

MAY 2026

"All things seem possible in May"



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AS - Art Studio B - Bistro CF - Circle of Friends 3rd Floor CY - Courtyard FL - Front Lobby GR - Great Room JK - Josephine's Kitchen L - Library P - Pool T - Theatre TH - Town Hall</p>		<p>No Weddings: A traditional rhyme states, "Marry in May and you'll rue the day".</p> <p>Superstition: Old English folklore suggests it is unlucky to buy a broom in May.</p>	<p>Vintage Vibes Social Hour is every day at 3:00pm. Join your friends and make new ones while enjoying a beverage and savory snack in the Bistro! We will see you there!</p>	<p>May Day: Traditionally celebrated on May 1st and is also celebrated as International Workers' Day. Star Wars Day: May 4th is widely known as Star Wars Day ("May the 4th be with you"). The Empire State Building: Officially opened on May 1, 1931.</p>	<p>1</p> <p>TH 9:30 Core & Stability AS 10:30 Let's Talk Art - Diego Rivera 1:00 Turtle Creek Tech TH 2:00 Stretch with Heidi TH 3:30 Bingo! Bingo! Bingo! T 5:00 Friday Shabbat Service T 7:15 Daily Movie:</p>	<p>2</p> <p>P 9:00 AquaFit w/ the YMCA FL 10:00 Kroger/Tom Thumb shuttle AS 10:30 Intro to Art: Watercolor B 1:00 Bistro Games FL 1:00 Target - shuttle bus TH 2:00 Cardio Drumming Class FL 2:00 Whole Foods shuttle T 7:15 Daily Movie:</p>
<p>3</p> <p>T 9:30 Highland Park UMC - online AS 3:00 Sunday Bridge TH 3:00 YMSL Bingo T 7:15 Daily Movie:</p>	<p>4</p> <p>TH 9:30 Belmont Balance TH 10:30 Zumba Gold w/Francesca T 1:30 Our Planet - High Seas TH 2:00 Yoga with Heidi AS 3:00 Monday Bridge T 7:15 Daily Movie: "Evita"</p>	<p>5</p> <p>TH 9:30 Muscle Matters L 10:30 Catholic Communion B 1:00 Bistro Games L 2:00 Boot Camp L 3:00 Chef Chat! CY 3:00 Cinco de Mayo Party T 7:15 Daily Movie: "Black Hawk Down"</p>	<p>6</p> <p>9:30 Stretch AS 10:30 Wordle! TH 11:00 Mother's Day Tea 2:00 Yoga with Heidi L 3:00 Belmont Bridge T 3:30 Current Events w/Randy CF 7:00 Prayer Group Fellowship T 7:15 Daily Movie: "McLintock!"</p>	<p>7</p> <p>TH 9:30 Cardio B 1:00 Bistro Games TH 2:00 Boot Camp L 3:00 Belmont Bridge AS 3:00 Movie Committee Meeting GR 4:00 Happy Hour - Carla K T 7:15 Daily Movie: "Nyad"</p>	<p>8</p> <p>TH 9:30 Core & Stability TH 10:30 Big Beats Music/Movement AS 10:30 Scategories 1:00 Turtle Creek Tech TH 2:00 Stretch with Heidi TH 3:30 Bingo! Bingo! Bingo! T 5:00 Friday Shabbat Service T 7:15 Daily Movie: "Little Miss Sunshine"</p>	<p>9</p> <p>P 9:00 AquaFit w/ the YMCA FL 10:00 Kroger/Tom Thumb shuttle AS 10:30 Intro to Art: Watercolor B 1:00 Bistro Games FL 1:00 Target - shuttle bus TH 2:00 Cardio Drumming Class FL 2:00 Walmart Market Shuttle T 7:15 Daily Movie: "Zorba the Greek"</p>
<p>10</p> <p>T 9:30 Highland Park UMC - online GR 2:00 Highland Park Presbyterian Church - Hymns AS 3:00 Sunday Bridge T 7:15 Daily Movie: "The First Wives Club"</p>	<p>11</p> <p>TH 9:30 Belmont Balance TH 1:00 HPH - Stroke Awareness TH 2:00 Yoga with Heidi AS 3:00 Monday Bridge T 7:15 Daily Movie:</p>	<p>12</p> <p>TH 9:30 Muscle Matters L 10:30 Caregiver Support Group B 1:00 Bistro Games TH 2:00 Boot Camp TH 3:30 Resident Council Meeting GR 4:30 Dinner Music w/Bill Woods T 7:15 Daily Movie:</p>	<p>13</p> <p>TH 9:30 Stretch AS 10:30 Wordle! TH 2:00 Yoga with Heidi L 3:00 Belmont Bridge AS 3:30 Art Experience TH 4:00 New Resident Orientation CF 7:00 Prayer Group Fellowship T 7:15 Daily Movie:</p>	<p>14</p> <p>TH 9:30 Cardio B 1:00 Bistro Games TH 2:00 Boot Camp L 3:00 Belmont Bridge AS 3:00 Community Crosswords GR 4:00 Happy Hour - Ruby Weston FL 5:30 SCS - Cafe Pacific - RSVP T 7:15 Daily Movie:</p>	<p>15</p> <p>TH 9:30 Core & Stability AS 10:00 Painting to Gogh - Acrylic 1:00 Turtle Creek Tech TH 2:00 Stretch with Heidi TH 3:30 Bingo! Bingo! Bingo! T 5:00 Friday Shabbat Service T 7:15 Daily Movie:</p>	<p>16</p> <p>P 9:00 AquaFit w/ the YMCA FL 9:30 Urban Adventures - Dallas Farmers Market FL 10:00 Kroger/Tom Thumb shuttle AS 10:30 Intro to Art: Watercolor B 1:00 Bistro Games FL 1:00 Target - shuttle bus TH 2:00 Cardio Drumming Class FL 2:00 Whole Foods Shuttle T 7:15 Daily Movie:</p>

