

BIRTHDAY HAPPENINGS:



2nd-Robert Wallace
3rd-John Dill
4th-Regina Zimmer
5th-Ed Parsons
5th-Scott Zimmer
6th-Fredi Verdesca
9th-Barbara Camrick
11th-Jo Hiers
11th-Elaine Carp
15th-Beverly Davisson

17th-Susie Linsenmeyer
20th-Pat Cadwallader
20th-Frank Coscia
21st-Ann Hocking
21st-Peggy Cushman
23rd-Doug Dick
25th-Vincent Marrale
25th-Barbara Swidler
26th-Bob Chambers
26th-Francoise Dunn

27th-Gordon Svoboda
30th-Joan Brookins
30th-Jackie Freese



Transportation to Tower Pointe activities is available from the clubhouse.

MAY 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>What do you call a bear with no teeth? A Gummy Bear</p>				<p>1 8:30 Blue Zones Walking 10:30 Chair Yoga on Channel 195 4:00 Pianist Frederick Moyer Performs on Channel 195</p>	<p>2 11:00 Tai Chi on Channel 195</p>
<p>3 4:00 Book Read with Karen on TV Channel 195</p>	<p>4 8:30 Blue Zones Walking 10:00 Grocery Shopping 10:30 Chair Yoga on Channel 195 1:00 Exercise with Sandy on Channel 195</p>	<p>5 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 1:00 Exercise with Sandy on Channel 195 4:00 Book Read with Karen</p>	<p>6 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 10:30 Chair Yoga on Channel 195 1:00 Exercise with Sandy on Channel 195</p>	<p>7 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 1:00 Exercise with Sandy on Channel 195</p>	<p>8 8:30 Blue Zones Walking 10:30 Chair Yoga on Channel 195</p>	<p>9 11:00 Tai Chi on Channel 195</p>
<p>10 4:00 Book Read with Karen on TV Channel 195</p>	<p>11 8:30 Blue Zones Walking 10:00 Grocery Shopping 10:30 Chair Yoga on Channel 195 1:00 Exercise with Sandy on Channel 195</p>	<p>12 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 1:00 Exercise with Sandy on Channel 195 4:00 Book Read with Karen on TV Channel 195</p>	<p>13 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 10:30 Chair Yoga on Channel 195 1:00 Exercise with Sandy on Channel 195</p>	<p>14 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 1:00 Exercise with Sandy on Channel 195</p>	<p>15 8:30 Blue Zones Walking 10:30 Chair Yoga on Channel 195</p>	<p>16 11:00 Tai Chi on Channel 195</p>
<p>17 4:00 Book Read with Karen on TV Channel 195</p>	<p>18 8:30 Blue Zones Walking 10:00 Grocery Shopping 10:30 Chair Yoga on Channel 195 1:00 Exercise with Sandy on Channel 195</p>	<p>19 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 1:00 Exercise with Sandy on Channel 195 4:00 Book Read with Karen on TV Channel 195</p>	<p>20 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 10:30 Chair Yoga on Channel 195 1:00 Exercise with Sandy on Channel 195</p>	<p>21 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 1:00 Exercise with Sandy on Channel 195</p>	<p>22 8:30 Blue Zones Walking 10:30 Chair Yoga on Channel 195</p>	<p>23 11:00 Tai Chi on Channel 195</p>
<p>24 4:00 Book Read with Karen on TV Channel 195</p>	<p>25 Memorial Day 8:30 Blue Zones Walking 10:00 Grocery Shopping 10:30 Chair Yoga on Channel 195 <u>12:00 Memorial Day Lunch</u> 1:00 Exercise with Sandy on Channel 195</p>	<p>26 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 1:00 Exercise with Sandy on Channel 195 4:00 Book Read with Karen on TV Channel 195</p>	<p>27 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 10:30 Chair Yoga on Channel 195 1:00 Exercise with Sandy on Channel 195</p>	<p>28 8:30 Blue Zones Walking <u>8:30-3 Medical Transportation</u> 1:00 Exercise with Sandy on Channel 195</p>	<p>29 8:30 Blue Zones Walking 10:30 Chair Yoga on Channel 195</p>	<p>30 11:00 Tai Chi on Channel 195</p>

Monday Night at the Movies
Every Monday Night
Gathering Place of Tower Pointe
7:30 pm
Everyone is Welcome!
Cancelled Until Further Notice

Arbor Trace Board Meeting
Cancelled Until Further Notice

Tower Pointe Board Meeting
Cancelled Until Further Notice

Calendar Key
(AR) Clubhouse Activity Room
(ART) Clubhouse Multipurpose Room
(CL) Clubhouse
(GP) Gathering Place, Tower Pointe
(TP) Top of the Pointe Club