


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>PLEASE JOIN US!</b></p>  <p><b>Mother's Day Brunch</b></p> <p><b>SUNDAY, MAY 12</b></p>	<p>Please note that all life enrichment programs are subject to change based on the needs and desires of the residents. Outdoor program and outings are weather dependent. Programs run for one hour or longer unless otherwise noted. Those with an "*" are a half hour.</p>	<p><b>Location Key</b></p> <p>CH - Cape Henry DR - Dining Room FC - Fitness Center FP - Front Porch L - Lobby LB - Library LEC - Life Enrichment Center P - Patio RUIU - RUI University Classroom R2R - Room to Room V - Van Outing</p>	<p>1</p> <p>10:00 Daily Discussion* (LEC) 10:30 Mind Bender Trivia* (LEC) 11:00 Chair One Fitness* (LEC) 1:30 Resident Council* (LEC) 2:00 Culinary Chat w/ Chef* (LEC) 2:30 Fitness Games: Bay Lake Bowling (LEC) 3:30 Chocolate Parfait Social (LEC) 6:00 Evening Movie (LEC)</p>	<p>2</p> <p>9:00 Nature &amp; Gardening (Meet in L) 10:00 Hampton Roads History 101 (RUIU) 11:00 Pub Trivia* (LEC) 1:00 Hermitage Museum &amp; Gardens (V)\$ 1:30 Dominoes (LEC) 2:30 National Geographic Documentary (LEC) 3:30 Seated Tai Chi* (LEC) 4:00 Fact or Fiction* (LEC) 6:00 Evening Movie (LEC)</p>	<p>3</p> <p>10:00 Feet to the Fire Writers' Workshop (RUIU) 10:30 Exercise w/ Legacy* (LEC) 11:00 Brain Busters* (LEC) 1:00 Bay Lake Men's Club (LB) 2:00 Field Day w/ VWU Ladies' Lacrosse (P) 3:30 Mix &amp; Mingle w/ Mark Pettiford (LEC)♪ 6:00 Fasn &amp; Friends (LEC)♪</p>	<p>4</p> <p><b>Kentucky Derby</b></p> <p>10:00 Gentle Stretching* (LEC) 10:30 Aromatherapy 101: Melt &amp; Pour Soap (RUIU) 1:30 Cranium Crunches* (LEC) 2:00 Cornhole (P) 3:00 Classic Movie Matinee (LEC) 3:30 Self-Guided Table Games (CH) 4:30 Derby Dinner (LEC) 6:00 Kentucky Derby Watch Party (LEC)</p>
<p>5</p> <p><b>Cinco de Mayo</b></p> <p>10:00 Sunday Worship on TV (LEC) 11:00 National Geographic (LEC) 1:00 Pokeno (LEC) 2:00 TED Talks: Aromatherapy &amp; Perfume (RUIU) 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 4:30 Cinco de Mayo Dinner (DR) 6:00 Evening Movie (LEC)</p>	<p>6</p> <p>10:00 Coffee &amp; Positive News* (LEC) 10:30 Strength &amp; Tone* (LEC) 11:00 Monday Mania Trivia* (LEC) 1:30 Fiesta w/ Trinity &amp; Friends (LEC) 2:30 Crafty Creations: Cards for Nurses (LEC) 3:30 Chair Yoga* (LEC) 4:00 My RUI App (RUIU) 6:00 Evening Movie (LEC)</p>	<p>7</p> <p><b>National Teacher Appreciation Day</b></p> <p>9:00 Nature &amp; Gardening (Meet in L) 10:00 Bike Rides w/ Spinclusion (FP) 10:00 Coffee &amp; Comedy* (LEC) 10:30 Strength &amp; Balance* (LEC) 11:00 Jeopardy* (LEC) 1:30 Cardio Drumming* (LEC) 2:00 Teacher Appreciation Social w/ Sentimental Journey (LEC)♪ 3:30 Bingo (LEC) 6:00 Evening Movie (LEC)</p>	<p>8</p> <p>10:00 Daily Discussion* (LEC) 10:30 Mind Bender Trivia* (LEC) 11:00 Chair One Fitness* (LEC) 1:30 Nondenominational Church Service* (LEC) 2:30 Fitness Games: Bay Lake Bowling (LEC) 3:30 New Resident Social (LEC) 6:00 Evening Movie (LEC)</p>	<p>9</p> <p>9:00 Nature &amp; Gardening (Meet in L) 