May 2024
Life Enrichment Calendar

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PISGAH VALLEY A Liberty Senior Living Retirement Community	Black: On-site at the Community Center (Blue: Off Campus Green: At the Villa/Manor Purple: Wellness in CC Red: Different from normally scheduled * : Ashley will reach out to schedule	**1** 2:00 Cornhole and Ladder Golf 5:00 Compline	**2** 10:00 Executive Committee Meeting 1:00 Hand, Knee, & Foot	**3** 10:50 OLLI Fab Friday: Weight Management as We Age: Depart 10:50am 11:00 Wellness Class in CC	**4**
5 9:00 Creative Crafters 12:30 Rummikub 3:00 Movie: Mrs. Doubtfire	**6** 10:00 Hearing Presentation: Hearing and Communication Strategies 10:30 Communion @ Villa 1:30 Wellness Class in CC 2:30 Grocery Run: Trader Joes 3:00 Wellness Class in CC	**7**	**8** 2:00 Birthday Bash and Mother's Day Celebration 5:00 Compline	**9** 10:00 Emergency Preparedness with Michelle, ED. 12:30 Hand & Foot 2:00 Live Music with Tom Brown @ Villa 3:00 Elizabeth's Art	**10** 11:00 Wellness Class in CC 2:00 Massage Therapy and Seniors: with Joel Reuben Ganz	**11**
12 Mother's Day 9:00 Creative Crafters 12:30 Joker789 3:00 Movie: Into the Wild	**13** 10:00 Pisgah Women 1:30 Wellness Class in CC 2:30 Grocery Run: Aldi 3:00 Live Music w The Terries @ Villa 3:00 Wellness Class in CC	**14**	**15** 11:00 Yard Games! (Cornhole, ladder golf, and bocce) 5:00 Compline	**16** 10:30 Documentary: The Social Dilemma 1:00 Hand, Knee, & Foot	**17** 9:00 Ladles of Love 10:50 OLLI Fab Friday: Lifestyle Medicine & the Gut Microbiome: Depart 10:50am 11:00 Wellness Class in CC	**18**
19 9:00 Creative Crafters 12:30 Ping Pong 3:00 Movie: 7 Pounds	**20** 11:00 DIY Flower Arranging! 1:30 Wellness Class in CC 2:30 Grocery Run: Whole Foods 3:00 Wellness Class in CC	**21**	**22** 10:00 Forest Bathing & Picnic at Fletcher Park 5:00 Compline	**23** 12:30 Hand & Foot 3:00 Resident Council	**24** 11:00 Wellness Class in CC 2:00 Happy Hour!	**25**
26 9:00 Creative Crafters 12:30 Mexican Train Dominoes 3:00 Movie: A Beautiful Day in the Neighborhood	**27** Memorial Day	**28** 10:00 Pisgah Men 1:30 Wellness Class in CC 2:00 Live Music with Richard @ Villa 2:30 Grocery Run: Trader Joes 3:00 Wellness Class in CC	**29** 12:30 Potluck: Eating around the world: Mexican 5:00 Compline	**30** 11:00 Hand, Knee, & Foot 2:00 Swap Drop-Off: 2pm-5pm	**31** 10:00 House and Clothing Swap! 10am-3pm	