

SUN MON TUE WED THUR FRI SAT

ROOM KEY
 AL - Atterdag Lounge
 CCDR - Care Center
 Dining Room
 DR - Dining Room
 LR - Living Room

Cinco de Mayo
 8:00 AM Devotions (DR) **5**
 9:00 AM Church Service Rides (Around the Valley)
 12:30 PM Country Drive/Cancel (Around the Valley)
12:30 PM Speaker: Charlie Plumb author of "I'm No Hero" (Presbyterian Church)
 1:00 PM Wii Bowling (LR)
 2:30 PM Coffee and Cookie Cart (LR)

National Nurses Day
 8:00 AM Devotions (DR) **6**
 8:30 AM Atterdag Art Club (Atterdag Lounge - Bldg 14)
 9:00 AM 4 Ever Fit Monday (Community Center)
 10:00 AM Balance Class (Community Center)
 12:30 PM Local Shopping (Rite-Aid and Nielsens Market)
 1:30 PM Tai Chi (Community Center)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Coffee and Cookie Cart (LR)
 3:00 PM Bocce and Beer (9-03)

8:00 AM Devotions (DR) **7**
 10:00 AM Exercise Class (Community Center)
 10:30 AM Communion w/Father Peter (CCDR)
 11:00 AM Tech Tutoring (LR)
 12:30 PM Painting w/Cynthia (LR)
 2:00 PM Aquatics Class (Fitness Center/Pool)
 2:00 PM Ping Pong (activities room)
 2:00 PM Channel 4 Movie (In Your Room)
2:00 PM Allan Hancock Class (LR)
 2:30 PM Coffee and Cookie Cart (LR)
 4:00 PM Auxiliary Meeting (Community Center)

Law Day
 8:00 AM Devotions (DR) **1**
 9:00 AM 4 Ever Fit (Community Center)
 10:00 AM Yoga with Barbara (Community Center)
 12:00 PM Village Concierge (DR)
 2:00 PM Channel 4 Movie (In Your Room)
2:30 PM BINGO (Community Center)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **8**
 9:00 AM 4 Ever Fit (Community Center)
 10:00 AM Resident Council (AL)
 10:00 AM Yoga with Barbara (Community Center)
 12:00 PM Village Concierge (DR)
 2:00 PM Channel 4 Movie (In Your Room)
2:30 PM BINGO (Community Center)
 2:30 PM Coffee and Cookie Cart (LR)
 5:00 PM Birthday Dinner (DR)

National Day of Prayer
 8:00 AM Devotions (DR) **2**
 8:30 AM Personal Training w/Linda (Fitness Center)
9:30 AM FREE Day Lompoc Shopping (Lompoc)
 10:00 AM Exercise Class (Community Center)
 2:00 PM Ping Pong/Cancel (activities room)
 2:00 PM Channel 4 Movie (In Your Room)
 2:00 PM Aquatics Class (Community Center Pool)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **9**
 8:30 AM Personal Training w/Linda/Cancel (Fitness Center)
 10:00 AM Exercise Class (Community Center)
1:00 PM Make Flower Arrangements (Activity Room)
 2:00 PM Ping Pong (activities room)
 2:00 PM Channel 4 Movie (In Your Room)
 2:00 PM Aquatics Class (Community Center Pool)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **3**
 9:00 AM 4-Ever Fit Friday (Community Center)
 10:00 AM Fun and Fit Exercise (Community Center)
 12:00 PM Cinco De Mayo Celebration (DR)
12:30 PM Minds & Media (Community Center)
 12:30 PM Buellton Shopping (CVS and Albertsons)
1:30 PM Tai - Chi (Community Center)
 2:00 PM Handwork Club (LR)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Coffee and Cookie Cart (LR)
 3:00 PM Rejsegilde Celebration (Near New Rehab Construction Site)
3:00 PM Atterdag Game Club & Beer (Community Center)

8:00 AM Devotions (DR) **10**
 9:00 AM 4-Ever Fit Friday/Cancel (Community Center)
 10:00 AM Fun and Fit Exercise (Community Center)
12:30 PM Minds & Media/Cancel (Community Center)
 12:30 PM Buellton Shopping (CVS and Albertsons)
1:30 PM Tai - Chi/Cancel (Community Center)
 2:00 PM Mothers Day Tea (Community Center)
 2:00 PM Handwork Club (LR)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Coffee and Cookie Cart (LR)
3:00 PM Atterdag Game Club & Beer/Cancel (Community Center)

