FL) 11:30am ▲ "Move to the Beat" Chair Exercise with Kelley (AR) 1:00pm ▲ Wellness Wisdom (L) 2:00pm ● Creative with Katy* (AR)	8:00am ▲ Morning Strolls (PG) 16 9:00am ▲ Senior Fit (AR) 9:00am Post Office 9:30am ▲ Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 11:00am ♥ Happy Birthday Party!! (Invite Only) (AR) 12:30pm ● Bridge (C2FL) 12:30pm ♥ LCR (C3FL) 2:00pm ● Choir Practice (AR) 3:00pm ♥ Food & Friends- Taco-bout a Good Time* (GC) 6:00pm ● Bridge (AR)	8:00am ▲ Water Aerobics (P) 17 9:00am ▲ Axe Throwing (AR) 10:30am ● Bingo (AR) 12:00pm ▲ Chair Yoga with Brittany (FC) 12:00pm ● Rummikub (AR) 1:30pm ♥ Cinema Saturday: The Wizard of Oz (AR) 3:00pm ▲ Cornhole (FC) 6:00pm ♥ Outing: North Valley Symphony Orchestra* 6:00pm ● Game Night (GC)

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00pm 🕊️ Worship Service- Pastor Bud Downs (AR) 18	8:00am 🌱 Morning Strolls (PG) 19 9:00am 🌱 Senior Fit (AR) 9:00am Shopping: Fry's 9:30am 🌱 Stretch & Flex (AR) 10:30am 🎯 Make & Mingle (AR) 11:00am 🏃 Daily Workout (FC) 11:30am 🧘 Chair Yoga with Kelley (AR) 1:00pm 🎯 Farkle (C2FL) 1:30pm Shopping: Fry's 2:00pm 🕊️ Catholic Communion Service (AR) 2:30pm 🕊️ Rosary (AR) 3:00pm 📖 Book Club Meeting (L) 3:00pm 🍽️ Meal Out: Manuel's Mexican Restaurant & Cantina* 6:00pm 🎯 Bingo (AR)	8:00am 🌱 Morning Strolls (PG) 20 9:00am 🌱 Water Aerobics (P) 9:30am 🍷 Lap Quilts (AR) 10:30am 🌱 Core Confidence (FC) 11:00am 🌱 Hiking Club (FC) 11:30am Avon (GC) 12:15pm 🎮 Wii Bowling (AR) 1:00pm Mending and Sewing Repair (AR) 1:30pm 🎯 Bingo (AR) 2:30pm 🍷 Craft Club* (GC) 3:00pm 🗺️ Travel Tuesday (AR) 3:00pm 🧑 Caregiver Support Group (L) 6:00pm 🎯 Hand & Foot (AR)	8:00am 🌱 Morning Strolls (PG) 21 9:00am 🌱 Senior Fit (AR) 9:30am 🧘 Chair Yoga with Leti (FC) 10:00am 🕊️ Bible Study (AR) 11:00am 🎱 Billiards (N2FL) 11:00am 🕊️ Breaking Bread (AR) 11:00am 🎯 Cholla Library (C2FL) 1:00pm 🌱 Low Vision Group (N3FL) 1:00pm 🏆 Winning Wednesday: Guess Who (AR) 1:30pm Bank Run 2:00pm Friends of Bill W Meeting (PDR) 3:00pm 🍷 National Strawberries & Cream Day* (AR) 6:00pm 🍷 Bunco (AR)	8:00am 🌱 Cornhole (AR) 22 8:00am 🌱 Morning Strolls (PG) 9:00am 🌱 Water Aerobics (P) 10:00am 🎵 Music & Melodies (L) 10:00am 🧠 Thinkin' Thursday (GC) 11:00am 🏃 Daily Workout (FC) 11:00am 🍷 I'm Feeling Blue (PDR) 11:00am 🍷 Working Hands (C3FL) 