

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Location Key F - Fitness Room (4th Floor) GR - Game Room L - Lobby LB - Library LEC - Life Enrichment Center MT - Movie Theater O - Outing SR - Sunroom P - Parking Lot	Taste of RUI Dining Times: Breakfast: 8:00am-10:00am Lunch: 12:00pm-2:00pm Dinner: 4:00pm-6:00pm Luxe Unlimited Salon & Spa Hours: Spa: Monday: 9am-5pm Salon: Monday: 9am-3pm Wednesday: 9am-3pm Thursday: 9am-3pm All services are by appointment only	1 10:00 Hampton Roads History 101: Fort Monroe, Gloucester County, and Lafayette's Contributions to American History (LEC) 11:00 Chair Fitness with Legacy (LEC) 1:00 Feet to the Fire Writers' Workshop (LEC) 2:00 May Birthday Party (LEC) 3:00 Bingo! (LEC) 5:00 Resident-Led Group: Prayer Circle & Bible Study (SR) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	2 10:00 May Daily Chronicles (LEC) 10:30 Shopping Trip: Food Lion (O)\$ 11:15 Cardio Drumming (LEC) 2:00 Resident Council (LEC) 2:30 Strength & Balance (LEC) 3:00 Open Gym (F) 3:30 Evening Walk (CY) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	3 10:00 Morning Trivia & Coffee (LEC) 11:00 Crafting Corner (LEC) 1:00 Walking Club in the Courtyard (CY) 2:00 #RUIGIVESBACK: Teacher Appreciation Gifts (LEC) 3:00 Friday Bingo! (LEC) 4:00 CNU Student Piano Playing (SR) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	4 Kentucky Derby 10:00 Morning Cranium Crunches (LEC) 11:00 Saturday Morning Bingo! (LEC) 1:00 Men's Group (LEC) 2:00 Spring Fling Social Hour (LEC) 3:00 Hiddenwood Concert Series Featuring Live Entertainment by Jack Gorman (SR) ♪ 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC) 6:45 The Kentucky Derby Watch Party (LEC)
5 Cinco De Mayo 10:00 Sing Along with Missey (LEC) 11:00 Sunday Morning Bingo! (LEC) 2:00 Worship with Emmanuel Baptist Church (SR) 3:00 TED Talk: Ancient Roman Influence (LEC) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	6 A Day for Exploration 10:00 May Daily Chronicles (LEC) 10:30 Coffee & Chat with Brittany (LEC) 11:15 RUI Fit: Chair Pilates (LEC) 11:30 My RUI App & Tech Training (LEC) 1:30 Chair One (LEC) 2:00 The Life of Theodore Roosevelt (LEC) 3:00 Bingo! (LEC) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	7 Travelin' Tunes Tuesday 10:30 Brain Fitness with Legacy (LEC) 11:00 Lunch Bunch: Surf Riders (O)\$ 11:15 Stretch & Move (LEC) 1:00 Fun Fitness (LEC) 1:30 Art with Emily (LEC) 2:00 Open Gym (F) 3:00 Music with Mr. Jim (SR) ♪ 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	8 10:00 Morning Mind Benders & Coffee (LEC) 11:00 Chair Fitness with Legacy (LEC) 1:00 Feet to the Fire Writers' Workshop (LEC) 2:00 Creating Gnome Gardens (LEC) 3:00 Bingo! (LEC) 5:00 Resident-Led Group: Prayer Circle & Bible Study (SR) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	9 10:00 May Daily Chronicles (LEC) 10:30 Shopping Trip: Dollar Tree (O)\$ 11:15 Cardio Drumming (LEC) 2:00 Town Hall Meeting (LEC) 2:30 Strength & Balance (LEC) 3:00 Open Gym (F) 3:30 Evening Walk (CY) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	10 10:00 Morning Trivia & Coffee (LEC) 11:00 Crafting Corner (LEC) 1:30 Friday Concert ft. Entertainment by Sentimental Journeys (SR) 3:00 Friday Bingo! (LEC) 4:00 CNU Student Piano Playing (SR) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	11 10:00 Morning Cranium Crunches (LEC) 11:00 Saturday Morning Bingo! (LEC) 1:00 Men's Group: May YouTube & Me Men's Edition (LEC) 2:00 Spring Fling Social Hour (LEC) 3:00 Hiddenwood Concert Series Featuring Live Entertainment by Roberto (SR) ♪ 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)
