

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Schedule Reflexology appointments on Thursdays with the Reflexologist, Tracy.	10:00 Muscle Toning-C 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling/500 Cards-AC 1:30 Open Gym (Fitness Room) 7:00 Cards & Games-AC  May Day	9:00 Yoga-Chapel 11:00 Community Worship and Celebration of Life-C 12:00 Mah-Jongg-1 12:30 Men's Club-H 1:00 Great Courses/ World's Greatest Paintings- AC 2:00 Bible Study-2 2:15 Pool Tournament-BR 7:00 Cards & Games-AC	10:00 to 3:00 Mother's Day Homemade Gift and Craft Show-Highlanders 10:00 Healthy Hands-C 10:30 Better Balance-C 1:30 Catholic Worship-C 1:30 Open Gym (Fitness Room) 2:30 Lifestyle Committee-4 7:00 Bingo-AC	9:30 Grocery Trip-ML 1:00 Resident Council Open to All Residents-AC 2:00 Resident Management Meeting (Open to All Residents)-Chapel 4:00 Burgatory-Trip-ML 7:00 Dominoes- AC  NATIONAL DAY OF PRAYER CINCINNATI Cinc	10:00 Meaningful Movements-C 10:30 Healthy Movements for Arthritis-C 11:00 Blood Pressure Clinics-MS 11:30 Open Gym (Fitness Room) 12:45 Westmoreland Mall Trip-ML 2:00 "Afternoon at the Races"-Highlanders  CINCINNATI MAYO	1:00 Movie Matinee Arts and Crafts Room Residents Choice  KENTUCKY DERBY
2:30 Chapel Service Rev. Charles MacPherson, Retired First Presbyterian Church, Murrysville	10:00 Muscle Toning-C 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling/500 Cards-AC 1:30 Open Gym (Fitness Room)	9:00 Yoga-Chapel 10:00 Food Committee-AC 12:00 Mah-Jongg-1 2:00 Bible Study-2 4:00 Smokey Bones-Trip-ML 7:00 Cards & Games-AC	10:00 Healthy Hands-C 10:30 Better Balance-C 1:30 Catholic Worship-C 1:30 Open Gym (Fitness Room) 7:00 Bingo-AC	9:30 Grocery Trip-ML 2:00 Resident Council Open to All Residents-AC 7:00 Dominoes - AC  NATIONAL DAY OF PRAYER CINCINNATI Cinc	10:00 Meaningful Movements-C 10:30 Healthy Movements for Arthritis-C 11:00 Blood Pressure Clinics-MS 11:30 Open Gym (Fitness RM) 12:00 Murrysville Historical Preservation Society - Chapel 12:45 Walmart Trip-ML 12:30 Bingo-AC 2:00 Pittsburgh Penguins Party-Highlanders	Jane O'Mara Piano Recitals at 1:00pm and at 3:00pm-Chapel
2:30 Chapel Service Pastor Dan Lawrence Murrysville Alliance Church, Murrysville  HAPPY Mother's Day	10:00 Muscle Toning-C 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling/500 Cards-AC 1:00 Symphony East-Chapel 1:30 Open Gym (Fitness Room) 7:00 Cards & Games-AC	9:00 Yoga-Chapel 11:00 Open Communion and Worship-Chapel 11:30 to 1:00 Super Foods - DR 12:00 Mah-Jongg-1 TBA-Delmont Movie Theatre-Trip 