11:30am 🎭 "Move to the Beat" Chair Exercise with Kelley (AR) 3:00pm 🍷 Thirsty Thursday- The Cheshire Cat* (L)	8:00am 🌱 Morning Strolls (PG) 23 9:00am 🌱 Senior Fit (AR) 9:30am 🌱 Balance & Mobility (AR) 10:00am Shopping: Arrowhead Mall 10:00am Shopping: Safeway, Walgreens or CVS 10:30am 🕊️ Memorial Day Service (AR) 12:00pm Activity Chat (AR) 12:30pm 🎯 Bridge (C2FL) 12:30pm 🍷 LCR (C3FL) 2:00pm 🎵 Choir Practice (AR) 6:00pm 🎯 Bridge (AR)	8:00am 🌱 Water Aerobics (P) 24 9:00am 🌱 Axe Throwing (AR) 10:30am 🎯 Bingo (AR) 12:00pm 🧘 Chair Yoga with Brittany (FC) 12:00pm 🎯 Rummikub (AR) 1:30pm 🍷 Entertainment: SoSco Duo (AR) 3:00pm 🌱 Cornhole (FC) 6:00pm 🎯 Game Night (GC)
3:00pm 🕊️ Worship Service- Tom Haney (AR) 25	Memorial Day 26 9:00am Shopping: Fry's 9:00am Shopping: Savers, Home Goods, or Target 1:00pm 🎯 Farkle (C2FL) 6:00pm 🎯 Bingo (AR)	8:00am 🌱 Morning Strolls (PG) 27 9:00am 🌱 Water Aerobics (P) 9:30am 🍷 Lap Quilts (AR) 10:30am 🌱 Core Confidence (FC) 11:00am 🌱 Hiking Club (FC) 12:15pm 🎮 Wii Bowling (AR) 1:30pm 🎯 Bingo (AR) 2:30pm 🍷 Craft Club* (GC) 3:00pm 🗺️ Travel Tuesday (AR) 6:00pm 🎯 Hand & Foot (AR)	8:00am 🌱 Morning Strolls (PG) 28 9:00am 🌱 Senior Fit (AR) 9:30am 🧘 Chair Yoga with Leti (FC) 10:00am 🕊️ Bible Study (AR) 11:00am 🎱 Billiards (N2FL) 11:00am 🕊️ Breaking Bread (AR) 1:00pm 🎯 Pinochle (C2FL) 1:00pm 🏆 Winning Wednesday: Horse Races (AR) 1:30pm Bank Run 1:30pm Shopping: Super Walmart 1:30pm Shopping: Trader Joe's 2:00pm Friends of Bill W Meeting (PDR) 2:30pm 🍷 Winedown Wednesday* (AR) 6:00pm 🍷 Bunco (AR)	8:00am 🌱 Morning Strolls (PG) 29 9:00am 🌱 Water Aerobics (P) 10:00am New Image Fashion (AR) 10:00am 🎵 Music & Melodies (L) 10:00am 🧠 Thinkin' Thursday (GC) 11:00am 🏃 Daily Workout (FC) 11:00am 🍷 I'm Feeling Blue (PDR) 11:00am 🍷 Working Hands (C3FL)	8:00am 🌱 Morning Strolls (PG) 30 9:00am 🌱 Senior Fit (AR) 9:30am 🌱 Balance & Mobility (AR) 10:00am Shopping: Safeway, Walgreens or CVS 11:30am 🍷 Mad Hatter Tea Party* (AR) 12:30pm 🎯 Bridge (C2FL) 12:30pm 🍷 LCR (C3FL) 1:00pm Town Hall Meeting (AR) 2:00pm 🎵 Choir Practice (AR) 6:00pm 🎯 Bridge (AR)	8:00am 🌱 Water Aerobics (P) 31 9:00am 🌱 Axe Throwing (AR) 10:30am 🎯 Bingo (AR) 12:00pm 🧘 Chair Yoga with Brittany (FC) 12:00pm 🎯 Rummikub (AR) 1:30pm 🍷 Cinema Saturday: Wicked (AR) 3:00pm 🌱 Cornhole (FC) 6:00pm 🎯 Game Night (GC)