8:00 AM Devotions (DR) **4**
 10:00 AM Yoga with Barbara (Community Center)
 1:00 PM Classic Movie Matinee (LR)
2:30 PM Cinco de Mayo Margaritas (Atterdag Lounge - Bldg 14)
 2:30 PM Coffee and Cookie Cart (LR)
 2:30 PM Domino Players (LR)

8:00 AM Devotions (DR) **11**
 8:45 AM Bakery Farm Stand (Los Olivos)
 10:00 AM Yoga with Barbara/Cancel (Community Center)
 10:30 AM Saturday Chat Group (LR)
 1:00 PM Classic Movie Matinee (LR)
 2:30 PM Coffee and Cookie Cart (LR)
 2:30 PM Domino Players (LR)

Mother's Day
 8:00 AM Devotions (DR) **12**
 9:00 AM Church Service Rides (Around the Valley)
11:30 AM Mothers Day Lunch (DR)
 1:00 PM Wii Bowling (LR)
2:20 PM SYV Master Chorale Concert (Solvang Veterans Hall)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **13**
 8:30 AM Atterdag Art Club (Atterdag Lounge - Bldg 14)
9:00 AM 4 Ever Fit Monday/Cancel (Community Center)
 10:00 AM Balance Class (Community Center)
 12:30 PM Local Shopping (Rite-Aid and Nielsens Market)
 1:30 PM Tai Chi (Community Center)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Coffee and Cookie Cart (LR)
 3:00 PM Bocce and Beer (9-03)

8:00 AM Devotions (DR) **14**
 10:00 AM Exercise Class (Community Center)
 11:00 AM Tech Tutoring (LR)
 2:00 PM Aquatics Class (Fitness Center/Pool)
 2:00 PM Ping Pong (activities room)
 2:00 PM Channel 4 Movie (In Your Room)
2:00 PM Allan Hancock Class (LR)
 2:30 PM Coffee and Cookie Cart (LR)

Peace Officers Memorial Day
 8:00 AM Devotions (DR) **15**
 9:00 AM 4 Ever Fit/Cancel (Community Center)
 10:00 AM Yoga with Barbara (Community Center)
 12:00 PM Village Concierge (DR)
 12:30 PM Letters To Soldiers (LR)
 2:00 PM Channel 4 Movie (In Your Room)
2:30 PM BINGO (Community Center)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **16**
 8:30 AM Personal Training w/Linda (Fitness Center)
 10:00 AM Exercise Class (Community Center)
 10:30 AM Communion w/Pastor Chris (Care Center)
10:30 AM Gather Bible Study (Atterdag Lounge - Bldg 14)
12:30 PM Documentary Hour (LR)
 2:00 PM Ping Pong (activities room)
 2:00 PM Channel 4 Movie (In Your Room)
 2:00 PM Aquatics Class (Community Center Pool)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **17**
 9:00 AM 4-Ever Fit Friday (Community Center)
 10:00 AM Fun and Fit Exercise (Community Center)
12:30 PM Minds & Media (Community Center)
 12:30 PM Buellton Shopping (CVS and Albertsons)
1:30 PM Tai - Chi (Community Center)
 2:00 PM Handwork Club (LR)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Coffee and Cookie Cart (LR)
3:00 PM Atterdag Game Club & Beer (Community Center)

Armed Forces Day
 8:00 AM Devotions (DR) **18**
 10:00 AM Yoga with Barbara (Community Center)
 10:30 AM Saturday Chat Group (LR)
 1:00 PM Classic Movie Matinee (LR)
 2:30 PM Coffee and Cookie Cart (LR)
 2:30 PM Domino Players (LR)

8:00 AM Devotions (DR) **19**
 9:00 AM Church Service Rides (Around the Valley)
 12:30 PM Country Drive (Around the Valley)
 1:00 PM Wii Bowling (LR)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **20**
 8:30 AM Atterdag Art Club (Atterdag Lounge - Bldg 14)
 9:00 AM 4 Ever Fit Monday (Community Center)
 10:00 AM Balance Class (Community Center)
 12:30 PM Local Shopping (Rite-Aid and Nielsens Market)
 1:30 PM Tai Chi (Community Center)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Coffee and Cookie Cart (LR)
 3:00 PM Bocce and Beer (9-03)
 3:00 PM Music w/Bill & dough (Care Center)

