



THE WESTMONT AT SHORT PUMP <sup>™</sup> RESIDENTIAL LIVING, ASSISTED LIVING, AND MEMORY CAR	r May 2	024			Spiritual Current Events Table Games	Entertainment Exercise RUI FIT ♪ Music Game \$ Requires Money Art/ Craft Outing
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please note that all Life Enrichment activities are subject to change based on the needs and desires of our residents. Outdoor programs are weather dependent. Programs run for an hour unless otherwise noted. Those with "*" are half hour.	WR: Westmont Restaurant RUI Fit: RUI Fit Gym JR: James River Room (2nd floor) BR: Billiards Room (2nd floor) CC: Cary Club (2nd floor) THR: Twin Hickory Room (3rd Floor) MT: Movie Theater (3rd floor) RUIU: University Classroom (3rd floor) GR: Game Room (3rd floor) O: Outside/Outing	Savor the Cove: Westmont's Mother's Day Brunch SUNDAY, MAY 12 11:00 AM - 1:30 PM	1 10:30 RUI FIT Morning Exercise (Gym)* 11:00 Game Day w/Kathy: Qwirkle (JR) 2:00 Armchair Travel: French Polynesia (RUIU) 2:00 Movie Matinee (MT) 2:00 RUI FIT Afternoon Exercise (Gym)* 3:00 Women's Discussion Group (THR) 6:30 Evening Movie - (MT)	2 8:30 Open Gym (RUI Fit Gym) 10:30 Westmont Headline News (JR Room, 2nd floor) 11:00 Game Day w/Kathy: Mexican Train (JR) 1:30 Feet to the Fire Writers' Workshop (RUIU) 2:00 Movie Matinee (MT) 3:00 Flower Arranging Committee (THR) 4:00 Pub Trivia (CC) 5:00 Harp Concert w/Kristin Eye (WR) 6:30 Evening Movie - (MT)	9:00 Walking Club (Meet in Lobby) 10:30 RUI FIT Morning Exercise (Gym)* 2:00 Movie Matinee (MT)	Kentucky Derby Day!       4         9:00       Walking Club (Meet in Lobby)         10:30       Westmont Headline News (JR Room, 2nd floor)         11:00       Kentucky Derby Social (JRR)         1:00       Wii Sports League: Bowling (JR)         2:00       BINGO (RUIU Room, 3rd floor)         2:00       BINGO (RUIU Room, 3rd floor)         3:00       Eternity Church Service (James River Room, 2nd floor)         6:30       Evening Movie - (MT)
8:30 Open Gym (RUI Fit Gym) 10:00 Hymn Sing-Along (MT) <b>11:00 Westmont's Savory</b> Sunday Brunch (JR) 1:00 Baptist Church Service (Streamed in MT) 2:00 Cinco De Mayo Social (CC) 2:00 Movie Matinee (MT)	Holocaust Remembrance Day       6         10:30       RUI FIT Morning Exercise (Gym)*         11:00       Game Day w/Kathy: Rummikub (JR)         1:30       Outing: Shopping Trip to Publix\$         2:00       Movie Matinee (MT)         2:00       RUI FIT Afternoon Exercise (Gym)*         2:30       BINGO (RUIU)         3:30       Tech 101 & My RUI App Class* (RUIU)         6:30       Evening Movie - (MT)	7 8:30 Open Gym (RUI Fit Gym) 9:00 Walking Club (Meet in Lobby) 10:30 Appalachian Studies: Josh Urban (RUIU) 10:30 Westmont Headline News (JR Room, 2nd filoor) 11:00 Game Day w/Kathy: Bananagrams (JR) 1:30 Bible Study with Karen (RUIU) 2:00 Movie Matinee (MT) 3:00 Bridge Club (Game Room, 3rd floor) 6:30 Evening Movie - (MT)	8 10:30 RUI FIT Morning Exercise (Gym)* 11:00 Game Day w/Kathy: Qwirkle (JR) 2:00 Movie Matinee (MT) 2:00 RUI FIT Afternoon Exercise (Gym)* 2:30 Culinary Meeting w/Chef Brad (JRR) 3:00 Women's Discussion Group (THR) 6:30 Evening Movie - (MT)	9 8:30 Open Gym (RUI Fit Gym) 10:30 Westmont Headline News (JR Room, 2nd floor) 11:00 Game Day w/Kathy: Mexican Train (JR) 1:30 Feet to the Fire Writers' Workshop (RUIU) 2:00 Movie Matinee (MT) 3:00 Flower Arranging Committee (THR) 4:00 Pub Trivia (CC) 6:30 Evening Movie - (MT)	<ul> <li>10</li> <li>9:00 Walking Club (Meet in Lobby)</li> <li>10:30 RUI FIT Morning Exercise (Gym)*</li> <li>12:00 Lunch Outing: Portico Restaurant\$</li> <li>2:00 Movie Matinee (MT)</li> <li>2:00 RUI FIT Afternoon Exercise (Gym)*</li> <li>3:00 Bridge Club (Game Room, 3rd floor)</li> <li>4:00 Finally Friday Happy Hour! (Cary Club, 2nd floor)</li> <li>6:30 Evening Movie - (MT)</li> </ul>	11 9:00 Walking Club (Meet in Lobby) 10:30 Westmont Headline News (JR Room, 2nd floor) 11:00 Wii Sports League: Basketball (JR) 2:00 BINGO (RUIU Room, 3rd floor) 2:00 Movie Matinee (MT) 3:00 Eternity Church Service (James River Room, 2nd floor) 6:30 Evening Movie - (MT)
10:00 Hymn Sing-Along (MT) 11:00 Westmont's Savory Sunday Brunch (JR) 1:00 Baptist Church Service (Streamed in MT) 2:00 Movie Matinee (MT) 6:20 Evening Movie - (MT)	13 10:30 RUI FIT Morning Exercise (Gym)* 11:00 Game Day w/Kathy: Rummikub (JR) 2:00 Movie Matinee (MT) 2:00 RUI FIT Afternoon Exercise (Gym)* 2:30 BINGO (RUIU) 3:30 Tech 101 & My RUI App Class* (RUIU) 6:30 Evening Movie - (MT)	14 8:30 Open Gym (RUI Fit Gym) 9:00 Walking Club (Meet in Lobby) 10:30 Westmont Headline News (JR Room, 2nd floor) 11:00 Game Day w/Kathy: Bananagrams (JR) 1:30 Bible Study with Karen (RUIU) 2:00 Kevin Sings the Classics 2:00 Movie Matinee (MT) 3:00 Bridge Club (Game Room, 3rd floor) 3:30 Artists Corner: (JR) 6:30 Evening Movie - (MT)	<ul> <li>15</li> <li>10:30 RUI FIT Morning Exercise (Gym)*</li> <li>11:00 Game Day w/Kathy: Qwirkle (JR)</li> <li>1:30 Spanish for Beginners w/Lorie Southall (RUIU)</li> <li>2:00 Movie Matinee (MT)</li> <li>2:00 RUI FIT Afternoon Exercise (Gym)*</li> <li>2:00 Trivia Quest Live (RUIU)</li> <li>3:00 Women's Discussion Group (THR)</li> <li>6:30 Evening Movie - (MT)</li> </ul>	<ul> <li>16</li> <li>8:30 Open Gym (RUI Fit Gym)</li> <li>10:30 Westmont Headline News (JR Room, 2nd floor)</li> <li>11:00 Game Day w/Kathy: Mexican Train (JR)</li> <li>1:30 Feet to the Fire Writers' Workshop (RUIU)</li> <li>2:00 Hawaiian Hula Dance Performance (JR)</li> <li>2:00 Movie Matinee (MT)</li> <li>3:00 Flower Arranging Committee (THR)</li> <li>4:00 Pub Trivia (CC)</li> <li>4:15 Hawaiian BBQ (WR)</li> <li>6:30 Evening Movie - Finding Ohana (MT)</li> </ul>	9:00 Walking Club (Meet in Lobby) 10:30 RUI FIT Morning Exercise (Gym)* 2:00 Movie Matinee (MT) 2:00 RUI FIT Afternoon Exercise	Armed Forces Day 18 9:00 Walking Club (Meet in Lobby) 10:30 Westmont Headline News (JR Room, 2nd floor) 11:00 Wii Sports League: Frisbee (JR) 11:15 Veteran Outing: Mission BBQ\$ 2:00 BlNGO (RUIU Room, 3rd floor) 2:00 Movie Matinee (MT) 3:00 Eternity Church Service (James River Room, 2nd floor) 6:30 Evening Movie - (MT)