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17 T 9:30 Highland Park UMC - online AS 3:00 Sunday Bridge T 7:15 Daily Movie:	18 TH 9:30 Belmont Balance TH 10:30 Zumba Gold T 1:30 Epic Explorations - Japan TH 2:00 Yoga with Heidi AS 3:00 Monday Bridge T 7:15 Daily Movie:	19 TH 9:30 Muscle Matters L 10:30 Catholic Communion B 1:00 Bistro Games TH 2:00 Boot Camp IK 5:00 Dinner music w/Giancarlo T 7:15 Daily Movie:	20 TH 9:30 Stretch AS 10:30 Wordle! FL 11:30 BLB - Pecan Lodge BBQ TH 2:00 Yoga with Heidi L 3:00 Belmont Bridge T 3:30 Current Events w/Randy TH 3:30 Speaker: Dr Kumar CF 7:00 Prayer Group Fellowship T 7:15 Daily Movie:	21 TH 9:30 Cardio B 1:00 Bistro Games TH 2:00 Boot Camp L 3:00 Belmont Bridge AS 3:00 Movie Committee Meeting GR 4:00 Happy Hour - Black Bean Incident T 7:15 Daily Movie:	22 TH 9:30 Core & Stability IK 11:30 May Birthday Lunch-RSVP TH 1:00 Turtle Creek Tech AS 2:00 Stretch with Heidi AS 3:00 Acrylic Completion Session TH 3:30 Bingo! Bingo! Bingo! T 5:00 Friday Shabbat Service T 7:15 Daily Movie:	23 P 9:00 AquaFit w/ the YMCA FL 10:00 Kroger/Tom Thumb shuttle AS 10:30 Intro to Art: Watercolor B 1:00 Bistro Games FL 1:00 Target - shuttle bus TH 2:00 Cardio Drumming Class FL 2:00 Trader Joe's shuttle T 7:15 Daily Movie:
24 T 9:30 Highland Park UMC - online AS 3:00 Sunday Bridge GR 4:00 Worship - First Baptist Dallas T 7:15 Daily Movie:	25 Memorial Day TH 9:30 Belmont Balance TH 10:30 Zumba Gold w/Francesca TH 2:00 Yoga with Heidi AS 3:00 Monday Bridge T 7:15 Daily Movie:	26 TH 9:30 Muscle Matters B 1:00 Bistro Games TH 2:00 Boot Camp GR 4:30 Dinner Music w/Bill Woods T 7:15 Daily Movie:	27 TH 9:30 Stretch AS 10:30 Wordle! TH 2:00 Yoga with Heidi L 3:00 Belmont Bridge AS 3:30 Art Experience TH 3:30 Total Hearing Care CF 7:00 Prayer Group Fellowship T 7:15 Daily Movie:	28 TH 9:30 Cardio B 1:00 Bistro Games TH 2:00 Boot Camp L 3:00 Belmont Bridge AS 3:00 Community Crossword GR 4:00 Happy Hour - Norris Perry T 7:15 Daily Movie:	29 TH 9:30 Core & Stability TH 1:00 Turtle Creek Tech TH 2:00 Stretch with Heidi TH 3:30 Bingo! Bingo! Bingo! T 5:00 Friday Shabbat Service T 7:15 Daily Movie:	30 P 9:00 AquaFit w/ the YMCA FL 10:00 Kroger/Tom Thumb shuttle AS 10:30 Intro to Art: Watercolor B 1:00 Bistro Games FL 1:00 Target - shuttle bus TH 2:00 Cardio Drumming Class T 7:15 Daily Movie:
31 T 9:30 Highland Park UMC - online AS 3:00 Sunday Bridge T 7:15 Daily Movie:	<p>Famous Births: Famous people born in May include Queen Victoria, John F. Kennedy, Adele, and Bob Dylan. Birthstone: The emerald is the May birthstone, representing success and love. Flowers: The birth flowers are the hawthorn and the lily of the valley.</p>	<p>May Zodiac Signs Taurus: April 21 to May 20 Gemini: May 21 to June 20</p>	<p>The German high command unconditionally submitted to coalition forces on May 8, 1945, thereby ending World War II. Victory in Europe Day, often known as VE Day, is observed on May 8.</p>	<p>The name May is the modern-day English adaption of the Latin word Maius, which has origins going back to the time of the ancient Greeks. They named the month of May (or Maius) after the Greek goddess of growth.</p>	<p>Every year there is a particular meteor shower in May called the Eta Aquariids meteor shower. Discovered in 1870, this meteor shower passes by Earth between April 19 and May 28. It's easiest to view it from the equatorial regions of the world and can be glimpsed passing by just before dawn.</p>	<p>May used to have a very different name in Old English. Back then, the month was referred to as the "month of three milkings." Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!</p>