12 Mother's Day 10:00 Sing Along with Missey (LEC) 11:00 Sunday Morning Bingo! (LEC) 12:00 Mother's Day Brunch Ft. Taste of RUI (DR/SR) 2:00 Worship with Emmanuel Baptist Church (SR) 3:00 TED Talk: Ancient Roman Influence (LEC) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	13 10:00 May Daily Chronicles (LEC) 10:30 Coffee & Chat with Brittany (LEC) 11:15 RUI Fit: Chair Pilates (LEC) 11:30 My RUI App & Tech Training (LEC) 1:30 Meet & Greet with Legacy (LEC) 2:00 Chair One (LEC) 2:30 Open Gym (F) 3:00 Bingo! (LEC) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	14 10:30 Brain Fitness with Legacy (LEC) 11:00 Lunch Bunch: Olive Garden (O)\$ 11:15 Stretch & Move (LEC) 1:30 Art with Emily: Ten Influential Female Artists (LEC) 2:00 Fun Fitness (LEC) 2:30 Open Gym (F) 3:00 Music with Mr. Jim (SR) ♪ 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	15 National Chocolate Chip Day 10:00 Morning Mind Benders & Coffee (LEC) 11:00 Chair Fitness with Legacy (LEC) 1:00 Feet to the Fire Writers' Workshop (LEC) 1:30 Pet Therapy with Kieran (LEC) * 2:00 Chocolate Chip cookie & Cookie Dough Ice Cream Social (LEC) 3:00 Bingo! (LEC) 5:00 Resident-Led Group: Prayer Circle & Bible Study (SR) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	16 10:00 May Daily Chronicles (LEC) 10:30 Shopping Trip: Walgreens (O)\$ 11:15 Cardio Drumming (LEC) 2:00 Taste of RUI: Resident Food Council (LEC) 2:30 Strength & Balance (LEC) 3:00 Open Gym (F) 3:30 Evening Walk (CY) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	17 10:00 Morning Trivia & Coffee (LEC) 11:00 Crafting Corner (LEC) 1:30 Legacy Presentation: Jeopardy for Speech Therapy Month (LEC) 3:00 Walking Club in the Courtyard (CY) 3:00 Friday Bingo! (LEC) 4:00 CNU Student Piano Playing (SR) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	18 10:00 Morning Cranium Crunches (LEC) 11:00 Saturday Morning Bingo! (LEC) 1:00 Men's Group (LEC) 2:00 Spring Fling Social Hour (LEC) 3:00 Hiddenwood Concert Series Featuring Live Entertainment by Eddie Sal (SR) ♪ 4:00 The Preakness (LEC) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)
19 10:00 Sing Along with Missey (LEC) 11:00 Sunday Morning Bingo! (LEC) 2:00 Worship with Emmanuel Baptist Church (SR) 3:00 TED Talk: Ancient Roman Influence (LEC) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	20 10:00 May Daily Chronicles (LEC) 10:30 Coffee & Chat with Brittany (LEC) 11:15 RUI Fit: Chair Pilates (LEC) 11:30 My RUI App & Tech Training (LEC) 1:30 Pet Therapy with Cali (LEC) * 2:00 Chair One (LEC) 2:30 Open Gym (F) 3:00 Bingo! (LEC) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	21 10:30 Brain Fitness with Legacy (LEC) 11:15 Stretch & Move (LEC) 1:30 Sweet Treat Trip: Dairy Queen (O)\$ 2:00 Fun Fitness (LEC) 2:30 Open Gym (F) 3:00 Music with Mr. Jim (SR) ♪ 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	22 10:00 Morning Mind