10:00 Morning Devotions w/ Chaplain Ravenell (LEC) 10:30 Strength &amp; Balance* (LEC) 11:00 Pub Trivia* (LEC) 1:30 Beach Trip (V)\$ 2:00 Self-Guided Table Games (LEC) 3:30 Seated Tai Chi* (LEC) 4:00 You Be the Judge* (LEC) 6:00 Evening Movie (LEC)</p>	<p>10</p> <p><b>National Golf Day</b></p> <p>10:00 Feet to the Fire Writers' Workshop (RUIU) 10:30 Exercise w/ Legacy* (LEC) 11:00 Brain Busters* (LEC) 11:30 Veterans' Luncheon (LEC) 1:00 Kings in the Corner (LEC) 2:30 Fitness Games: Target Golf (LEC) 3:30 Mix &amp; Mingle w/ Lyle &amp; Linda (LEC)♪ 6:00 Evening Movie (LEC)</p>	<p>11</p> <p>10:30 Qijong* (LEC) 11:00 Cranium Crunches* (LEC) 1:30 Washers (P) 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>
<p>12</p> <p><b>Mother's Day</b></p> <p>10:00 Sunday Worship on TV (LEC) 11:00 Mother's Day Brunch (DR) 1:00 Pokeno (LEC) 2:00 TED Talks: Aromatherapy &amp; Perfume (RUIU) 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>	<p>13</p> <p>10:00 Coffee &amp; Positive News* (LEC) 10:30 Strength &amp; Tone* (LEC) 11:00 Monday Mania Trivia* (LEC) 1:30 Art Therapy w/ Emily (RUIU) 3:00 Uncorked: Germany (RUIU) 3:30 Chair Yoga* (LEC) 4:00 My RUI App (RUIU) 6:00 Evening Movie (LEC)</p>	<p>14</p> <p>9:00 Nature &amp; Gardening (Meet in L) 10:00 Coffee &amp; Comedy* (LEC) 10:30 Strength &amp; Balance* (LEC) 11:00 Say What* (LEC) 1:30 Cardio Drumming* (LEC) 2:00 Nature Walk - Flower Gathering (P) 3:30 Bingo (LEC) 6:00 Evening Movie (LEC)</p>	<p>15</p> <p>10:00 Daily Discussion* (LEC) 10:30 Mind Bender Trivia* (LEC) 11:00 Chair One Fitness* (LEC) 1:00 Legacy Fitness Lab (LEC) 2:00 Margaret Ryan (RUIU) 3:00 Fitness Games: Bay Lake Bowling (LEC) 3:30 Creative Creations: May Flowers Art (LEC) 6:00 Evening Movie (LEC)</p>	<p>16</p> <p>9:00 Nature &amp; Gardening (Meet in L) 10:00 Strength &amp; Balance* (LEC) 10:30 Pub Trivia* (LEC) 11:00 Norfolk Tides vs. Lehigh Valley Iron Pigs (V)\$ 1:30 Afternoon Movie Matinee: Residents' Choice (LEC) 3:30 Seated Tai Chi* (LEC) 6:00 Evening Movie (LEC)</p>	<p>17</p> <p>10:00 Feet to the Fire Writers' Workshop (RUIU) 10:30 Exercise w/ Legacy* (LEC) 11:00 Brain Busters* (LEC) 1:30 Yahtzee (LEC) 2:30 Fitness Games (LEC) 3:30 Mix &amp; Mingle w/ Jimmy G Sings (LEC)♪ 6:00 Evening Movie (LEC)</p>	<p>18</p> <p>10:30 Gentle Stretching* (LEC) 11:00 Cranium Crunches* (LEC) 1:30 Disc Slam (P) 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>
<p>19</p> <p>10:00 Sunday Worship on TV (LEC) 11:00 National Geographic (LEC) 1:00 Pokeno (LEC) 2:00 TED Talks: Aromatherapy &amp; Perfume (RUIU) 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>	<p>20</p> <p>10:00 Coffee &amp; Positive News* (LEC) 10:30 Strength &amp; Tone* (LEC) 11:00 Monday Mania Trivia* (LEC) 11:30 Men's Lunch Outing (V)\$ 1:30 Lemonade &amp; Lawn Games (P) 3:30 Chair Yoga* (LEC) 4:00 Book Discussion Club (LB) 6:00 Evening Movie (LEC)</p>	<p>21</p> <p>9:00 Nature &amp; Gardening (Meet in L) 10:00 Eastern Woodland Native Inhabitants (RUIU) 11:00 Trivial Pursuit* (LEC) 1:30 Cardio Drumming* (LEC) 2:00 