

2019











CALENDAR YEAR

MAY

CALENDAR MONTH



# Bob Hope Village Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01	02	03	04
			10am <b>Activities Meeting (FC)</b>  <i>May Day</i>			11:00am * <b>Ladies Tea (GR)</b>
05	06	07	08	09	10	11
	10am- 2pm <b>Resident Counsel Elections (Corner Café)</b>	1:00pm * <b>Chair or Standing Martial Arts Class (FC)</b>  2:30pm * <b>"Taking care of your neighbors: Helping or Hurting" (FC)</b>	10:45am * <b>Lunch Outing -- Julie's Southern Joy (\$3)</b>	11:00 * <b>End of Season BHV Wii Bowling Party (FC)</b>  2:00pm * <b>"Speech Therapy &amp; all SLP's can do for you" (FC)</b> 		
12	13	14	15	16	17	18
11:30am & 1:00pm * <b>Mother's Day Lunch (\$)</b>  <i>Mother's Day</i>	9:30am * <b>Casino Trip (\$30)</b>	<b>Casino Trip</b>	2:30pm <b>Resident Council (GR)</b>	12:30pm * <b>"Things you may not know that are harmful to your health in your home" (FC)</b> 	6:15pm * <b>Sinfonia (\$3)</b>  <b>AFEV Golf Tournament</b>	9:00am * <b>Tole Painting (GC)</b>  <b>AFEV Golf Tournament</b> <i>Armed Forces Day</i>
19	20	21	22	23	24	25
		12:00pm * <b>Book Club @ Two Trees Restaurant</b>   1:00pm * <b>Bunco (GR)</b>	8:00am * <b>Barrancus National Cemetery</b>			
26	27	28	29	30	31	01
	<b>OFFICES CLOSED</b> 9:30am * <b>Memorial Day Ceremony (GR)</b>  <i>Memorial Day</i>	8:30am * <b>Blue Angels Practice (\$3)</b> 		12:00pm * <b>National Senior Wii Bowling Party (FC)</b> 		
02	03	<p><b>*Asterisk Denotes Sign-up at BHV Front Desk/Reception</b></p> <p>(T)=Tentative / (I)=Information / (R)=Recurring / (\$)=Fee/Cost            (BR)=Ballroom / (SR)=Sophia Room / (FC)=Fitness Center            (GC)=Gates Conference Room / (GR)= Gates Great Room /            (CH) = Chapel / (OFC)=Old Fitness Center</p> <p> = Minimal Walking   = Moderate Walking   = Heavy Walking</p> <p> * Activities with the HOPE logo are apart of the wellness program</p>				

**Upcoming Dates:**  
 June 3rd - Dinner Outing & Billy Bowlegs Parade  
 June 5th - Activities Meeting  
 June 16th - Father's Day

# Lounge Schedules (Current as of: 24-April-19)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>V1</b>	4pm: Social Hour 5:30pm: Cards	10am: Matts for the Homeless (The 754 Club) 10am: Wii Bowling 4pm: Social Hour 5:30pm: Cards	10am: Coffee & Chat 1pm/3pm/4pm: Wii Bowling 4pm: Social Hour 5:30pm: Cards	9am: Wii Bowling 2pm: Wii Bowling 4pm: Social Hour 5:30pm: Cards	10am/12:30pm/1:30pm: Wii Bowling 4pm: Social Hour 5:30pm: Cards	10am/2pm: Wii Bowling 4pm: Social Hour 5:30pm: Cards 6pm: Mexican Train	10am: Monthly Meeting (1st Sat) 4pm: Social Hour 5:30pm: Cards
<b>V2</b>	2pm: Cards	Any: Cards & Games 10am-12pm: Josies's Bible Study (2nd & 4th Mon) 3-5pm: Wii Bowling	Any: Cards 4pm: Wii Bowling	Any: Cards 5PM: Prayer Meeting	2-4pm: British Wives club (1st & 3rd Thurs) 6PM Movie Night	Any: Cards 10AM: Wii Bowling 4pm: Happy Hour	10am: Coffee & Chat (1st Sat) 6pm: Birthday Party (3rd Sat)
<b>V3</b>	2pm: Check In Lounge	1pm: Pinochle		6pm: Cards & Chat		4pm: Social Hour	10am: Coffee (1st Sat) 1pm: Cards
<b>V4</b>	1pm: Card Games 4pm: Village Birthday Party (3rd Sun)	Any: Puzzle/TV 4pm: Chat Nights	Any: Puzzle/TV 4pm: Chat Nights	1pm: Card Games Any: Puzzle/TV 4pm: Chat Nights	1pm: Card Games 4pm: Chat Nights	4pm: Happy Hour	9:30am: Coffee (1st Sat)
<b>V5</b>	3pm: Cornhole 4pm: Music (last Sun)	8am: Exercise 11am: Wii Bowling 12:30pm: Wii Bowling 1pm: Phase 10 4pm: 31 Cards 5pm: Wii Bowling 6pm: Bridge	8am: Exercise 9am: Wii Bowling 10am: Coffee 11am: Wii Bowling 1:30pm: Bible Study 4pm: Pinochle / 31 Cards 4pm: Wii Bowling	8am: Exercise 9am: Wii Bowling 10am: Coffee 11am: Wii Bowling / Cards 2pm: Wii Bowling 4pm: Pinochle / 31 Cards 6pm: Peg & Jokers	8am: Exercise 10am: Coffee 12pm: Social Knitting 1pm: Wii Bowling 4pm: 31 Cards / Pinochle 6pm: Mahjong	10am: Coffee 1pm: Birthday Party (3rd Fri) 3pm: Wii Bowling 4pm: Happy Hour 4pm: 31 Cards 6pm: Bridge	10am: Coffee (1st Sat) 2pm: Mahjong 4pm: 31 Cards 6pm: Peg & Jokers

