


**\*\* Blood Pressure Checks \*\***  
**Wednesdays 9:00am—10:00am**  
 Provided by: South Baldwin Home Health Agency



# May 2008



**May Highlights:**  
 Beginners Pool/Billiards Class—Fridays 1p-2p  
 Fairhope Museum of History Trip—May 8th  
 "To Kill a Mockingbird" Trip—May 15th  
 "Chocolate Tasting—Lunch & Learn" - May 20th

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>Thursday May 1st &amp; Thursday May 15th, 9am -10am</u>                      Sean Murphy with Bankers Life &amp; Casualty will be on hand to answer any questions regarding Long Term Care, Medicare Supplement , or Home Health Care Insurance. Please come by and talk with Mr. Murphy should you have any questions and or need information on these services.</p>			<p>1 Tai Chi 8a-9a                      Glass Etching 9a—11a                      Hand &amp; Foot 10-1pm                      Bridge 12:30-3:30p                      Bottled Herb Vinegar 2-3:30p</p>	<p>2                      Exercise 8-9am                      Walking 9a-10a                      Pool/Billiards Class 1p-2p</p>	3
4	<p>5                      Exercise 8-9am                      Open Workshop 9am-2pm                      2pm Sit &amp; Be Fit Exercise                      "Cinco de Mayo"</p>	<p>6 Ceramics 9am-11am                      Walking 9a-10a                      Hand &amp; Foot 9:30a—1pm                      Bridge 12:30-3:30pm                      Jewelry Making 2p—3:30p</p>	<p>7 Exercise 8-9am                      Line Dancing 9:30-11:30                      Dominos 9:30-12pm                      2pm Sit &amp; Be Fit Exercise                      Glass Painting 2p-3:30p</p>	<p>8 Tai Chi 8a-9a                      Hand &amp; Foot 10-1pm                      Bridge 12:30-3:30p                      TRIP—FAIRHOPE MUSEUM OF HISTORY</p>	<p>9                      Exercise 8-9am                      Walking 9a-10a                      Pool/Billiards Class 1p-2p                      Begin Crocheting 2p-3:30p</p>	10
11	<p>12                      Exercise 8-9am                      Open Workshop 9am-2pm                      2pm Sit &amp; Be Fit Exercise                      Mother's Day</p>	<p>13 Ceramics 9am-11am                      Walking 9a-10a                      Hand &amp; Foot 9:30a—1pm                      Bridge 12:30-3:30pm                      Jewelry Making 2p-3:30p</p>	<p>14 Exercise 8-9am                      MASTERS GAMES—Orange Beach @ Rec. Center                      Line Dancing 9:30-11:30                      Dominos 9:30-12pm                      2pm Sit &amp; Be Fit Exercise</p>	<p>15 Tai Chi 8a-9a                      Hand &amp; Foot 10-1pm                      Bridge 12:30-3:30p                      TRIP—"TO KILL A MOCKINGBIRD"</p>	<p>16                      Exercise 8-9am                      Walking 9a-10a                      Begin Crocheting 2p-3:30p</p>	17
18	<p>19                      Exercise 8-9am                      AARP DRIVERS 9a—1p                      Open Workshop 9am-2pm                      2pm Sit &amp; Be Fit Exercise</p>	<p>20 Ceramics 9am-11am                      AARP DRIVERS 9a—1p                      Hand &amp; Foot 9:30a—1pm                      Bridge 12:30-3:30pm                      TRIP—"CHOCOLATE TASTING LUNCH &amp; LEARN"</p>	<p>21 Exercise 8-9am                      Line Dancing 9:30-11:30                      Dominos 9:30-12pm                      2pm Sit &amp; Be Fit Exercise                      Glass Painting 2p-3:30p</p>	<p>22 Tai Chi 8a-9a                      Glass Etching 9a—11a                      Hand &amp; Foot 10-1pm                      Bridge 12:30-3:30p                      Bottled Herb Vinegar 2-3:30p</p>	<p>23                      Exercise 8-9am                      Walking 9a-10a                      Pool/Billiards Class 1p-2p                      Begin Crocheting 2p-3:30p</p>	24
25	<p>26 Memorial Day                      Center Closed</p> 	<p>27 Ceramics 9am-11am                      Walking 9a-10a                      Hand &amp; Foot 9:30a—1pm                      Bridge 12:30-3:30pm                      Jewelry Making 2p-3:30p</p>	<p>28 Exercise 8-9am                      Line Dancing 9:30-11:30                      Dominos 9:30-12pm                      2pm—Sit &amp; Be Fit Exercise                      Glass Painting 2p-3:30p</p>	<p>29 Tai Chi 8a-9a                      Glass Etching 9a—11a                      Hand &amp; Foot 10-1pm                      Bridge 12:30-3:30p                      Bottled Herb Vinegar 2-3:30p</p>	<p>30                      Exercise 8-9am                      Walking 9a-10a                      Pool/Billiards Class 1p-2p                      Begin Crocheting 2p-3:30p</p>	31