Strawberry Shortcake Social (P) 3:30 Bingo (LEC) 6:00 Evening Movie (LEC)</p>	<p>22</p> <p><b>Bike Rides w/ Spinclusion (FP)</b></p> <p>10:00 Daily Discussion* (LEC) 10:30 Mind Bender Trivia* (LEC) 11:00 Chair One Fitness* (LEC) 1:30 Nondenominational Church Service* (LEC) 2:30 Fitness Games: Bay Lake Bowling (LEC) 3:30 Trinity &amp; Friends (LEC) 6:00 Evening Movie (LEC)</p>	<p>23</p> <p>9:00 Nature &amp; Gardening (Meet in L) 10:00 Morning Devotions w/ Chaplain Ravenell (LEC) 11:00 Pub Trivia* (LEC) 11:30 Lunch Outing: Anchor Allie's (V)\$ 1:30 Armchair Travels: Hawaii (LEC) 2:30 Crafty Creations: Leis (LEC) 3:30 Hula Lessons (LEC) 4:30 Asian American &amp; Pacific Islander Heritage Dinner (DR) 6:30 Family Night: Finding O'Hana (LEC)</p>	<p>24</p> <p>10:00 Feet to the Fire Writers' Workshop (RUIU) 10:30 Exercise w/ Legacy* (LEC) 11:00 Brain Busters* (LEC) 1:30 Dominoes (LEC) 2:30 Fitness Games (LEC) 3:30 Mix &amp; Mingle w/ Barbara Blair (LEC)♪ 6:00 Evening Movie (LEC)</p>	<p>25</p> <p><b>National Wine Day</b></p> <p>10:30 Gentle Stretching* (LEC) 11:00 Cranium Crunches* (LEC) 1:30 Cornhole (P) 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 4:00 Wine Social (DR) 6:00 Evening Movie (LEC)</p>
<p>26</p> <p>10:00 Sunday Worship on TV (LEC) 11:00 National Geographic (LEC) 1:00 Pokeno (LEC) 2:00 TED Talks: Aromatherapy &amp; Perfume (RUIU) 2:30 Classic Movie Matinee (LEC) 3:00 Self-Guided Table Games (CH) 6:00 Evening Movie (LEC)</p>	<p>27</p> <p><b>Memorial Day</b></p> <p>10:00 Coffee &amp; Positive News* (LEC) 10:30 Strength &amp; Tone* (LEC) 11:00 Memorial Day Cookout w/ Bill Batte (P) 1:30 Lemonade &amp; Lawn Games (P) 3:30 Chair Yoga* (LEC) 4:00 My RUI App (RUIU) 6:00 Evening Movie (LEC)</p>	<p>28</p> <p>9:00 Nature &amp; Gardening (Meet in L) 10:00 Coffee &amp; Comedy* (LEC) 10:30 Strength &amp; Balance* (LEC) 11:00 I Should Have Known That* (LEC) 1:30 Cardio Drumming* (LEC) 2:00 Taste of RUI: France (LEC) 3:30 Bingo (LEC) 6:00 Evening Movie (LEC)</p>	<p>29</p> <p><b>National Senior Health &amp; Fitness Day</b></p> <p>10:00 Daily Discussion* (LEC) 10:30 Mind Bender Trivia* (LEC) 11:00 Chair One Fitness* (LEC) 1:30 10 Influential Female Artists (RUIU) 2:00 RUI FIT Health Expo (L) 6:00 Evening Movie (LEC)</p>	<p>30</p> <p>9:00 Nature &amp; Gardening (Meet in L) 10:00 RUI FIT Health Talk (RUIU) 10:30 Strength &amp; Balance* (LEC) 1:00 The Mariners' Museum (V)\$ 1:30 Self-Guided Table Games (LEC) 2:30 National Geographic Documentary (LEC) 3:30 Seated Tai Chi* (LEC) 4:00 Who Am I?* (LEC) 6:00 Evening Movie (LEC)</p>	<p>31</p> <p>10:00 Feet to the Fire Writers' Workshop (RUIU) 10:30 Exercise w/ Legacy* (LEC) 11:00 Brain Busters* (LEC) 1:00 Bay Lake Men's Club (LB) 1:30 Scrabble (LEC) 2:30 Fitness Games (LEC) 3:30 Birthday Bash w/ Roberto (LEC)♪ 6:00 Evening Movie (LEC)</p>	<p><b>LUXE Unlimited Salon &amp; Spa</b></p> <p>Mondays: 9:30 AM - 4:00 PM Wednesdays: 9:30 AM - 4:00 PM <b>Taste of RUI Dining Times</b> Breakfast: 7:30 AM - 9:00 AM Lunch: 11:30 AM - 1:00 PM Dinner: 4:30 PM - 6:00 PM</p>