

April	May 2023 Main Street Apartments					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1 10:15- Chair Yoga Wellness Center 11:00 -Back and Shoulder Health-Wellness Center 1:00 -AA Mtg-S.A Private D.R. 1:30 -Balance and Hip Strength-W.C. 2pm-Bus leaves for Stoughton Opera House-Sign up 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel 3:30 -Movie-TBA Channel 64 or C.R. Welcome to All Saints Philip! Apt. 211 And Rita 309!	2 9am -Flow Yoga-Wellness Center 10am- Mass S.A. Apts. 10:00- Chair Yoga Wellness Center 11:00 -Seated Hip Strength-W.C. 1:00 -Bridge-SA LR 1:30 -Strength and Motion-Wellness Center 1:45 -Wii Bowling-Community Room 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel Happy Birthday Sue Walker! 	3 9am -Flow Yoga-Wellness Center 9:00- Rosary-Chapel 9:30 -Mass-Chapel 9:30 -Knot Just Knitters-SA D.R. 10:00- Chair Yoga Wellness Center 10:15 -Great Courses "America's Great Trails"- Lectures 1&2-C.R. 11:00 -Back and Shoulder Health-Wellness Center 1:15 -Bible Study-SA L.R. 1:30 -Balance and Hip Strength-Wellness Center 2:30 -Flow Yoga-WC 3:00 -Rosary-Chapel 7:30 -Coloring Group-SA DR New Library Books Come Today!	4 9am -Flow Yoga-Wellness Center 9:00- Rosary-Chapel 9:30- Mass-Chapel 10:00- Chair Yoga Wellness Center 11:00 -Seated Hip Strength-Wellness Center 1:30 -Strength and Motion-W.C. 2:00 -Trivia-C.R. 2:30 -Flow Yoga-WC 3:00 -Rosary-Chapel 5:15 -Euchre-SA DR	5 8am- Bus leaves for Farewell mass for Fr. Bart-Sign up 9am -Flow Yoga-Wellness Center 10:00- Chair Yoga Wellness Center 10am -Philosophic Coffee-SA D.R. 11:00 -Back and Shoulder Health-Wellness Center 12:00 -Birthday Cake for May Birthdays after lunch! 1:30 -Balance and Hip Strength-Wellness Center 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel 3:00 -Cinco De mayo Happy Hour-Café-Please sign up ☒	6 3:00 -Rosary-Chapel 4pm -Mass-Chapel 5pm -Mass -SA Chapel Happy Birthday Tom Guthrie!

May 2023 Main Street Apartments						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 1pm-Rummikub-SA Dining Rm. 1:45- Mah Jongg-Café 3pm-Rosary-Chapel 5:15 -Euchre-SA Dining Room	8 10:15- Chair Yoga Wellness Center 11:00 -Back and Shoulder Health-Wellness Center 12-3 Giveaway Table-SA D.R. 1:00 -AA Mtg-S.A Private D.R. 1pm -Speaker: Author Bill Stokes-C.R. 1:30 -Balance and Hip Strength-W.C. 2:00 -History Channel "How Henry Ford Invented the Model T"-SA L.R. 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel 3:30 -Movie-TBA Channel 64 or C.R.	9 9am -Flow Yoga-Wellness Center 10am- Mass S.A. Apts. 10:00- Chair Yoga Wellness Center 11:00 -Seated Hip Strength-W.C. 1:00 -Bridge-SA LR 1:30 -Strength and Motion-Wellness Center 1:45 -Wii Bowling-Community Room 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel	10 9am -Flow Yoga-Wellness Center 9:00- Rosary-Chapel 9:30 -Mass-Chapel 10:00- Chair Yoga Wellness Center 10:15 -Great Courses "America's Great Trails"- Lectures 3&4-C.R. 11:00 -Back and Shoulder Health-Wellness Center 1:15 -Bible Study-SA L.R. 1:30 -Balance and Hip Strength-Wellness Center 2:30 -Flow Yoga-WC 3:00 -Rosary-Chapel 3:30- St. Ambrose Students perform "Then and Now It's You"-AL Act Rm. 7pm- Studio Orchestra-Town Square 7:30 -Coloring Group-SA DR	11 9am -Flow Yoga-Wellness Center 9:00- Rosary-Chapel 9:30- Mass-Chapel 10:00- Chair Yoga Wellness Center 11:00 -Seated Hip Strength-Wellness Center 1:30 -Strength and Motion-W.C. 2:00 -Planting Flowers outside the greenhouse-Come and join! 2:30 -Flow Yoga-WC 3:00 -Rosary-Chapel 5:15 -Euchre-SA DR	12 8:30 -Muffins for Mom-Cafe 9am -Flow Yoga-Wellness Center 10:00- Chair Yoga Wellness Center 10am -Philosophic Coffee-SA D.R. 11:00 -Back and Shoulder Health-Wellness Center 1:30 -Balance and Hip Strength-Wellness Center 2:00 -Mother's Day Bingo-Cafe 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel	13 3:00 -Rosary-Chapel 4pm -Mass-Chapel 5pm -Mass -SA Chapel 

