

Sun Program Elements

A-Admin/Finance/Legal
 L-Lifelong Learning
 C-Convenience/Friendship
 R-Recreation/Leisure
 S-Safety/Security
 H-Health/Wellness

Codes


AC..... Arts & Crafts Room
 B..... Billiard Room
 FC..... Fitness Center
 Lib..... Library
 P..... Pool
 S..... Salon
 T..... Theatre
 G..... Great Room

Notes From the Resident Association

Schuyler Commons Resident Association would like to thank everyone who has participated in our activities. We would also like to thank everyone who took the time to fill out the leisure interest surveys. This month we will have an auction and sell 50/50 tickets during the breakfast on Friday, May 4. Our Resident Association meeting will be held on Wednesday, May 9, at 7 p.m. in the Great Room. There will be a dessert social with brownie sundaes and a 50/50 raffle prior to the meeting. Don't forget to save the date of June 3 for the Murder Mystery Theatre.

May Is for Moms

Tell all the mothers you know "Happy Mother's Day" on Sunday, May 13.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>May</i></p>	<p>National Barbecue Month</p> 	<p>10:00 Growing Strong-G,H 10:00-1:00 Bus Trips to Utica Area Doctor Appointments 2:00 Yoga Class-G,H,C 2:30 Ceramics-AC,R 5:30 Aqua Aerobics-P,H</p>	<p>2 9:00 Coffee Club-G,F,R 9:00 Breakfast on Wallstreet 10:00 Shopping at Price Chopper or Walmart 1:00 Bible Study-Lib 1-2:00 Great Room Reserved 3:00 Bingo-G</p>	<p>3 10:00 Yoga-G,H,C 10:00-1:00 Trips to New Hartford Dr. Appointments 11:30-3:00 Duplicate Bridge-G,F,R 1:00 Rosary-T 1:00 Fall Prevention Seminar by Faxton Hospital 2:00 Mah-jong-G,F,R 4:30 Happy Hour-G,F,R</p>	<p>4 9:00 Water Walk-P,H 9-11:00 Grab & Go Breakfast 11:30 Lunch Bunch: Cafe Ucopia 2:00 Pinochle-G,F,R 3:00 Ceramics-AC,F,R 4:00 Scrabble Club-G,F,R</p>	<p>5 9:00 Coffee Club-G,F,R 12:00 Aqua Aerobics-P,H</p>
<p>6 11:00 Coffee Club-G,F,R 1-5:00 Great Room Reserved</p>	<p>7 10:00 Stamina, Strength, Stretch -G,H 1:00 Knitting for Charities-G 2:00 Bus Trip to Proctor Park for Walking Club 2:00 Mahjong-G,F,R 5-7:00 Evening Swim-P,H 6:30 Valley Voices for Christ Choir Performance 2:00,4:00,7:00 Movie-T</p>	<p>8 10:00 Growing Strong-G,H 10:00-1:00 Bus Trips to Utica Area Doctor Appointments 2:00 Yoga Class-G,H,C 2:30 Ceramics-AC,R 5:30 Aqua Aerobics-P,H</p>	<p>9 9:00 Coffee Club-G,F,R 10:00 Shopping at Hannafords 12:30-3 Great Room Reserved for I Am a Retiree 1:00 Bible Study-Lib 3:00 Bingo-G 6:00 Ice Cream Sundae Social-G 7:00 Great Room Reserved for Resident Association Meeting</p>	<p>10 10:00 Yoga-G,H,C 10:00-1:00 Bus Trips to New Hartford Area Doctor Appointments 11:30-3:00 Duplicate Bridge-G,F,R 1:00 Rosary-T 2:00 Mah-jong-G,F,R 4:30 Happy Hour-G,F,R</p>	<p>11 9:00 Water Walk-P,H 11:30 Lunch Bunch: Babes Macaroni Grill 2:00 Pinochle-G,F,R 3:00 Ceramics-AC,F,R 4:00 Scrabble Club-G,F,R</p>	<p>12 9:00 Coffee Club-G,F,R 12:00 Aqua Aerobics-P,H</p>
