




# May 2026 Physical Wellness Month

# Independent Living

KEY:\*=Sign-up \$=Charge ACS=Arts & Crafts Studio AR=Aerobics Rm CBR=Club Rm CLR=Commons Living Rm CR=Carolina Rm GR=Georgia Rm MR=Meditation Rm SP=Sun Porch Card=Card Parlor ME=Main Entrance COL=Colonnade PDR=Private Dining Room

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
				2nd John Reeves 3rd Beverly Roberts 3rd Cozette Watkins 4th Ross Miller 4th Nancy Garrison 6th Paul Franks 9th Sharon Reeves	11th Judith Ross 12th Billy Hagler 14th Dee Castillo 15th Donna Steiner 17th Chere Avery 19th Ann Boardman 20th Ann Myers	21st Sandra Plastridge 22nd Bob Higney 22nd Ed Smith 23rd Jim Hicks 27th Page Berry 30th Maryann Robertson 30th Gene Rice	1 <b>Operation Paperback Book Donation Drive Begins</b> 8:00 Gentleman's Breakfast (CH) 8:00 BW Biscuit Breakfast Bar (SP) \$ 9:15 Bird Walk Around BW Campus with Wild Birds Unlimited (Wellness)* 11:00 Deployment on a Disaster Relief Operation w/ Frank Spears (GR) 1:30 Mah-Jongg (Card) 2:00 Quarter Bingo (GR) 3:00 Ping Pong (AR) 3:30 Greek Festival (ME)*\$ 	2 9:30 Water Walking with Friends (Pool) 10:00 Needlework Group (ACS) 1:30 Mah-Jongg (Card) 2:00 5 Crowns (CBR) 2:00 BW-TV Movie #698 2:00 Dealer's Choice Poker (Billiards) 
3 11:00 First Baptist Church of Augusta Livestream Service (CR) 11:30 Sunday Buffet (GR) 2:00 BW-TV Movie #698 5:00 Vespers (GR) 	4 9:30 NEW Traditional Mat Yoga (AR) 11:00 Patriot Riverboat Cruise Tour (ME)*\$ 11:00 Zibrio Balance Testing (Billiards Room) 2:00 Party Bridge (Card) 3:00 Pickleball (AR) 	5 7:00 Wilde Continental (SP) \$ 11:00 Choir practice (GR) 11:00 Spintopia! (CBR) 11:30 Zibrio Balance Testing (Billiards) 11:45 Chaplain Care (MR) 1:00 Grief Support Group (CR) 2:00 5 Crowns (Card Parlor) 3:00 Billiards- Billiards Room 3:30 Presbyterian Communion (CR) 4:00 Derby de Mayo (ME) 6:00 Covered Dish (GR)* 	6 9:30 Shopping - Kroger* 10:15 Greenjackets Game (ME)*\$ 10:45 HC, Friends, & Family Spring Choir Concert (GR) 1:00 Craft Day- Braided Cards with Janet (ACS)* 1:30 Shopping - Augusta Mall* 1:30 Shopping - Publix* 2:00 Canasta (SP) 4:00 Episcopal Communion (CR) 	7 10:15 Bible Study with the Chaplain- IL Residents (SP) 11:05 BW Choir Practice (CR) 11:30 Zibrio Balance Testing (Billiards) 2:00 IL Spring Choir Concert (GR) 2:00 Casual Pickleball (AR) 2:15 Communion Baptist F. Harrison (MR) 7:00 Chase Concert- Stojko Miserlioski & Shen Yuan Kuan (GR) 	8 8:00 BW Biscuit Breakfast Bar (SP) \$ 9:30 Hike at the NA Greenway (ME)*\$ 11:00 Fused Glass Class, Led by Dee S (ACS)* 1:00 Fused Glass Class, Led by Dee S (ACS)* 1:30 Mah-Jongg (Card) 2:00 Quarter Bingo (GR) 3:00 Ping Pong (AR) 6:30 The Augusta Players: Once Upon a Mattress (ME)*\$ 	9 9:30 Water Walking with Friends (Pool) 10:00 Needlework Group (ACS) 1:30 Mah-Jongg (Card) 2:00 5 Crowns (CBR) 2:00 BW-TV Movie #698 2:00 Dealer's Choice Poker (Billiards) 6:30 Augusta Symphony: Symphonic Dances (ME)*\$ 		