Benders & Coffee (LEC) 11:00 Chair Fitness with Legacy (LEC) 1:00 Feet to the Fire Writers' Workshop (LEC) 1:30 Museum Trip: Mary M. Torggler Fine Arts Center (O) 3:00 Bingo! (LEC) 5:00 Resident-Led Group: Prayer Circle & Bible Study (SR) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	23 10:00 May Daily Chronicles (LEC) 10:30 Shopping Trip: Trader Joe's (O)\$ 11:15 Cardio Drumming (LEC) 2:00 Taste of RUI: France (LEC) 2:15 Learning Lab: Fly Over France (LEC) 2:30 Strength & Balance (LEC) 3:00 Open Gym (F) 3:30 Evening Walk (CY) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	24 10:00 Morning Trivia & Coffee (LEC) 11:00 Crafting Corner (LEC) 1:30 Walking Club in the Courtyard (CY) 2:00 New Resident Social Ice Cream Bar (LEC) 3:00 Friday Bingo! (LEC) 4:00 CNU Student Piano Playing (SR) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	25 10:00 Morning Cranium Crunches (LEC) 11:00 Saturday Morning Bingo! (LEC) 1:00 Men's Group: Men's Puzzles (LEC) 2:00 Spring Fling Social Hour (LEC) 3:00 Hiddenwood Concert Series Ft. Live Entertainment (SR) ♪ 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)
26 Indianapolis 500 Mile Race Day 10:00 Sing Along with Missey (LEC) 11:00 Indianapolis 500 Watch Party (SR) 11:00 Sunday Morning Bingo! (LEC) 2:00 Worship with Emmanuel Baptist Church (SR) 3:00 TED Talk: Ancient Roman Influence (LEC) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	27 Memorial Day 10:00 May Daily Chronicles (LEC) 10:30 Coffee & Chat with Brittany (LEC) 11:15 RUI Fit: Chair Pilates (LEC) 11:30 My RUI App & Tech Training (LEC) 12:00 The Hiddenwood Memorial Day Cookout (CY) 1:30 Memorial Day Live Entertainment Ft. Linda & Lyle (SR) ♪ 2:00 Chair One (LEC) 3:00 Bingo! (LEC) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	28 10:30 Brain Fitness with Legacy (LEC) 11:00 Lunch Bunch: Cracker Barrel (O)\$ 11:15 Stretch & Move (LEC) 1:00 Fun Fitness (LEC) 1:30 Mariner's Museum: Eastern Woodland Native Inhabitants (LEC) 2:00 Open Gym (F) 3:00 Music with Mr. Jim (SR) ♪ 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	29 Senior Health & Fitness Day 10:00 Hampton Roads History 101 (LEC) 11:00 Chair Fitness with Legacy (LEC) 1:00 Feet to the Fire Writers' Workshop (LEC) 2:00 Taste of RUI Uncorked: France (LEC) 3:00 Bingo! (LEC) 5:00 Resident-Led Group: Prayer Circle & Bible Study (SR) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	30 10:00 May Daily Chronicles (LEC) 10:30 Shopping Trip: Kohl's (O)\$ 11:15 Cardio Drumming (LEC) 2:30 Strength & Balance (LEC) 3:00 Open Gym (F) 3:30 RUI Fit Health Talk: Hypertension (LEC) 5:30 RUII Presents: Pacific Heritage Month Family Movie Night 6:30 Resident-Led Nightly Game Time (LEC)	31 10:00 Morning Trivia & Coffee (LEC) 11:00 Crafting Corner (LEC) 1:30 Walking Club in the Courtyard (CY) 2:00 Resident Group: The Hiddenwood Book Club (LEC) 3:00 Friday Bingo! (LEC) 4:00 CNU Student Piano Playing (SR) 5:30 Evening Matinee (MT) 6:30 Resident-Led Nightly Game Time (LEC)	Please note that all life enrichment programs are subject to change based on the needs and desires of the residents. Outdoor programs and outings are weather dependent. Programs run for one hour or longer unless otherwise noted. Those with an "*" are half an hour.