






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>If you have any questions, comments or suggestions about Activities please contact the Cultural Arts Coordinator Alex at 91(716) 929-5618 or via email at anowak@echa.org</b>	<b>1</b> 10:00 Zumba Gold & Tone with Mary (LH) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)  <b>Manicures &amp; Pedicures (CA)</b>  <b>By appointment only</b> <small>May Day</small>	<b>2</b> 10:00 Yoga with Kandy (CH) <i>11:00 Resident Council Meeting (LH)</i> 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Movie Night "A.K.A Cassius Clay" (LH)	<b>3</b> 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)	<b>4</b> 10:00 Fitness (CH) 12:30 Lunch Bunch (C) 2:30 Mahjong (L6) 7:30 Movie Repeat "A.K.A. Cassius Clay"  <b>2-4 Houseplant Repotting with Put a Plant on It (P)</b>	<b>5</b> 9:00 Fitness with Susie (LH) 11:00 Meditation with Ann (CH) 2:00 Afternoon Tea (L) 3:30 Anti-Racism Group Meeting (LH) 4:30 May Birthday Happy Hour! (L6)  <b>11-1 Cinco-de-Mayo Lunch Special</b>  <small>Cinco de Mayo</small>	<b>6</b> 10:00 Senior Strong Mix with Theresa (LH) 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "Empire of Light" (LH) 7:30 Movie Repeat "Empire of Light" (CH) <b>12-7 Kentucky Derby Viewing L1</b> 
<b>7</b> 10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Jerry & Marge Go Large" (LH) 7:30 Movie Repeat "Jerry & Marge Go Large" (CH)	<b>8</b> 10:00 Zumba Gold & Tone with Mary (LH) <b>11:00 Grocery Trip: Dash's</b> <i>1:00 Town Hall with Rob (LH)</i> 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)	<b>9</b> 10:00 Yoga with Kandy (CH) <b>11:30 How to put together an Art Exhibit with Danielle Saeva (CA)</b> 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Movie Night "Armageddon Time" (LH)	<b>10</b> 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)	<b>11</b> 10:00 Fitness (CH) 12:30 Lunch Bunch (C) 1:30 Writing Group (CA) 2:30 Mahjong (L6) <b>3:00 Pet Visit with Charles &amp; Virginia (L1)</b> 7:30 Movie Repeat "Armageddon Time" (CH)	<b>12</b> 10:00 Fitness with Susie (LH) 11:00 Meditation with Ann (CH) 2:00 Afternoon Tea (L) <b>4:30 Gallery Opening (L1 &amp; G)</b>	<b>13</b> 10:00 Senior Strong Mix with Theresa (LH) 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "Spoiler Alert" (LH) 7:30 Movie Repeat "Spoiler Alert" (CH)
<b>14</b> 10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Little Women" (LH) 7:30 Movie Repeat "Little Women" (CH)  <b>11-2 Mother's Day Brunch</b> <small>Mother's Day National Skilled Nursing Week</small>	<b>15</b> 10:00 Zumba Gold & Tone with Mary (LH) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)	<b>16</b> 10:00 Yoga with Kandy (CH) <i>11:30 Activities with Alex (CA)</i> 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Movie Night "Emily" (LH)	<b>17</b> 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6) <b>7:30 Performance by Duo Purla (L1)</b>	<b>18</b> 10:00 Fitness (CH) <i>11:00 Coffee with Paul (LH)</i> 12:30 Lunch Bunch (C) 1:30 Writing Group (CA) 2:30 Mahjong (L6) 7:30 Movie Repeat "Emily (CH)	<b>19</b> 10:00 Fitness with Susie (LH) 11:00 Meditation with Ann (CH) 2:00 Afternoon Tea (L) 3:30 Anti-Racism Group Meeting (LH) 4:30 Informal Happy Hour (L6)	<b>20</b> 10:00 Senior Strong Mix with Theresa (LH) 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "Strictly Ballroom" (LH) 7:30 Movie Repeat "Strictly Ballroom" (CH) <small>Armed Forces Day</small>
<b>21</b> 10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Little Big League" (LH) 7:30 Movie Repeat "Little Big League" (CH)	<b>22</b> 10:00 Zumba Gold & Tone with Mary (LH) <b>11:00 Grocery Trip: Wegman's</b> 2:30 Canterbury University (LH) 4:30 Happy Hour (L6) <b>7:30 Performance by Charles &amp; Virginia (L1)</b> <small>Victoria Day (Canada)</small>	<b>23</b> 10:00 Yoga with Kandy (CH) 11:30 Painting Flower Pots (CA) 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Movie Night "The Frisco Kid" (LH)	<b>24</b> 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6)	<b>25</b> 10:00 Fitness (CH) <i>10:30 Dining Committee Meeting (LH)</i> 12:30 Lunch Bunch (C) 1:30 Writing Group (CA) 2:30 Mahjong (L6) 7:30 Movie Repeat "The Frisco Kid" <small>Shavuot Begins</small> 	<b>26</b> 10:00 Fitness with Susie (LH) <b>11-2 Outing: Maid of the Mist Niagara Falls Boat Tour!</b> 4:30 Informal Happy Hour (L6)	<b>27</b> 10:00 Senior Strong Mix with Theresa (LH) 11:00 Fitness (CH) 1:30 Bridge (L6) 2:30 Movie Matinee "The Good Girl" (LH) 7:30 Movie Repeat "The Good Girl" (CH)
<b>28</b> 10:00 Advanced Tai Chi (CH) 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "Glory" (LH) 7:30 Movie Repeat "Glory" (CH)	<b>29</b> 10:00 Zumba Gold & Tone with Mary (LH) <b>11-2 Memorial Day Picnic (T&amp;C)</b> 4:30 Happy Hour (L6)   <small>Memorial Day</small>	<b>30</b> 10:00 Yoga with Kandy (CH) 1:30 Scrabble (L6) 3:00 Singing Group (L1) 7:30 Movie Night "Whitney Houston: I Wanna Dance With Somebody" (LH)	<b>31</b> 10:00 Beginner Tai Chi (CH) 11:00 Yoga with Ann (LH) 1:30 Bridge (L6) 2:30 Canterbury University (LH) 4:30 Happy Hour (L6) <b>7:30 Performance by Saxman Slim (L1)</b>	<div> <div>May 2023</div> <div>Gates Circle Independent Living Activity Calendar</div> </div>		

Key: L = Library, CH = Channel 1390, LH = Lunt Hall, L1 = 1<sup>st</sup> Floor Lounge, L6 = 6<sup>th</sup> Floor Lounge, CA = Cultural Arts Room, S = 1<sup>st</sup> Floor Art Studio, C = Café.