1:00 World's Greatest Paintings- AC 2:00 Bible Study-2 2:15 Pool Tournament-BR 3:00 Book Club-4 7:00 Cards & Games-AC	10:00 Healthy Hands-L 10:30 Better Balance-L 11:30 Cooking Demo-AC 1:00 Spiritual Life Meeting-3 1:30 Catholic Worship-C 1:30 Open Gym (Fitness Room) 4:00 Rizzo's Italian Restaurant Trip-ML 7:00 Bingo-AC	9:30 Grocery Trip-ML 11:00 Wii Bowling 12:00 Pittsburgh Pirate Tailgating and Game-Highlanders 1:00 500 Card Game-AC 2:15 Pool Tournament-BR 7:00 Dominoes- AC	10:00 Meaningful Movements-C 10:30 Healthy Movements for Arthritis-C 11:00 Blood Pressure Clinics-MS 11:30 Open Gym (Fitness Room) 12:00 Mid-Mon Valley Shipmates-Chapel 12:45 Aldi's-Trip-ML 3:00 Social Hour-outside patio	1:30 "Ms. Frost Fabulous Flying Fingers Club" of Elementary Students-Chapel  ARMED FORCES DAY
2:30 Chapel Service Rev. Karie Charlton Third Presbyterian Church Pittsburgh	10:00 Muscle Toning-C 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 Wii Bowling/500 Cards-AC 1:30 Open Gym (Fitness Room) 2:00 Alzheimer's Support Group-Terrace -FR 7:00 Cards & Games-AC	9:00 Yoga-Chapel 12:00 Mah-Jongg-1 1:00 Great Courses/ World's Greatest Paintings- AC 2:00 Bible Study-2 2:15 Pool Tournament-BR 3:30 Texas Roadhouse-Trip-ML 7:00 Cards & Games-AC	10:00 Healthy Hands-C 10:30 Better Balance-C 11:00 Coffeehouse Chat with a Snack -Highlanders 1:30 Catholic Worship-C 1:30 Open Gym (Fitness Room) 2:30 History Presentation with Lisa-Highlanders 7:00-PT Band-Chapel 7:00 Bingo-AC	9:30 Grocery Trip-ML 11:00 Wii Bowling 1:00 500 Card Game-AC 2:15 Pool Tournament-BR 3:30 Nickel Game-H 7:00 Dominoes- AC	10:00 Meaningful Movements-C 10:30 Healthy Movements for Arthritis-C 11:00 Farkle-H 11:00 Blood Pressure-MS 11:30 Open Gym (Fitness Rm) 12:45 Home Goods Store in Monroeville-Trip-ML 1:00 Brian Flexers-AC 2:00 Social Event-Highlanders	1:00 Movie Matinee Arts and Crafts Room Residents Choice  First Day of Ramadan
2:30 Chapel Service Rev. Marnie Silbert Newlonsburg Presbyterian Church, Murrysville	10:00 Muscle Toning-C 10:30 Head to Toe Stretch-C 1:00 Crochet Club-G 1:00 500 Cards-AC 1:30 Open Gym (Fitness Room) 7:00 Cards & Games-AC  MEMORIAL DAY	9:00 Yoga-Chapel 12:00 Mah-Jongg-1 1:00 Great Courses/ World's Greatest Paintings- AC 2:00 Bible Study-2 2:15 Pool Tournament-Billiards Room 7:00 Cards & Games-AC  Memorial Day	10:00 Healthy Hands-L 10:30 Better Balance-L 11:30 Cooking Demo-AC 1:30 Catholic Worship-C 1:30 Open Gym (Fitness Room) 7:00 Bingo-AC  First Day of Shavuot	<h1>May 2017</h1> <h2>Murrysville Veranda</h2>		