10 <b>Happy Mother's Day</b> 11:00 First Baptist Church of Augusta Livestream Service (CR) 11:30 Sunday Buffet (GR) 2:00 BW-TV Movie #698 5:00 Vespers (GR) 6:15 Sunday Flicks in the Carolina Room "Lilly" (CR) 	11 9:30 NEW Traditional Mat Yoga (AR) 10:00 Bank Run (ME)* 10:15 Monday with Morgan (GR) 11:00 Zibrio Balance Testing (Billiards) 2:00 Resident Council Meeting (GR) 2:00 Party Bridge (Card) 3:00 Pickleball (AR) 5:00 Dinner Club: Goolsby's (ME)*\$ 	12 7:00 Wilde Continental (SP) \$ 10:00 Tech Talk with Wyatt (CR) 11:00 Spintopia! (CBR) 11:30 Zibrio Balance Testing (Billiards) 11:45 Chaplain Care (MR) 2:00 5 Crowns (Card Parlor) 2:00 Brad Hartman discusses WWII: The Battle of the Atlantic (GR) 3:00 3 Ball Billiards-Billiards 4:00 United in Prayer (MR) 	13 9:30 Shopping - Publix* 10:30 Catholic Mass St. Teresa (CR) 1:30 Shopping - Kroger* 1:30 Shopping - Walmart* 2:00 Canasta (SP) 2:00 Water Volleyball (pool) 3:00 Name That Tune with Mike Foster "50's, 60's & 70's" (CBR) 	14 10:15 Bible Study with the Chaplain- IL Residents (SP) 11:30 Zibrio Balance Testing (Billiards) 2:00 Communion Methodist Wesley Church (CR) 2:00 Casual Pickleball (AR) 3:00 Jeopardy Style Trivia (CBR) 7:00 Chase Concert- The Davidson Chorale (GR) 	15 8:00 BW Biscuit Breakfast Bar (SP) \$ 9:00 PX Shopping at Ft. Eisenhower (ME)*\$ 11:00 Fused Glass Class w/Dee (ACS)* 1:00 Fused Glass Class w/Dee (ACS)* 1:30 Mah-Jongg (Card) 2:00 Ladies Garden Themed Party (GR) 3:00 Ping Pong (AR) 	16 9:30 Water Walking with Friends (Pool) 10:00 Needlework Group (ACS) 1:30 Mah-Jongg (Card) 2:00 5 Crowns (CBR) 2:00 BW-TV Movie #698 2:00 Dealer's Choice Poker (Billiards) 		
17 11:00 First Baptist Church of Augusta Livestream Service (CR) 11:30 Sunday Buffet (GR) 2:00 BW-TV Movie #698 5:00 Vespers (GR) 6:15 Sunday Flicks in the Carolina Room "Eleanor the Great" (CR) 	18 9:30 Wedges & Woods (ME)*\$ 9:30 Bank Run (ME)* 9:30 NEW Traditional Mat Yoga (AR) 11:00 Genealogy Club (CBR) 11:00 Zibrio Balance Testing (Billiards) 2:00 Party Bridge (Card) 3:00 Greeting Card Club (ACS) 3:00 Pickleball (AR) 4:15 Monthly Birthday Bash (GR) 	19 7:00 Wilde Continental (SP) \$ 10:00 Intro to Go Icon with Wyatt (CR) 11:00 Spintopia! (CBR) 11:30 Zibrio Balance Testing (Billiards) 11:45 Chaplain Care (MR) 1:00 Grief Support Group (CR) 2:00 Brandon