Need to reserve your lounge/clubhouse? Contact the Activities Department for reservations and/or changes to the Lounge Schedule. Thank you.

### DID YOU KNOW?!?

- May in the Northern Hemisphere is similar to November in the Southern Hemisphere.
- These famous people were born in May: Bing Crosby (3<sup>rd</sup>), Audrey Hepburn (4<sup>th</sup>), Orson Welles (6<sup>th</sup>), Salvador Dali (11<sup>th</sup>), Florence Nightingale (12<sup>th</sup>), Peggy Lee (26<sup>th</sup>), and of course we can't forget Bob Hope (29<sup>th</sup>)!

### Volunteers Needed:

Friday, May 10<sup>th</sup>, at 10am the Activities Department needs volunteers to help get the Gates Building ready for Mother's Day. We need help rolling silverware and getting place settings ready.

If you are interested in helping, please call Ray at (850) 613-2168, thank you.

## ACTIVITIES SPOTLIGHT

- Julie's Southern Joy will be our lunch outing for May. Show support to a local business, as well as, support for the owner, the daughter of a BHV couple. Mark your calendars for May 8<sup>th</sup> and sign-up at the front desk. *(see the back for additional information)*
- We will be offering two seatings for Mother's Day Lunch on Sunday, May 12<sup>th</sup> at the Gates Building. Tickets are currently available but space is limited, so sign-up now! *(see the back for additional information)*
- You are invited to join us for a Memorial Day Ceremony on Monday, May 27<sup>th</sup>, at 9:30AM in the Gates Building.

## RECURRING CLUBS, GROUPS & ACTIVITIES


- **Monday** (Every Mon) @ 10AM Mats for the Homeless A.K.A. "The 754 Club" (V1 Lounge)
- **Monday** (Third Mon Ea. Month) @ 10:30AM Women's Veterans Club (Gates Conference Room)
- **Tuesday** (Every Tue) @ 2PM Bible Study (V5 Clubhouse)
- **Wednesday** (First Wed Ea. Month) @ 10AM Activities Meeting (Fitness Center)
- **Wednesday** (Third Wed Ea. Month) @ 2:30PM Resident Council (Gates Great Room)
- **Thursday** (First & Third Ea. Month) @ 2PM British Wives Club (V2 Lounge)

## MAY MOVIES – Channel 1962

<p><b>3-5</b> FOOTLOOSE [PG-13]</p>	<p><b>10-12</b> THE GREEN MILE [R]</p>	<p><b>17-19</b> EVER AFTER [PG-13]</p>	<p><b>24-26</b> THE BLIND SIDE [PG-13]</p>	<p>IF YOU HAVE A NEW MOVIE OR SIMPLY ONE YOU'D LIKE TO SHARE FOR FUTURE WEEKENDS, PLEASE SEE ACTIVITIES.</p>
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**FYI:** Please make sure to stay current on events & activities on Channels 1960 and 1962 throughout the week.

