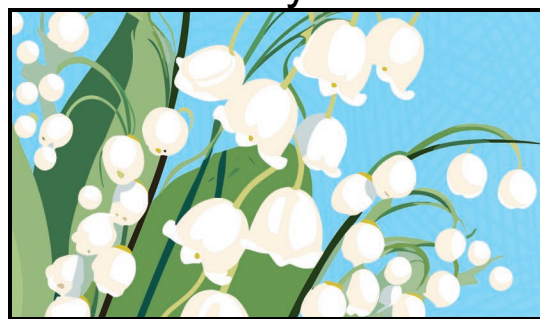



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">May 2026</h1> <h2 style="margin: 0;">Gates Circle Independent Living Activity Calendar</h2>					10:00 Fitness with Susie (LH) 1 11:00 Balance with Susie (LH) 3-5 May Day Artisan Market (LH)	2 10:15 Senior Strong Mix (LH) 11:00 Knit-Wits Club (CA) 12:00 Trivia (CH) 2:30 Movie Matinee "Shakespeare in Love" (LH) 7:00 Movie Repeat (CH)
10:00 Advanced Tai Chi (CH) 3 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The Age of Innocence" (LH) 7:00 Movie Repeat (CH)	9:30 Circuit Class Mixed (LH) 4 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1:30 Cornhole (LH) 3:00 Canterbury University (LH) 4:30 May Birthday Happy Hour (L6)	10:00 Zumba & Resistance (LH) 5 <i>11:00 Resident Council (LH)</i> 1:00 Wegmans Trip (FL) 2:30 Mahjong (L6) 3:00 Stairway to Heaven: Death Doula Rebecca Mercurio (LH) 7:00 Movie Night "Julie & Julia" (LH) <small>Cinco de Mayo</small>	9:30 Circuit Class Mixed (LH) 6 11:00 Yoga with Jon (LH) 11:00 Speedbag Training (FC) 1:30 Musical BINGO! (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	Salon Open by apt. only 7 9:30 Meditation with Ann (CH) 10:00 Zumba & Resistance (LH) 12:00 Virtual Lecture: Aging with a Plan (LH) 1:30 Scrabble (L6) 2:30 Workshop with Rio (CA) 7:00 Movie Repeat "Julie & Julia"	<small>May Day</small> 9:30 Bus Leaving: BPO Haydn Cello Concert (FL) 8 10:00 Fitness with Susie (LH) 11:00 Balance with Susie (LH) 2:00 Afternoon Tea (L) 3:00 Book Club (L) 4:30 BYO Sip & Socialize (L6)	9 10:15 Senior Strong Mix (LH) 11:00 Knit-Wits Club (CA) 12:00 Trivia (CH) 2:30 Movie Matinee "The Station Agent" (LH) 7:00 Movie Repeat (CH)
10:00 Advanced Tai Chi (CH) 10 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:00 Mother's Day Concert: Mary Ramsey & Joe Rozler (L1) 7:00 Movie Night "Because I Said So" (CH) <small>Mother's Day National Skilled Nursing Care Week</small>	9:30 Circuit Class Mixed (LH) 11 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) <i>1:00 Town Hall Meeting (LH)</i> 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	10:00 Bus Leaving: Tour of the Buffalo City Mission (FL) 12 10:00 Zumba & Resistance (LH) 1:00 Wegmans Trip (FL) 2:30 Mahjong (L6) 7:00 Movie Night "King Arthur" (LH)	9:30 Circuit Class Mixed (LH) 13 11:00 Yoga with Jon (LH) 11:00 Speedbag Training (FC) 1:30 May Jeopardy! (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	Salon Open by apt. only 14 9:30 Meditation with Ann (CH) 10:00 Zumba & Resistance (LH) 1:30 Scrabble (L6) 2:30 Craft: Clay Flower Frog (CA) 7:00 Movie Repeat "King Arthur" (CH)	10:00 Fitness with Susie (LH) 15 11:00 Balance with Susie (LH) 2:00 Afternoon Tea (L) 4:30 BYO Sip & Socialize (L6)	16 10:15 Senior Strong Mix (LH) 11:00 Knit-Wits Club (CA) 12:00 Trivia (CH) 2:30 Movie Matinee "Echo in the Canyon" (LH) 7:00 Movie Repeat (CH) <small>Armed Forces Day</small>