Calendar is Subject to Change. RED (Off Campus Events), please sign-up in the Event Binder outside the front office.

**Murrysville Veranda  
May 2017**

**Off Campus Events:**

Please sign-up for these trips in the Event Binder outside the Main office.

**Shopping: Fridays**

May 5th.....Westmoreland Mall, bus departs at 12:45pm

May 12th....Walmart, bus departs at 12:45pm

May 19th.....Aldi's, bus departs at 12:45pm

May 26th.....Home Goods Store in Monroeville, bus departs at 12:45

**(This month only)**

**Grocery Shopping/Bank:**

Every Thursday morning at 9:30am. May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>.

**Committee Meetings:**

**Lifestyle Committee:**

Wednesday, May 3rd at 2:30pm in the Fourth floor card room.

**Residential Management**

**Meeting:** Thursday, May 4th, 3:00pm in the Chapel.

**Food Committee:** Tuesday, May 9th, 10:00am in the Private Dining Room.

**Spiritual Life Committee:**

Wednesday, May 17th, 1:00pm in the Third Floor Card Room.

**Book Club:** Tuesday, May 16th, at 3:00pm in the Fourth floor card room.

**Bible Study:** Tuesdays at 2:00pm in the Second floor card room. Check your calendar for changes.

**On Campus Events:**

**Mother's Day Homemade Gift and Craft Show:** Wednesday, May 3rd from 10:00am till 3:00pm in the Highlanders. Shop different vendors for homemade jams and jellies, jewelry, purses, cupcakes, chocolates, pumpkin rolls, pot holders and placemats, Raggedy Ann and Andy dolls, and much, much more!

**Afternoon at the Races:** Friday, May 5<sup>th</sup> at 2:00pm in the Highlanders. Come down and bet on your favorite horse to win and win some dove dollars!! Light refreshments will be available.

**Ladies Spring Tea:** Thursday, May 11<sup>th</sup> at 2:00pm in the Chapel. For Ladies Only! Come and enjoy good friends, tea and crumpets with special guest, Sue Ellen Watt playing the harp to a theme, "If Tea Cups Could Talk". Sign up to attend this year's Elegant Ladies Spring Tea on the sign-up sheet, located in the Event Binder outside the main office. If you have a special tea cup and saucer you would like bring, you are welcome to do so.

**Ms. Frost Fabulous Flying Fingers Club of Elementary Students:** Saturday, May 20<sup>th</sup> at 1:30pm in the chapel. Ms. Frost music academy elementary students will be playing duets and singing for your enjoyment in the chapel. You are encouraged to sing-a-long with them. Please join in supporting the elementary students!!

**Social Hour:** Friday, May 19th at 3:00pm on the outside patio (weather permitting)! Get together with your neighbors and friends and enjoy some light refreshments.

**Bingo:** Friday, May 12th at 12:30pm in the Arts and Crafts Room. We play for an hour and have many laughs. Come down for a chance to yell out Bingo and to win some dove dollars!!

**Nickel Game:** Thursday, May 25th at 3:30pm in the Highlanders following the Pool Tournament at 2:15pm in the Billiards Room!! Bring your nickels and have some fun! If you don't know how to play, you can learn as you play. Level of play is easy!!

**Farkle:** Friday, May 26th at 11:00pm in the Highlanders.

**Great Courses-The World's Greatest Paintings:** Tuesdays in the Arts and Crafts Room at 1:00pm. Check your calendar for dates and times. We will study a few paintings in each lecture. These paintings are all from the Western tradition, a decision that is both predictable and defensible. They reveal their secrets slowly through careful observation--"reading", it can be said--of brushstroke, expressiveness of color, coherence of individual shapes, attention to detail, overall composition and mood, artistic imagination, and much more.

**Coffeehouse Chat with a Snack:** Wednesday, May 24th at 11:00am in the Highlanders. Come down, get a treat and stay for the conversation!

**500 Card Game:** Mondays and Thursdays at 1:00pm in the Arts and Crafts Room. Join us in the game of 500. Four players are needed to a table.

**Wii Bowling:** Every Monday and Thursday in the Arts and Crafts Room. Open to everyone. Now is the time to try it out, learn how and practice for the next tournament! Please join us! We need you!! Check your calendar for times.

**History Presentation with Lisa:** Wednesday, May 24th at 2:30pm in the Highlanders. Join us for some history and have some popcorn!!

**Yoga:** Tuesdays at 9:00pm in the chapel. Instructor: Soroja Chandra. Please bring a mat or towel. Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.