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14 1pm-Rummikub-SA Dining Rm. 1:45- Mah Jongg-Café 3pm-Rosary-Chapel 5:15 -Euchre-SA Dining Room	15 10:15- Chair Yoga Wellness Center 11:00 -Back and Shoulder Health-Wellness Center 1:00 -AA Mtg-S.A Private D.R. 1:00 -Shopping Metcalfs/West Town Please sign up for a time in the Lodge 1:30 -Balance and Hip Strength-W.C. 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel 3:30 -Movie-TBA Channel 64 or C.R.	16 9am -Flow Yoga-Wellness Center 10am- Mass S.A. Apts. 10:00- Chair Yoga Wellness Center 10:10 -Bus leaves for a tour of Agrace/lunch-Please sign up 11:00 -Seated Hip Strength-W.C. 1:00 -Bridge-SA LR 1:30 -Strength and Motion-Wellness Center 1:45 -Wii Bowling-Community Room 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel	17 9am -Flow Yoga-Wellness Center 9:00- Rosary-Chapel 9:30 -Mass-Chapel 9:30 -Knot Just Knitters-SA D.R. 10:00- Chair Yoga Wellness Center 10:15 -Great Courses "America's Great Trails"- Lectures 5&6-C.R. 11:00 -Back and Shoulder Health-Wellness Center 1:15 -Bible Study-SA L.R. 1:30 -Balance and Hip Strength-Wellness Center 2:30 -Flow Yoga-WC 3:00 -Rosary-Chapel 7:30 -Coloring Group-SA DR Happy Birthday Fritz Halverson! 	18 9am -Flow Yoga-Wellness Center 9:00- Rosary-Chapel 9:30- Mass-Chapel 10:00- Chair Yoga Wellness Center 11:00 -Seated Hip Strength-Wellness Center 1pm -Garden Group-SA L.R. 1:30 -Strength and Motion-W.C. 2:30 -Flow Yoga-WC 3:00 -Rosary-Chapel 3:30 -Happy Hour-Café 4:00 -Eccumenical Service-C.R. 5:15 -Euchre-SA DR	19 9am -Flow Yoga-Wellness Center 10:00- Chair Yoga Wellness Center 10am -Philosophic Coffee-SA D.R. 11:00 -Back and Shoulder Health-Wellness Center 1:30 -Balance and Hip Strength-Wellness Center 2:30 Flow Yoga-WC 2:30 -Strawberry Shortcakes-SA D.R.-Please sign up 3:00 -Rosary-Chapel Happy Birthday Ernie Boeck! 	20 3:00 -Rosary-Chapel 4pm -Mass-Chapel 5pm -Mass -SA Chapel