# May Wellness Calendar

Sunday	Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday	Every Sat
⇒ 8am—Exercise Class (V5)	⇒ 8am—Exercise Class (V5)	⇒ 8am—Exercise Class (V5)	⇒ 8am—Exercise Class (V5)	⇒ 8am—Exercise Class (V5)	⇒ 8am—Exercise Class (V5)	⇒ 10am—Hula (FC)
⇒ 9am – Exercise Class (FC)	⇒ 8am—Chair Yoga (FC)	⇒ 9am – Exercise Class (FC)	⇒ 8am—Chair Yoga (FC)	⇒ 9am – Exercise Class (FC)	⇒ 8am—Chair Yoga (FC)	⇒ 9am—Exercise Class (FC)
⇒ 10am—Walking Club (MC)	⇒ 9:30am—Chair Tai Chi (FC)	⇒ 11am—Zumba (FC)	⇒ 9:30am - Chair Tai Chi (FC)	⇒ 10am—Walking Club (MC)	⇒ 10am—Walking Club (MC)	
⇒ 10am—Yoga (FC)	⇒ 10am—Garden Club (Garden)	⇒ 12:30 pm - Random Aerobics Class (FC)	⇒ 11am—Balance Class (FC)	⇒ 10am – REFIT Dance Class (FC)	⇒ 10am – REFIT Dance Class (FC)	
⇒ 12pm—Silver & Fit Class (FC)	⇒ 11pm—Tops Weight Loss Program (FC) <b>(Starting May 28)</b>		⇒ 5pm—Hula Dancing (FC)	⇒ 12:30 pm - Random Aerobics Class (FC)	⇒ 12:30 pm - Random Aerobics Class (FC)	
	⇒ 5pm—Hula Dancing (FC)			<b>*Balance Class moved to 3pm on May 9 due to scheduled activity*</b>		
*9am/10am/4pm Water Aerobics* Sign Up Required	*9am/10am/4pm Water Aerobics* Sign Up Required	*9am/10am/4pm Water Aerobics* Sign Up Required	*9am/10am/4pm Water Aerobics* Sign Up Required	*9am/10am/4pm Water Aerobics* Sign Up Required	*9am/10am/4pm Water Aerobics* Sign Up Required	
<a href="#"><u>IN ADDITION TO ABOVE MONDAY CLASSES</u></a>	<a href="#"><u>IN ADDITION TO ABOVE TUESDAY CLASSES</u></a>	<a href="#"><u>IN ADDITION TO ABOVE WEDNESDAY CLASSES</u></a>	<a href="#"><u>IN ADDITION TO ABOVE THURSDAY CLASSES</u></a>	<a href="#"><u>IN ADDITION TO ABOVE FRIDAY CLASSES</u></a>		
<p><b>May 6 &amp; 20 @ 1pm</b> Eye Problems Support Group (FC)</p> <p><b>May 20 @ 2pm</b> Alzheimer's &amp; Dementia Support Group by Kindred (FC)</p> <p><b>Date TBD (Look for Flyer)</b> Mindfulness &amp; Healthy Aging in 2019 by Kindred (FC)</p>	<p><b>May 7 @ 1pm</b> Chair or Standing Martials Arts Class by Darrin Palmer Martial Arts (FC)</p> <p><b>May 21 @ 12pm</b> Book Club (Two Trees Restaurant)</p> <p><b>May 28 @ 11pm</b> Tops Weight Loss Meeting (FC)</p>	<p><b>May 8 @ 11am</b> Hearing Aid Checks (Fitness Center Hall)</p>	<p><b>May 9 @ 11pm</b> BHV Wii Bowling End of Season Party (FC)</p> <p><b>May 9 @ 2pm</b> RehabCare presents "Speech Therapy and all SLP's can do for you" (FC)</p> <p><b>May 16 @ 12:30pm</b> Kay Leaman presents "Things that are harmful to your health in your home" (FC)</p> <p><b>May 30 @ 12pm</b> National Senior League Wii Bowling End of Season Party (FC)</p>	<p><b>May 3 @ 10am</b> Blood pressure checks by Kindred (OFC)</p> <p><b>May 17 @ 10am</b> Blood pressure checks by AMEDISYS (OFC)</p> <p><b>May 3 &amp; 17 @ 11am</b> Grief Support by Kindred (FC)</p>		
						
						<p><b>Key:</b></p> <p>MC— MEET AT COMMONS</p> <p>FC—FITNESS CENTER</p> <p>OC— Old Fitness Center</p>

FITNESS CENTER  
HOURS OF OPERATION

6am – 10pm

Any Questions Contact: Monica @ 613-2171

National Wii Senior League Bowling Competition



What a wonderful season!

Out of 280 teams in 35 conferences competing across the United States we had 3 teams; **the 4 Rollers**, **the Knot Heads**, and **the Sunshine Team** crowned CHAMPIONS out of their conferences.

As we move into May we have 3 teams; **the Knot Heads**, **the 4 of Us**, and **the Fabulous 4** are still holding strong in the playoffs!

End of Season Party May 30 @ 12 (Fitness Center)



Senior Master Darrin Palmer is bringing his Martial Arts program to YOU! **Tuesday, May 7 @ 1pm** in the fitness center. This **FREE** program is for men and women looking to add fun, fitness, excitement and inner growth to their lives.

REFIT REVOLUTION

**REFIT** is a life-changing dance aerobics. Join certified **REFIT** instructor **Melinda Elliot** every **Friday @ 10am** for a **FREE** class in the **BHV Fitness center** for a “can’t miss” experience!



**TAKE OFF POUNDS  
SENSIBLY**

Here's what you can expect:

- Meetings usually last an hour or so.
- Each member has a private weigh-in before the meeting. (That's the first time you'll see listed.)
- Meeting starts with members sharing challenges, successes, or goals (if they want).
- There's a brief program. TOPS gives each chapter engaging, professionally prepared programs covering a variety of health and wellness topics.

Join the BHV chartered "Tops"

Take Off Pounds Sensibly Weight Loss Program

Weekly Meetings Starting

Tuesday, May 28 @ 11–11:30

POC Barbara McGlone

That's right its that time again! You can still Join Us! We kicked off our walking competition April 22. Guess where we are going? Davis-Monthan AFB Spouses Club is one of our donors for our pedometers, lets go say "Thank you!" Every week calculate and turn in

your weekly total steps on Monday to the Wellness Office. The competition ends July 29.

There will be prizes for the Top 3 walkers and 3 drawings for participation. If you need a pedometer, please contact the Wellness Office.

