

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

LEGEND:

B – Bistro	L – Library
BP – Backyard Patio	LC – Legends Club
C – Chapel	LL – Lavender Lane
CB – Café Bridgewater	ML – Monarch Lane
ES – Exercise Studio	S – Salon/Spa
FC – Fitness Center	S1 – Studio 1
FP – Front Porch	S2 – Studio 2
FT – Forum Theater	P – Pool
GL – Grand Lounge	U – University Commons

May 2019

			8:00a: Morning Meditation (FT) 1 10:30a: Water Aerobics (P) 1:00p: Bridge Club (S1)** 2:00p: Chair Yoga (ES) 3:00p: NeuroFit Fitness Class with Kris Cameron (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Wine & Watercolors (S1) 6:30p: Bingo (B)	10:30a: Women's Bible Study (S1) 2 10:30a: Chair Yoga (ES) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at HyVee 3:00p: Step into Balance (ES) 6:30p: Billiards Game (U)** 7:00p: Iowa City Flute Choir Rehearsal (FT)	8:00a: Morning Meditation (FT) 3 9:30a: Morning Coffee Group (B) 10:30a: Walking Group ·Meet in Grand Lounge· 2:00p: Music Therapy (FT) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Margarita Social Hour (LC) 6:30p: Musical Remembrances (S1)	9:30a: Piano by Ethan (GL) 4 10:00a: Adult Coloring (S2)** 1:30p: Pedal the World (FT) 2:30p: Grand Patriots Great Courses Lecture Series: World War I: The "Great War" (FT) 5:50p: Kentucky Derby (FT) 7:00p: Movie Night (FT)
10:00a: Worship Service (C) 5 10:30a: Parkview Church Live Streaming (FT) 1:30p: Line Dancing with Rhonda (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 6:30p: Movie Night (FT)	8:00a: Morning Meditation (FT) 6 10:30a: Water Aerobics (P) 11:00a: Bank/Post Office Outing 1:30p: Beginner's Sign Language Class (S1) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 6:30p: Evening Stroll with Rhonda (GL)	9:30a: Morning Coffee Group (B) 7 10:30a: Chair Yoga (ES) 1:00p: Canasta Group (S1)** 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 6:00p: Parkinson's Support Group (FT) 6:30p: Bingo (B)	8:00a: Morning Meditation (FT) 8 10:30a: Water Aerobics (P) 10:30a: Catholic Service (C) 1:00p: Bridge Club (S1)** 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Wine & Watercolors (S1) 6:30p: Piano & Violin Performance by Minji and Katie (FT)	10:30a: Women's Bible Study (S1) 9 10:30a: Chair Yoga (ES) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 3:00p: Step into Balance (ES) 6:30p: Billiards Game (U)** 7:00p: Iowa City Flute Choir Rehearsal (FT)	8:00a: Morning Meditation (FT) 10 9:30a: Morning Coffee Group (B) 10:30a: Walking Group ·Meet in Grand Lounge· 1:00p: Podiatrist: Dr. Sherry (ES) ·Sign-up by Fitness & Spa Area 1:30p: Water Walking (P) 3:30p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: Musical Remembrances (S1)	9:30a: Piano by Ethan (GL) 11 10:00a: Iowa City Flute Choir Performance (FT) 1:30p: Pedal the World (FT) 2:30p: Lucky Charms Clarinet Quartet (FT) 2:30p: Grand Patriots Great Courses Lecture Series: World War I: The "Great War" (C) 7:00p: Movie Night (FT)
10:00a: Worship Service (C) 12 10:30a: Parkview Church Live Streaming (FT) 10:30a: Mother's Day Brunch (CB) 2:00p: University of Iowa's Steel Drum Band (FP) 3:30p: Bingo (B) 6:30p: Movie Night (FT)	8:00a: Morning Meditation (FT) 13 10:30a: Water Aerobics (P) 11:00a: Bank/Post Office Outing 1:30p: Beginner's Sign Language Class (S1) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 6:30p: Evening Stroll with Rhonda (GL)	9:30a: Morning Coffee Group (B) 14 10:30a: Chair Yoga (ES) 1:00p: Canasta Group (S1)** 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 6:00p: Parkinson's Support Group (FT) 6:30p: Crochet & Knitting Circle (GL)	8:00a: Morning Meditation (FT) 15 10:30a: Water Aerobics (P) 11:00a: Midday Connection Luncheon (FT) 1:00p: Bridge Club (S1)** 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Wine & Watercolors (S1) 