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 1pm-Rummikub-SA Dining Rm. 1:45- Mah Jongg-Café 3pm-Rosary-Chapel 5:15 -Euchre-SA Dining Room	22 10:15- Chair Yoga Wellness Center 11:00 -Back and Shoulder Health-Wellness Center 1:00 -AA Mtg-S.A Private D.R. 1:30 -Balance and Hip Strength-W.C. 2:30 Flow Yoga-WC 2:30 -Bill Jordan: Arboretum Presentation SA L.R. 3:00 -Rosary-Chapel 3:30 -Movie-TBA Channel 64 or C.R.	23 9am -Flow Yoga-Wellness Center 10am- Mass S.A. Apts. 10:00- Chair Yoga Wellness Center 11:00 -Seated Hip Strength-W.C. 1:00 -Bridge-SA LR 1:30 -Strength and Motion-Wellness Center 1:45 -Wii Bowling-Community Room 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel	24 9am -Flow Yoga-Wellness Center 9:00- Rosary-Chapel 9:30 -Mass-Chapel 10:00- Chair Yoga Wellness Center 11:00 -Back and Shoulder Health-Wellness Center 12:10 -Hinchley's Farm Tour-Please sign up 1:15 -Bible Study-SA L.R. 1:30 -Balance and Hip Strength-Wellness Center 2:30 -Flow Yoga-WC 3:00 -Rosary-Chapel 7:30 -Coloring Group-SA DR	25 9am -Flow Yoga-Wellness Center 9:00- Rosary-Chapel 9:30- Mass-Chapel 10:00- Chair Yoga Wellness Center 11:00 -Seated Hip Strength-Wellness Center 1:30 -Strength and Motion-W.C. 2:30 -Flow Yoga-WC 3:00 -Rosary-Chapel 5:15 -Euchre-SA DR	26 9am -Flow Yoga-Wellness Center 10:00- Chair Yoga Wellness Center 10am -Philosophic Coffee-SA D.R. 11:00 -Back and Shoulder Health-Wellness Center 1:30 -Balance and Hip Strength-Wellness Center 2:30 Flow Yoga-WC 2:30 -Swingtime Music Quartet- Town Square 3:00 -Rosary-Chapel	27 3:00 -Rosary-Chapel 4pm -Mass-Chapel 5pm -Mass -SA Chapel

May 2023 Main Street Apartments				June 2023		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 1pm-Rummikub-SA Dining Rm. 1:45- Mah Jongg-Café 3pm-Rosary-Chapel 5:15 -Euchre-SA Dining Room	29 10:15- Chair Yoga Wellness Center 11:00 -Back and Shoulder Health-Wellness Center 1:00 -AA Mtg-S.A Private D.R. 1:30 -Balance and Hip Strength-W.C. 2:00 -Book Club-Greenhouse 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel 3:30 -Movie-TBA Channel 64 or C.R.	30 9am -Flow Yoga-Wellness Center 10am- Mass S.A. Apts. 10:00- Chair Yoga Wellness Center 11:00 -Seated Hip Strength-W.C. 11:15 Bus leaves for Picnic @ Wingra-Please sign up 1:00 -Bridge-SA LR 1:30 -Strength and Motion-Wellness Center 1:45 -Wii Bowling-Community Room 2:30 Flow Yoga-WC 3:00 -Rosary-Chapel	31 9am -Flow Yoga-Wellness Center 9:00- Rosary-Chapel 9:30 -Mass-Chapel 10:00- Chair Yoga Wellness Center 11:00 -Back and Shoulder Health-Wellness Center 1:15 -Bible Study-SA L.R. 1:30 -Balance and Hip Strength-Wellness Center 2:00 -Book Club-Greenhouse 2:30 -Flow Yoga-WC 3PM- Ice Cream Sundaes-Courtyard Sign up 3:00 -Rosary-Chapel 7:30 -Coloring Group-SA DR	1	2	3