










Activities at Martha Jefferson House

May 2023 ~ Spring has Sprung

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00-11:45 Movin' and Groovin' "Exercise" (M) 2:30-3:30 Trivia with UVA Students (LR) 4:00-5:00 Bingo with UVA Students (DR)	2 10:00-12:00 Kroger Run (F) 3:30-5:00 Susan Loving Speaks about Aromatherapy. (M)	3 10:45-11:30 T'ai Chi w/ Megan (M) 2:00-3:00 Trivia (DR) 3:30-4:00 Exercise with weights (M) 4:15-5:00 Poker and Playing cards (M)	4 11:00-11:45 Movin' and Groovin' "Exercise" (M) 2:30-3:30 Rummikube (M) 4:00-5:00 Trivia (DR)	5 Cinco De Mayo 10:30-12:00 Walking Club (F) Cinco De Mayo Lunch 2:30-3:30 Cornhole (P) 4:00-5:00 (DR) Wine and Cheese	6 10:30-11:30 Breakfast Club Trivia 2:00-2:45 Board Games (M) 3:30- 4:30 Gin Rummy
7 10-11 Hymn sing w/ Celia (LR) 11:00 Online Church Service (LR) 2:00-3:00 Reading Corner (DR) 3:30-4:00 Exercise with weights (M) 4-5 Sing along with Elma (LR)	8 10:00-11:00 Literature Club (RM 109) 11:00-11:45 Movin' and Groovin' "Exercise" (M) 2:30-3:30 Trivia with Students (LR) 4:00-5:00 Bingo with Students (DR)	9 11:30-1:30 Lunch Bunch: Rhett's Bar & Grill 3:00-3:45 Board Games (DR) 4:00-5:00 Lemonade on the patio (P)	10 10:45-11:30 T'ai Chi w/ Megan (M) 2:00-3:00 Trivia (DR) 3:30-4:00 Exercise with weights (M) 4:15-5:00 Poker and Playing cards (M) 	11 11:00-11:45 Movin' and Groovin' "Exercise" (M) 3:00-4:00 Town Hall (DR) 4:00-5:00 Trivia (DR)	12 10:30-12:00 Walking Club (F) 2:30-3:30 Cathie Platt playing the piano (M) 4:00-5:00 (DR) Wine and Cheese	13 10:30-11:00 Trio Performance: Cello, Violin and Viola 2:00-2:45 Board Games (M) 3:00-4:00 Nicole Kirk playing piano (LR)
14 10-11 Hymn sing w/ Celia (LR) 11:00 Online Church Service (LR) 11:00 Mrs Reese speaks about Pan Am (M) 2:30-3:30 Reading Corner (DR) 3:30-4:00 Exercise with weights (M) 4-5 Sing along with Elma (LR)	15 10:00-10:45 Movin' and Groovin' "Exercise" (M) 11:00-11:30 Communion (M)  2:30-3:30 Trivia with Students (LR) 4:00-5:00 Bingo with Students (DR)	16 10:00-12:00 Scenic Ride (F) 3:00-3:45 Board Games (M) 4:00-5:00 Lemonade on the patio (P) 	17 10:45-11:30 T'ai Chi w/ Megan (M) 2:00-3:00 Trivia (DR) 3:30-4:00 Exercise with weights (M) 4:15-5:00 Poker and Playing cards (M) 	18 11:00-11:45 Movin' and Groovin' "Exercise" (M)  2:30-3:30 Rummikube (M) 4:00-5:00 Trivia (DR)	19 10:30-12:00 Walking Club (F) 2:30-3:30 Cornhole (P) 4:00-5:00 Wine and Cheese (DR)	20 10:30-11:30 Breakfast Club Trivia 2:00-3:00 Board Games (M) 3:30-4:30 Rummikube (M)
21 10:00-11:00 Hymn sing (LR) 11:00 Online Church Service (LR) 2:30-3:30 Reading Corner (DR) 3:30-4:00 Exercise with weights (M) 4:00-5:00 Sing along with Elma (LR)	22 11:00-11:45 Movin' and Groovin' "Exercise" (M) 2:30-3:30 Trivia UVA Students (LR) 4:00-5:00 Bingo with UVA Students (DR)	23 10:30-12:00 Game Show hosted by Erin (M) 3:00-3:45 Board Games (M) 4:00-5:00 Lemonade on the patio (P) 	24 10:45-11:30 T'ai Chi w/ Megan (M) 2:30- 3:30 Banjo Sam (DR)  3:30-4:00 Exercise with weights (M) 4:15-5:00 Poker and Playing cards (M)	25 11:00-11:45 Movin' and Groovin' "Exercise" (M) 2:30-3:30 Rummikube (M) 4:00-5:00 Trivia (DR)	26 10:30-12:00 Walking Club (F) 2:30-3:30 Megan Sharp singing (M) 4:00-5:00 (DR) Wine and Cheese	27 10:30-11:30 Breakfast Club Trivia (LR) 2:00-3:00 Board Games (M) 4:30-5:30 Young at Heart with Glenna (M)
28 10:00-11:00 Hymn sing (LR) 11:00 Online Church Service (LR) 2:30-3:30 Reading Corner (DR) 3:30-4:00 Exercise with weights (M) 4:00-5:00 Sing along with Elma (LR)	29 11:00-11:45 Movin' and Groovin' "Exercise" (M) 2:30-3:30 Trivia UVA Students (LR) 4:00-5:00 Bingo with UVA Students (DR)	30 10:30-12:00 Game show hosted by Erin (M) 2:30-4:30 Wine Club: Afton Vineyards (F)	31 10:45-11:30 T'ai Chi w/ Megan (M) 2:00-3:00 Trivia (DR) 3:30-4:00 Exercise with weights (M) 4:15-5:00 Poker and Playing cards (M) 	Location Key: Solarium = S Magnolia Room = M Living Room = LR Patio = P Front Door = F Carlyle Courtyard = CC Dining Room = DR	Classical Music Club Every Tuesday, 2-3 PM Meet in Mr. Kaplan's Apartment 