6:30p: Bingo (B)	10:30a: Women's Bible Study (S1) 16 10:30a: Chair Yoga (ES) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Shopping at Von Maur 3:00p: Step into Balance (ES) 6:30p: Social & S'mores (BP) 7:00p: Iowa City Flute Choir Rehearsal (FT)	8:00a: Morning Meditation (FT) 17 9:30a: Morning Coffee Group (B) 10:30a: Walking Group ·Meet in Grand Lounge· 2:00p: Music Therapy (ML) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: Musical Remembrances (S1)	9:30a: Piano by Ethan (GL) 18 10:00a: Adult Coloring (S2)** 1:30p: Pedal the World (FT) 2:30p: Grand Patriots Great Courses Lecture Series: World War I: The "Great War" (FT) 7:00p: Movie Night (FT)
10:00a: Worship Service (C) 19 10:30a: Parkview Church Live Streaming (FT) 1:30p: Line Dancing with Rhonda (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 6:30p: Movie Night (FT)	8:00a: Morning Meditation (FT) 20 10:30a: Water Aerobics (P) 11:00a: Bank/Post Office Outing 1:30p: Beginner's Sign Language Class (S1) 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 6:30p: Book Club (GL)	9:30a: Morning Coffee Group (B) 21 10:30a: Chair Yoga (ES) 1:00p: Canasta Group (S1)** 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:00p: Music by Jerry Smithe (FT) 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 6:00p: Parkinson's Support Group (FT) 6:30p: Crochet & Knitting (GL)	8:00a: Morning Meditation (FT) 22 10:30a: Water Aerobics (P) 10:30a: Catholic Service (C) 1:00p: Bridge Club (S1)** 2:00p: Food for Thought (CB) 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Wine & Watercolors (S1) 6:30p: Bingo (B)	10:30a: Women's Bible Study (S1) 23 10:30a: Chair Yoga (ES) 12:00p: Caring for Your Loved One Luncheon: Understanding Dementia (FT) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 3:00p: Step into Balance (ES) 6:30p: Billiards Game (U)** 7:00p: Flute Choir Rehearsal (FT)	8:00a: Morning Meditation (FT) 24 9:30a: Morning Coffee Group (B) 10:30a: Walking Group ·Meet in Grand Lounge· 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Social Hour (LC) 6:30p: The Studio Piano Recital for Dr. Virginia Houser (FT)	9:30a: Piano by Ethan (GL) 25 10:00a: Adult Coloring (S2)** 1:30p: Pedal the World (FT) 2:30p: Grand Patriots Great Courses Lecture Series: World War I: The "Great War" (FT) 7:00p: Movie Night (FT)
10:00a: Worship Service (C) 26 10:30a: Parkview Church Live Streaming (FT) 1:30p: Beginner's Chair Class (ES) 2:00p: Coloring & Relaxation (S2) 3:30p: Bingo (B) 6:30p: Movie Night (FT)	1:00p: The National Memorial Day Parade (FT) 27 3:00p: The National Moment of Remembrance 4:00p: Puzzles (S1)** 6:30p: Evening Stroll with Rhonda (GL)	9:30a: Morning Coffee Group (B) 28 10:30a: Chair Yoga (ES) 1:00p: Canasta Group (S1)** 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 3:00p: Step into Balance (ES) 3:30p: Bell Choir Rehearsal (FT) 6:00p: Parkinson's Support Group (FT) 6:30p: Crochet & Knitting Circle (GL)	8:00a: Morning Meditation (FT) 29 10:30a: Water Aerobics (P) 1:00p: Bridge Club (S1)** 2:00p: Chair Yoga (ES) 3:00p: Bravo! Music Program (FT) 4:00p: Wine & Watercolors (S1) 6:30p: Bingo (B)	10:30a: Women's Bible Study (S1) 30 10:30a: Chair Yoga (ES) 12:00p: Fitness Lunch & Learn with Tim (FT) 1:30p: Pedal the World (FT) 1:30p: Pet Therapy Dogs (GL) 2:30p: Resident Meeting (FT) 3:00p: Step into Balance (ES) 6:30p: Wine & Bonfire (BP) 7:00p: Flute Choir Rehearsal (FT)	8:00a: Morning Meditation (FT) 31 9:30a: Morning Coffee Group (B) 10:30a: Walking Group ·Meet in Grand Lounge· 2:00p: Water Walking (P) 3:00p: Active Chair Class (ES) 4:00p: Social Hour & Birthday Party (B) 6:30p: Musical Remembrances (S1)	 <p>GRAND LIVING. YOUR LIFE. UNIQUELY EMBRACED.</p> <p>AT <i>Bridgewater</i></p>

..Activities are subject to change..



Resident Run Activity: **