<ul> <li>10:00 Hymn Sing-Along (MT)</li> <li>11:00 Westmont's Savory Sunday Brunch (JR)</li> <li>1:00 Baptist Church Service (Streamed in MT)</li> <li>2:00 Movie Matinee (MT)</li> <li>3:30 Piano recital</li> </ul>	20 10:30 RUI FIT Morning Exercise (Gym)* 11:00 Game Day w/Kathy: Rummikub (JR) 11:30 Lunch Outing: Lee's Chicken\$ 2:00 Movie Matinee (MT) 2:00 RUI FIT Afternoon Exercise (Gym)* 2:30 BINGO (RUIU) 3:30 Tech 101 & My RUI App Class* (RUIU) 6:30 Evening Movie - (MT)	21 8:30 Open Gym (RUI Fit Gym) 9:00 Walking Club (Meet in Lobby) 10:30 Westmont Headline News (JR Room, 2nd floor) 11:00 Game Day w/Kathy: Bananagrams (JR) 11:00 Jammin' w/Jillson (RUI Gym) 1:30 Bible Study with Karen (RUIU) 2:00 Movie Matinee (MT) 2:30 Paint Techniques and Sip (JR) 3:00 Bridge Club (Game Room, 3rd floor) 6:30 Evening Movie - (MT)	22 10:30 RUI FIT Morning Exercise (Gym)* 11:00 Game Day w/Kathy: Qwirkle (JR) 2:00 Movie Matinee (MT) 2:00 RUI FIT Afternoon Exercise (Gym)* 3:00 Women's Discussion Group (THR) 6:30 Evening Movie - (MT)	23 8:30 Open Gym (RUI Fit Gym) 10:30 Westmont Headline News (JR Room, 2nd floor) 11:00 Game Day w/Kathy: Mexican Train (JR) 1:30 Feet to the Fire Writers' Workshop (RUIU) 2:00 Movie Matinee (MT) 3:00 Flower Arranging Committee (THR) 4:00 Pub Trivia (CC) 6:30 Evening Movie - (MT)	24 9:00 Walking Club (Meet in Lobby) 10:30 RUI FIT Morning Exercise (Gym)* 2:00 Movie Matinee (MT) 2:00 RUI FIT Afternoon Exercise (Gym)* 3:00 Bridge Club (Game Room, 3rd floor) 3:30 Monthly Birthday Celebration! (JR) 4:00 Finally Friday Happy Hour! (Cary Club, 2nd floor) 6:30 Evening Movie - (MT)	National Wine Day       25         9:00       Walking Club (Meet in Lobby)         10:30       Westmont Headline News (JR Room, 2nd floor)         11:00       Wii Bowling (JR)         12:30       Outing: James River Cellars Winery\$         2:00       BINGO (RUIU Room, 3rd floor)         2:00       BINGO (RUIU Room, 3rd floor)         3:00       Eternity Church Service (James River Room, 2nd floor)         6:30       Evening Movie - (MT)
8:30 Open Gym (RUI Fit Gym) 10:00 Hymn Sing-Along (MT) <b>11:00 Westmont's Savory</b> <b>Sunday Brunch (JR)</b> 1:00 Baptist Church Service (Streamed in MT) 2:00 Movie Matinee (MT)	Happy Memorial Day!       27         10:30       RUI FIT Morning Exercise (Gym)*         11:00       Game Day w/Kathy: Rummikub (JR)         12:00       Memorial Day Cookout (WR)         2:00       Movie Matinee (MT)         2:00       RUI FIT Afternoon Exercise (Gym)*         2:30       BINGO (RUIU)         3:30       Tech 101 & My RUI App Class* (RUIU)         6:30       Evening Movie - (MT)		National Senior Health & Fitness 29         Day         10:30       RUI FIT Morning Exercise (Gym)*         11:00       Game Day w/Kathy: Qwirkle (JR)         1:30       Spanish for Beginners w/Lorie Southall (RUIU)         2:00       Movie Matinee (MT)         2:00       Resident Council (JR)         2:00       RUI FIT Afternoon Exercise (Gym)*         3:00       Women's Discussion Group (THR)         6:30       Evening Movie - (MT)	30 8:30 Open Gym (RUI Fit Gym) 10:30 Westmont Headline News (JR Room, 2nd floor) 11:00 Game Day w/Kathy: Mexican Train (JR) 1:30 Feet to the Fire Writers' Workshop (RUIU) 2:00 Movie Matinee (MT) 3:00 Flower Arranging Committee (THR) 4:00 Pub Trivia (CC) 6:30 Evening Movie - (MT)	<ul> <li>31</li> <li>9:00 Walking Club (Meet in Lobby)</li> <li>10:30 RUI FIT Morning Exercise (Gym)*</li> <li>2:00 Movie Matinee (MT)</li> <li>2:00 RUI FIT Afternoon Exercise (Gym)*</li> <li>3:00 Bridge Club (Game Room, 3rd floor)</li> <li>4:00 Finally Friday Happy Hour! (Cary Club, 2nd floor)</li> <li>6:30 Evening Movie - (MT)</li> </ul>	oyright © 2024 Uhlig LLC <b>№ Illustratus</b>