Wilde Hour "The First British Occupation of Augusta" with Historian, Steven Rauch (GR) 2:00 5 Crowns (Card Parlor) 3:00 Billiards- Billiards 	20 9:30 Shopping - Kroger* 1:30 Executive Director's Dialogue (GR) 1:30 Shopping - Hamricks* 1:30 Shopping - Publix* 2:00 Canasta (SP) 4:00 Episcopal Communion (CR) 6:15 Greenjackets Game (ME)*\$ 	21 10:15 Bible Study with the Chaplain- IL Residents (SP) 11:30 Zibrio Balance Testing (Billiards) 2:00 Communion Methodist Trinity on the Hill (CR) 2:00 Casual Pickleball (AR) 4:00 Third Thursday Event w/ Music by Mangelly Accordionaires (CBR/CLR) 	22 8:00 BW Biscuit Breakfast Bar (SP) \$ 9:30 Kayak the Branch (ME)*\$ 1:30 Mah-Jongg (Card) 2:00 Quarter Bingo (GR) 3:00 Ping Pong (AR) 6:30 Memorial Weekend Campfire w/ music by Johnny & Darlene (ME) 	23 9:30 Water Walking with Friends (Pool) 10:00 Needlework Group (ACS) 1:30 Mah-Jongg (Card) 2:00 5 Crowns (CBR) 2:00 BW-TV Movie #698 2:00 Dealer's Choice Poker (Billiards) 		
24/31 11:00 First Baptist Church of Augusta Livestream Service (CR) 11:30 Sunday Buffet (GR) 2:00 BW-TV Movie #698 5:00 Vespers (GR) 6:15 Sunday Flicks in the Carolina Room "Nuernberg" (CR) 	Memorial Day 25 9:30 AquaFusion with Avery (Pool) 9:30 NEW Traditional Mat Yoga (AR) 11:00 Memorial Day Service (ME) 11:00 Zibrio Balance Testing (Billiards) 2:00 Book Discussion Group (CR) 2:00 Canasta (SP) 2:00 Party Bridge (Card) 3:00 Pickleball (AR) 	26 7:00 Wilde Continental (SP) \$ 11:00 Better Balance Club (AR) 11:30 Zibrio Balance Testing (Billiards) 11:45 Chaplain Care (MR) 2:00 Health Center Tours (Exam Rm) 2:00 5 Crowns (Card Parlor) 3:00 Billiards- Billiards Room 4:00 BW Birding Club (Carolina Room) 6:00 General Meeting CSRA Parkinson Support Group 	27 <b>Regular Fitness Classes are Cancelled</b> 9:00 1K/5K Another WILDE Race for Alzheimer's (ME)*\$ 9:30 Shopping - Publix* 10:30 Catholic Mass St. Teresa (CR) 11:00 Spintopia! (CBR) 1:30 Shopping - Kroger* 1:30 Shopping - Mullins Crossing & Belk* 4:00 Wine Tasting w/ Joe McGowan (GR)*\$ 5:30 Chef's Table (CH)*\$ 	28 9:00 Veterans Coffee Grp (CBR) 10:15 Bible Study with the Chaplain- IL Residents (SP) 11:00 Wheelchair & RC Car Races (ME) 11:30 Zibrio Balance Testing (Billiards) 2:00 Great Decisions "Trump Administration's Tariffs" (CR) 2:00 Casual Pickleball (AR) 	29 8:00 BW Biscuit Breakfast Bar (SP) \$ 11:00 Lunch Bunch: French Market West (ME)*\$ 1:30 Mah-Jongg (Card) 2:00 Quarter Bingo (GR) 3:00 Ping Pong (AR) 	30 9:30 Water Walking with Friends (Pool) 10:00 Needlework Group (ACS) 1:30 Mah-Jongg (Card) 2:00 5 Crowns (CBR) 2:00 BW-TV Movie #698 2:00 Dealer's Choice Poker (Billiards) 		