<p>13 11:00 Coffee Club-G,F,R 2:00 Mother's Day Cookie Swap</p>	<p>14 10:00 Stamina, Strength, Stretch -G,H 1:00 Knitting for Charities-G 2:00 Bus Trip to SUNY IT for Walking Club 2:00 Mahjong-G,F,R 3:00 Book Club 5-7:00 Evening Swim-P,H 2:00,4:00,7:00 Movie-T 6:30-9:45 Duplicate Bridge-G</p>	<p>15 10:00 Growing Strong-G,H 10:00-1:00 Bus Trips to Utica Area Doctor Appointments 2:00 Yoga Class-G,H,C 2:30 Ceramics-AC,R 5:30 Aqua Aerobics-P,H</p>	<p>16 9:00 Coffee Club-G,F,R 10:00 Shopping at Price Chopper or Walmart 1:00 Bible Study-Lib 3:00 Bingo-G 5:00 Show of Love Game Show With Joe Trionfero</p>	<p>17 10:00 Yoga-G,H,C 10:00-1:00 Bus Trips to New Hartford Area Doctor Appointments 11:30-3:00 Duplicate Bridge-G,F,R 1:00 Rosary-T 2:00 Mah-jong-G,F,R 4:30 Happy Hour-G,F,R</p>	<p>18 9:00 Water Walk-P,H 11:30 Lunch Bunch: Jims Chowder House 2:00 Pinochle-G,F,R 3:00 Ceramics-AC,F,R 4:00 Scrabble Club-G,F,R</p>	<p>19 9:00 Coffee Club-G,F,R 12:00 Aqua Aerobics-P,H</p>
<p>20 11:00 Coffee Club-G,F,R</p>	<p>21 10:00 Stamina, Strength, Stretch -G,H 1:00 Knitting for Charities-G 2:00 Bus Trip to New Hartford Park for Walking Club 2:00 Mahjong-G,F,R 5-7:00 Evening Swim-P,H 2:00,4:00,7:00 Movie-T 6:30-9:45 Duplicate Bridge-G</p>	<p>22 10:00 Growing Strong-G,H 10:00-1:00 Bus Trips to Utica Area Doctor Appointments 2:00 Yoga Class-G,H,C 2:30 Ceramics-AC,R 5:30 Aqua Aerobics-P,H</p>	<p>23 9:00 Coffee Club-G,F,R 10:00 Shopping Chanatrys 1:00 Bible Study-Lib 5:00 Red Carpet Awards Party With Entertainment by Double Image at 6:00</p>	<p>24 10:00 Yoga-G,H,C 10:00-1:00 Bus Trips to New Hartford Area Doctor Appointments 11:30-3:00 Duplicate Bridge-G,F,R 1:00 Rosary-T 2:00 Mah-jong-G,F,R 4:30 Happy Hour-G,F,R</p>	<p>25 9:00 Water Walk-P,H 11:30 Lunch Bunch: The Soda Fountain 2:00 Pinochle-G,F,R 3:00 Ceramics-AC,F,R 4:00 Scrabble Club-G,F,R</p>	<p>26 9:00 Coffee Club-G,F,R 12:00 Aqua Aerobics-P,H</p>
<p>27 11:00 Coffee Club-G,F,R</p>	<p>28 Memorial Day Office Closed 1:00 Knitting for Charities-G 2:00 Mahjong-G,F,R</p>	<p>29 10:00 Growing Strong-G,H 10:00-1:00 Bus Trips to Utica Area Doctor Appointments 2:00 Yoga Class-G,H,C 2:00 Memorial Day Picnic 3:00 Birthday Party 4:00 Blood Pressure Checks 2:30 Ceramics-AC,R 5:30 Aqua Aerobics-P,H</p>	<p>30 9:00 Coffee Club-G,F,R 10:00 Bus Trip to Vernon Downs 10:00 Shopping at Price Chopper or Walmart 1:00 Bible Study-Lib 3:00 Bingo-G</p>	<p>31 10:00 Yoga-G,H,C 10:00-1:00 Bus Trips to New Hartford Area Doctor Appointments 11:30-3:00 Duplicate Bridge-G,F,R 1:00 Rosary-T 2:00 Mah-jong-G,F,R 4:30 Happy Hour-G,F,R</p>	<p>Residents must sign up for events in bold. If you are not signed up, we will not be prepared for you to attend. If you are signed up for an event in bold, we expect your presence. Please call to cancel or cross your name off the list if you are unable to attend something you have signed up for.</p>	<p>The Salon Is Open Every Tuesday and Thursday. Please Call Nikki for an Appointment at (315)-794-0612 or 266-0252</p>