










| Indian Land   | May 2019  |   |  |  |
|---|---|---|--|--|
|   |   | <p align="center"><b>1</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 What's On Your Plate?<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>  | <p align="center"><b>2</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Sgt Mike Oliver<br/> 11:30-12:00 Lunch <br/> 12:00-1:00 Bingo</p> | <p align="center"><b>3</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Walking in Gym<br/> 10:30-11:30 Karaoke<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p> |
| <p><b>6</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Music(w) Betty<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>  | <p><b>7</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Pam's Exercise<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>  | <p align="center"><b>8</b></p> <p align="center"><b>Field Trip to<br/>Senior Citizens Day<br/>Columbia SC</b></p>   | <p><b>9</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Mary and Louise Crafts<br/> 11:30-12:00 Lunch <br/> 12:00-1:00 Bingo</p>         | <p><b>10</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Piano Music<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>                 |
| <p><b>13</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Mother's Day Special<br/> 11:30-12:00 Lunch <br/> 12:00-1:00 Bingo</p> | <p><b>14</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 ABC Brain Game<br/> 11:30-12:00 Lunch <br/> 12:00-1:00 Bingo</p>    | <p><b>15</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Family Feud<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>  | <p><b>16</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Armed Forces Day- 18th<br/> 11:30-12:00 Lunch <br/> 12:00-1:00 Bingo</p>       | <p><b>17</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Piano Music<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>                 |
| <p><b>20</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Music (w) Betty<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>  | <p><b>21</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Lynn Small Fun<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>   | <p><b>22</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 BOB and MOLLIE<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>   | <p><b>23</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 True or False Game<br/> 11:30-12:00 Lunch <br/> 12:00-1:00 Bingo</p>          | <p><b>24</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Karaoke<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>                     |
| <p><b>27</b></p>  <p><b>Memorial Day - Monday May 28th</b></p>  | <p><b>28</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Carolyn's Crafts<br/> 11:30-12:00 Lunch <br/> 12:00-1:00 Bingo</p> | <p><b>29</b></p> <p>7:00 -10:00 NATIONAL SENIOR HEALTH &amp; FITNESS DAY!!<br/> 11:30-12:15 Lunch <br/> 12:15-1:00 Bingo</p> | <p><b>30</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 How to stay cool- Edg.<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>  | <p><b>31</b></p> <p>9:00-10:00 Social Time<br/> 10:00-10:30 Exercise<br/> 10:30-11:30 Piano Music<br/> 11:30-12:00 Lunch<br/> 12:00-1:00 Bingo</p>                 |