

May 2025 Activity Calendar							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Happy Birthday!
				9:00 Day Outing to Council on Aging's Spring Fling Fellowship 10:00 Zumba 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 1:00 Church Service 2:00 Billiards & Board Games	AD Kentucky Derby Day 10:00 Resident-led Walking Club 12:15 Line Dancing 2:00 Friday Flicks & Fun - "Secretariate" 4:00 Kentucky Derby Happy Hour	8:00 Cotton Mill Farmers' Market 9:00 City of Carrollton's Mayfest Arts & Crafts Festival 9:00 Pickleball at City Station Gym 10:00 Resident-led Walking Club 2:00 Bingo Bonanza	Diane H. - May 16th  Geri D. - May 13th  Ruth M. - May 22nd  Jim B. - May 25th
9:00 Southern Hills: The Church at City Station 11:00 Live Stream Church Service 1:00 Chair Volleyball 2:00 Bingo Bonanza	AD Cinco De Mayo 10:00 Resident-led Walking Club 11:15 Yoga For Every Body 11:30 Weekly Trivia Fun - Cinco De Mayo 2:00 Bingo Bonanza 3:30 Courtyard Games 6:30 GriefShare at City Station	AD National Teacher Day 10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 3:00 Chalk Full of Thanks Teacher Appreciation	10:00 Resident-led Walking Club 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 3:00 Ladies' Tea - What Did You Want To Be When You Grew Up 6:30 "Man on the Inside" Netflix Series: Episodes 1 & 2	9:00 Veterans Breakfast and Fellowship at Villa Rica Public Library 10:00 Zumba 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 1:00 Chair Volleyball 2:00 Billiards & Board Games 2:00 Live Music with Jim McCoy 4:00 National Have a Coke Day: Coca-Cola Tasting Stations	11:00 Newnan Day Excursion - Shopping, Trolley and Lunch 12:15 Line Dancing	8:00 Cotton Mill Farmers' Market 9:00 Pickleball at City Station Gym 2:00 Bingo Bonanza	
AD Mother's Day 9:00 Southern Hills: The Church at City Station 11:00 Live Stream Church Service 1:00 Chair Volleyball 2:00 Bingo Bonanza	AD Deadline to Register for the May 17 Mother's Day Tea 11:15 Yoga For Every Body 11:30 Weekly Trivia Fun - Flowers and Plants 2:00 Bingo Bonanza 3:30 Courtyard Games	AD National Apple Pie Day 10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 1:00 Old Fashioned Pie Party 3:00 Mixology Class with Hannah: May Margaritas 6:30 Sound Healing with Tasha	10:00 Resident-led Walking Club 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 3:00 Wine Wednesday 6:30 "Man on the Inside" Netflix Series: Episodes 3 & 4	10:00 Zumba 11:00 Vocalist/Keyboardist Karen Vance 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 1:00 Chair Volleyball 2:00 Billiards & Board Games 3:00 Spring Into Wellness Seminar	12:15 Line Dancing 2:00 Day Outing to Laura's Park at Hay's Mill Trailhead 4:30 Friday Mocktails & Cocktails	8:00 Cotton Mill Farmers' Market 9:00 Pickleball at City Station Gym 10:00 Resident-led Walking Club 4:00 Mother's Day Tea	<div>Location Key</div> <div>Light Green = Get Healthy, Live Well</div> <div>Teal Blue = Birches on Maple</div>
9:00 Southern Hills: The Church at City Station 11:00 Live Stream Church Service 1:00 Chair Volleyball 2:00 Bingo Bonanza 3:00 Men's Group (one week early because of Memorial Day)	10:00 Independent Living Town Hall (one week early due to Memorial Day) 11:15 Yoga For Every Body 11:30 Weekly Trivia Fun - TV and Movie Mania 1:00 Day Outing to Linger Longer Horse Farm	10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 2:00 Live Music with Troy Crumpton	10:00 Resident-led Walking Club 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 3:00 Ladies' Tea - First Boyfriend 6:30 "Man on the Inside" Netflix Series: Episodes 5 & 6	AD Throwback Thursday - 1980s 10:00 Bingo with Traditions Hospice 10:00 Zumba 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 11:30 1980s Trivia Game 1:00 Chair Volleyball 2:00 Billiards & Board Games 4:00 1980s Music History 4:30 The Price is Right: 1980's Edition 6:15 Throwback Thursday 1980s Guess Who Picture Show	10:00 Resident-led Walking Club 12:15 Line Dancing 2:00 Friday Flicks & Fun - "Dunkirk" 4:30 Friday Mocktails & Cocktails	8:00 Cotton Mill Farmers' Market 9:00 Pickleball at City Station Gym 2:00 Bingo Bonanza	Orange = City of Carrollton  Light Blue = City Station  Dark Blue = UWG  Gold = Misc. Organizations
9:00 Southern Hills: The Church at City Station 11:00 Live Stream Church Service 1:00 Chair Volleyball 2:00 Bingo Bonanza	AD Memorial Day 11:15 Yoga For Every Body 11:30 Weekly Trivia Fun - Military Facts 2:00 Special Memorial Day Movie - "Hacksaw Ridge" 4:00 Cornhole Tournament	10:00 Bible Study Led by Mitch Clifton 10:00 Chair Yoga 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 6:30 Sound Healing with Tasha	10:00 Resident-led Walking Club 11:15 Yoga For Every Body 12:00 Chair Strength and Tone 3:00 Wine Wednesday 6:30 "Man on the Inside" Netflix Series: Episodes 7 & 8	10:00 Zumba 11:00 Zen Flow - Tai Chi for Mind and Body Harmony 1:00 Chair Volleyball 2:00 Billiards & Board Games 3:00 Kickoff to Summer Pool Party	AD National Mint Julep Day 10:00 Nourish & Flourish - Cooking with Gail 12:15 Line Dancing 4:30 Friday Mocktails & Cocktails and Monthly Birthday Celebration	8:00 Cotton Mill Farmers' Market 9:00 Pickleball at City Station Gym 10:00 Resident-led Walking Club 2:00 Bingo Bonanza	<div> THE BIRCHES ON MAPLE</div>