**Brain Flexers:** Friday, May 26th at 1:00pm in the Arts and Crafts Room. We have been working on several pages of a book at each session to improve our brains! Socialization is the primary goal of each activity. We all want our brains to be as fit as possible. Join us in activities to help strengthen our memory!

**Off Campus Trips:**

**Please sign-up for these trips in the Event Binder outside the Main office. Sign-ups and cancellations need to be made 48 hours in advance.**

**Burgatory:** Thursday, May 4th, bus departs from the main lobby at 4:00pm. Burgatory is located in Murrysville and is noted for their many delicious burgers and shakes. Have a night out with friends.

**Smokey Bones:** Tuesday, May 9<sup>th</sup> at 4:00pm, bus departs from the main lobby at 4:00pm. Smokey Bones is located in Greensburg. Smokehouse and barbecue dishes fill out the menu of this easygoing bar & grill with many other dishes to choice from.

**AMC Classic Delmont Movie Theatre (formerly known as Wynsong Cinemas):** Tuesday, May 16th. We have scheduled the bus to depart for the movies sometime in the afternoon. The movie choice and time is TBA (to be announced). We will need to see what movies are playing at the theatre on this day and need to wait for theatre to post. Please sign up in the event binder if you are going to go to the movies, don't wait to see what is playing. Any movie that will be chosen will be a nice afternoon out. Cost for movie tickets and on Tuesday and during this time frame is \$5.00.

**Rizzo's Malabar Inn:** Wednesday, May 17th, bus to depart at 4:00pm. Great American Spaghetti House. For the best Italian food this side of the Atlantic, there is only one place to go—Rizzo's Malabar Inn. Rizzo's Malabar Inn has been a Crabtree landmark since 1935, when Jerry DeFabo's grandparents opened a bar and company store on the first floor of their house. Originally, the restaurant was known as the Malabar Inn. In 1954, Rezero (Rizzo) DeFabo, changed the name to Rizzo's Malabar Inn. The current owner, Jerry DeFabo was actually born in the upstairs living quarters, which is now a dining room. The DeFabos pride themselves on providing authentic Italian food in a warm, family-friendly environment. **Texas Roadhouse:** Tuesday, May 23<sup>rd</sup>, bus to depart from the main lobby at 3:30pm. Texas Roadhouse is located in Greensburg. They have call ahead seating and is noted for there excellent steak dishes. A must try!

**Home Goods Store:** Friday, May 28<sup>th</sup>, bus to depart from the main lobby at 12:45pm. Home Goods is located in Monroeville. A store with many different types of home good items and so much to see! Enjoy a time out for shopping!!!

**If you have any ideas or information for an upcoming trip, give the information to a Lifestyle Committee member listed under the birthdays. Please keep in mind, the trips are planned a month in advance to secure transportation.**



**May Birthdays**

**Veranda Residents:**

- May 2 Janet Rupp
- May 6 Lela Fenn
- May 10 Russell Hunkawitz
- May 11 Sara Palone
- May 14 Stanley Jack
- May 18 Lois Groomes
- May 22 Jackie Wagner
- May 25 James Baney
- May 28 Jean Keys

**Courtyard Residents:**

- May 2 Eleanor Myers
- May 5 Virginia Born
- May 9 Avis Freeman
- May 30 Anne Brandt

**Terrace Residents:**

- May 5 Dolores Huber

**Staff Birthdays:**

- May 1 Kimberly Bingman
- May 13 Megan DeMichele
- May 16 Jill Wolfe
- May 17 GERALYN Smolka
- May 25 Theresa Beitel
- May 26 Karen Mclean
- May 28 Maureen Keough
- May 30 Georgeann Glunt

**Lifestyle Committee Members:**

- Shirley Furman/Chairman
- Muff Arnold
- Eleanor Fulton
- Barbara Carr
- Pat Martig
- Connie Meyers
- Jack Meyers