8:00 AM Devotions (DR) **21**
 10:00 AM Exercise Class (Community Center)
 11:00 AM Tech Tutoring (LR)
 2:00 PM Aquatics Class (Fitness Center/Pool)
 2:00 PM Ping Pong (activities room)
 2:00 PM Channel 4 Movie (In Your Room)
2:00 PM Last Allan Hancock Class (LR)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **22**
 9:00 AM 4 Ever Fit (Community Center)
 10:00 AM Yoga with Barbara (Community Center)
 12:00 PM Village Concierge (DR)
 1:00 PM Painting w/Caroline (LR)
 2:00 PM Channel 4 Movie (In Your Room)
2:30 PM BINGO (Community Center)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **23**
 8:30 AM Personal Training w/Linda (Fitness Center)
 10:00 AM Exercise Class (Community Center)
 11:30 AM Lunch Bunch at Alisal Golf Course (Solvang)
 2:00 PM Ping Pong (activities room)
 2:00 PM Channel 4 Movie (In Your Room)
 2:00 PM Aquatics Class (Community Center Pool)
 2:30 PM Coffee and Cookie Cart (LR)
 3:30 PM General Assembly (LR)

8:00 AM Devotions (DR) **24**
 9:00 AM 4-Ever Fit Friday (Community Center)
 10:00 AM Fun and Fit Exercise (Community Center)
12:30 PM Minds & Media (Community Center)
 12:30 PM Buellton Shopping (CVS and Albertsons)
1:30 PM Tai - Chi (Community Center)
1:30 PM Men's Club (activities room)
 2:00 PM Handwork Club (LR)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Coffee and Cookie Cart (LR)
3:00 PM Atterdag Game Club & Beer (Community Center)

8:00 AM Devotions (DR) **25**
9:30 AM Atterdag Coffee Lounge (Atterdag Lounge - Bldg 14)
 10:00 AM Yoga with Barbara (Community Center)
 1:00 PM Classic Movie Matinee (LR)
2:30 PM Atterdag Coffee Lounge (Atterdag Lounge - Bldg 14)
 2:30 PM Coffee and Cookie Cart (LR)
 2:30 PM Domino Players (LR)

8:00 AM Devotions (DR) **26**
 9:00 AM Church Service Rides (Around the Valley)
 12:30 PM Country Drive (Around the Valley)
 1:00 PM Wii Bowling (LR)
 2:30 PM Coffee and Cookie Cart (LR)

Memorial Day
 8:00 AM Devotions (DR) **27**
 8:30 AM Atterdag Art Club (Atterdag Lounge - Bldg 14)
 9:00 AM 4 Ever Fit Monday (Community Center)
 10:00 AM Balance Class (Community Center)
 12:30 PM Local Shopping/Postponed (Rite-Aid and Nielsens Market)
 1:30 PM Tai Chi (Community Center)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Coffee and Cookie Cart (LR)
 3:00 PM Bocce and Beer/Cancel (9-03)

8:00 AM Devotions (DR) **28**
 10:00 AM Exercise Class (Community Center)
 11:00 AM Tech Tutoring (LR)
 12:30 PM Tuesday Shopping (Solvang)
 2:00 PM Aquatics Class (Fitness Center/Pool)
 2:00 PM Ping Pong (activities room)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **29**
 9:00 AM 4 Ever Fit (Community Center)
 10:00 AM Yoga with Barbara (Community Center)
 12:00 PM Village Concierge (DR)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Bingo Extravaganza (Community Center)
 2:30 PM Coffee and Cookie Cart (LR)

8:00 AM Devotions (DR) **30**
 8:30 AM Personal Training w/Linda (Fitness Center)
 10:00 AM Exercise Class (Community Center)
 2:00 PM Ping Pong (activities room)
 2:00 PM Channel 4 Movie (In Your Room)
 2:00 PM Aquatics Class (Community Center Pool)
 2:30 PM Coffee and Cookie Cart (LR)
3:00 PM Meet & Greet (LR)

8:00 AM Devotions (DR) **31**
 9:00 AM 4-Ever Fit Friday (Community Center)
 10:00 AM Fun and Fit Exercise (Community Center)
12:30 PM Minds & Media (Community Center)
 12:30 PM Buellton Shopping (CVS and Albertsons)
1:30 PM Tai - Chi (Community Center)
 2:00 PM Handwork Club (LR)
 2:00 PM Channel 4 Movie (In Your Room)
 2:30 PM Coffee and Cookie Cart (LR)
3:00 PM Atterdag Game Club & Beer (Community Center)

May 2019

636 Atterdag Road, Solvang Ca (805) 688-3263 *ACTIVITIES ARE SUBJECT TO CHANGE

