

SUN	MON	TUE	WED	THUR	FRI	SAT
					9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 1 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour (Living Room/Auditorium)	10:30 AM Current Events (CR) 2 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR) 5:00 PM Kentucky Derby Viewing Social (A/LR)
10:30 AM Sunday Church Service (A) 3 3:30 PM Bible Study (FRASER CHAPEL) 6:00 PM Sunday Movie: (A)	9:45 AM Morning Mingle (LR) 4 10:00 AM Aldi's/Hobby Lobby/Target Shopping 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 4:30 PM Happy Hour (Living Room/Auditorium)	Cinco de Mayo 5 9:00 AM Harris Teeter Pick-up 10:00 AM Drum Exercise (A) 10:00 AM Bank Run 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 3:00 PM <i>Poker Club</i> (CC) 5:00 PM Cinco De Mayo Celebration (A/LR)	9:45 AM Seabrook Singers (A) 6 10:00 AM Catholic Communion Service (FRASER CHAPEL) 11:15 AM Balance & Strength (A) 11:15 AM Lunch @ chicken salad chick & opera: Eugene onegin encore (OUTING) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 3:00 PM Mother's Day Social (LR) 7:00 PM Bingo (A)	9:45 AM Grocery Shopping 7 11:30 AM Balance & Strength (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 8 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 1:30 PM Women in Philanthropy (A) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour (Living Room/Auditorium)	10:30 AM Current Events (CR) 9 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR) 7:00 PM Cordials (LR)
Mother's Day 10 10:30 AM Sunday Church Service (A) 3:30 PM Bible Study (FRASER CHAPEL) 6:00 PM Sunday Movie: (A)	9:45 AM Morning Mingle (LR) 11 10:30 AM Book Mobile (Front of Seabrook House) 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 4:30 PM Happy Hour (Living Room/Auditorium)	9:00 AM Harris Teeter Pick-up 12 10:00 AM Drum Exercise (A) 11:30 AM Resident Council (CR) 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 3:00 PM <i>Poker Club</i> (CC) 3:00 PM Monthly Documentary: UNREAL AMAZON – Nature's Most Dangerous Paradise (A)	9:45 AM Seabrook Singers (A) 13 10:00 AM Catholic Mass (FRASER CHAPEL) 10:00 AM Walmart/Dollar Tree/Barnes & Noble 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR))	9:45 AM Grocery Shopping 14 11:30 AM Balance & Strength (A) 11:30 AM Lunch & Learn: Hilma af Klint (OUTING) 2:00 PM Long Term Insurance Presentation (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 15 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour (Living Room/Auditorium)	10:30 AM Current Events (CR) 16 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
10:30 AM Sunday Church Service (A) 17 3:30 PM Bible Study (FRASER CHAPEL) 6:00 PM Sunday Movie: (A)	9:45 AM Morning Mingle (LR) 18 10:00 AM Aldi's/Hobby Lobby/Target Shopping 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR) 4:30 PM Happy Hour (Living Room/Auditorium)	9:00 AM Harris Teeter Pick-up 19 10:00 AM Drum Exercise (A) 10:00 AM Bank Run 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 3:00 PM <i>Poker Club</i> (CC) 7:00 PM Hairspray @ The Arts Center (OUTING)	9:45 AM Seabrook Singers (A) 20 10:00 AM Catholic Communion Service (FRASER CHAPEL) 11:15 AM Balance & Strength (A) 12:00 PM Birthday Lunch (DR) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 7:00 PM Bingo (A)	9:45 AM Grocery Shopping 21 11:30 AM Balance & Strength (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 22 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Rumikub (LR) 4:30 PM Salty Dog Cruise (OUTING) 4:30 PM Happy Hour (Living Room/Auditorium)	10:30 AM Current Events (CR) 23 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
10:30 AM Sunday Church Service (A) 24 3:30 PM Bible Study (FRASER CHAPEL) 6:00 PM Sunday Movie: (A) 6:15 PM HHCS: America Sings! (OUTING)	Memorial Day 25 9:45 AM Morning Mingle (LR) 10:30 AM Book Mobile (Front of Seabrook House) 11:15 AM Balance & Strength (A) 11:30 AM Memorial Day Shindig (Outside Front of Seabrook House) 12:00 PM Chair Exercise (A) 2:00 PM Monday Mingle (LR) 2:00 PM Ping Pong (GR)	9:00 AM Harris Teeter Pick-up 26 10:00 AM Drum Exercise (A) 11:30 AM Balance & Strength (A) 1:00 PM Chair Yoga W/ Mary (A) 3:00 PM <i>Poker Club</i> (CC) 3:15 PM The Seabrook Book Club (CC)	9:45 AM Seabrook Singers (A) 27 10:00 AM Catholic Communion Service (FRASER CHAPEL) 10:00 AM Walmart/Dollar Tree/Barnes & Noble 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 12:30 PM Duplicate Bridge (LR) 2:00 PM Ping Pong ((GR)) 2:00 PM Board of Trustees/Regime Board Meeting (A)	9:00 AM Audiologist (Nurses Office) 28 9:45 AM Grocery Shopping 10:30 AM Podiatrist (Nurses Office) 11:30 AM Balance & Strength (A) 2:00 PM Occupational Therapy Talk (LR) 3:30 PM Mary Mikels: Broadway to Bocelli (A)	9:00 AM Walking Club (Beach Walk) (Front of Seabrook House) 29 11:15 AM Balance & Strength (A) 12:00 PM Chair Exercise (A) 2:00 PM Rumikub (LR) 4:30 PM Happy Hour (Living Room/Auditorium)	10:30 AM Current Events (CR) 30 11:30 AM Chair Yoga W/ Mary (A) 1:00 PM Bridge (LR)
10:30 AM Sunday Church Service (A) 31 3:30 PM Bible Study (FRASER CHAPEL) 6:00 PM Sunday Movie: (A)	LOCATION KEY A - AUDITORIUM A/LR - AUDITORIUM/LIVING ROOM	CR - CONFERENCE ROOM CC - COZY CORNER GR - GAME ROOM LR - LIVING ROOM				

May 2026