10:00 Advanced Tai Chi (CH) 17 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The Sandlot" (LH) 7:00 Movie Repeat (CH)	9:30 Circuit Class Mixed (LH) 18 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1:30 Cornhole (LH) 3:00 Canterbury University (LH) 4:30 Trivia Happy Hour (L6) <small>Victoria Day (Canada)</small>	10:00 Zumba & Resistance (LH) 19 <i>11:30 Cultural Arts Meeting (CA)</i> 1:00 Wegmans Trip (FL) 2:30 Mahjong (L6) 3:00 Stairway to Heaven: Grief Counselor Andrew Mattle (LH) 7:00 Movie Night "Circle of Friends" (LH)	9:30 Circuit Class Mixed (LH) 20 11:00 Yoga with Jon (LH) 11:00 Speedbag Training (FC) 1:30 Musical BINGO! (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	Salon Open by apt. only 21 9:30 Meditation with Ann (CH) 10:00 Zumba & Resistance (LH) 1:30 Scrabble (L6) 2:15 Workshop with Rio at Delaware Park (CA) 7:00 Movie Repeat "Circle of Friends" (CH) <small>Avuot Begins</small>	9:30 Bus Leaving: BPO Patriotic Pops (FL) 22 10:00 Fitness with Susie (LH) 11:00 Balance with Susie (LH) 2:00 Afternoon Tea (L) 3:00 Book Club (L) 4:30 BYO Sip & Socialize (L6)	23 10:15 Senior Strong Mix (LH) 11:00 Knit-Wits Club (CA) 12:00 Trivia (CH) 2:30 Movie Matinee "Cranford" (LH) 7:00 Movie Repeat (CH)
10:00 Advanced Tai Chi (CH) 24 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The Perfect Storm" (LH) 7:00 Movie Repeat (CH)	9:30 Circuit Class Mixed (LH) 25 11:00 Yoga with Ann (LH) 11:00 Speedbag Training (FC) 1:30 Cornhole (LH) 3:00 Canterbury University (LH) 4:30 Cellist Alex Cousins (L1) <small>Memorial Day</small>	10:00 Zumba & Resistance (LH) 26 1:00 Wegmans Trip (FL) 2:30 Mahjong (L6) 7:00 Movie Night "Water for Elephants" (LH)	Cancelled: Classes w/ Deion 27 10:00 Bus Leaving: Botanical Gardens Butterfly Exhibit (FL) 11:00 Yoga with Jon (LH) 1:30 Spoons Card Game (CA) 3:00 Canterbury University (LH) 4:30 Happy Hour (L6)	Cancelled: Zumba 28 Salon Open by apt. only 9:30 Meditation with Ann (CH) <i>11:00 Coffee with Paul (LH)</i> 1:30 Scrabble (L6) 2:30 Craft: Suncatchers (CA) 7:00 Movie Repeat "Water for Elephants" (CH)	10:00 Fitness with Susie (LH) 29 11:00 Balance with Susie (LH) 2:00 Afternoon Tea (L) 4:30 BYO Sip & Socialize (L6)	30 10:15 Senior Strong Mix (LH) 11:00 Knit-Wits Club (CA) 12:00 Trivia (CH) 2:30 Movie Matinee "Driving Miss Daisy" (LH) 7:00 Movie Repeat (CH)
10:00 Advanced Tai Chi (CH) 31 11:00 Catholic Mass (LH) 12:00 Beginner Tai Chi (CH) 2:30 Movie Matinee "The Martian" (LH) 7:00 Movie Repeat (CH)	Questions, comments, and concerns regarding activities may be directed to: Alex Nowak - Cultural Arts Coordinator (716) 929-5618 or anowak@echa.org					

Key: L=Library / CH=Channel 1390 / LH=Lunt Hall / L1=1st Floor Lounge / L6=6th Floor Lounge / CA=Cultural Arts Room / AL=2nd Floor Assisted Living Activity Room / FL = Gather in Front Lobby