



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Complete the Pulse Survey May 4th-18th! ^</p> <p>It's time for a follow-up to the Oct. 2025 Resident Satisfaction Survey! Help Valley Manor keep a finger on the pulse & submit your feedback. Scan the QR code to access the Pulse Survey between May 4th & May 18th.</p> <p>Need help? Attend <i>Survey Help with Greg</i> on May 5th or 15th or ask VM staff for help.</p> 	<p>May is...</p>    				<p>1</p> <p>8:30 Men's Breakfast ^ – DR 9:30 Financial Discussion Group – BR 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * ^ 3:15 Eastman on East – ML 5:00 Meditation – EDC</p>	<p>2</p> <p>8:45 Fit N' Flex – GEX 10:30 Bridge – GR</p>
<p>3</p> <p>8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Apollo 11 – AUD</p>	<p>4 Pulse Survey Opens ^</p> <p>9:30 Wegman's * ^ 9:45 Aqua Fit – PL 11:00 Great Courses – AUD 11:30 Chair Yoga – GEX 1:00 Stumble: Ep. 9 & 10 – AUD 5:00 Meditation – EDC</p> <p>Happy birthday to Pat Williams 😊</p>	<p>5 Cinco de Mayo</p> <p>8:45 Fit N' Flex – GEX 9:00 - 12:00 Survey Help with Greg ^ – BR 10:00 Knit Wits – GR 10:00 Expert Panel Series: Music & Memory – AUD 1:00 Current Events Discussion – EDC 2:00 Bridge – GR</p> <p>Happy birthday to John Hamlin 😊</p>	<p>6</p> <p>9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 1:00 3rd & 5th Floor Welcome Parties ^ 1:30 Geva: Furlough's Paradise * 3:00 VM Caring Circle ^ – EDC 4:45 Meditation – EDC 7:00 Movie Night: Lilly – AUD</p>	<p>7</p> <p>8:45 Fit N' Flex – GEX 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 1:00 - 5:00 Tech Help with Greg * – PRI DR 2:00 Bingo – EDC 3:00 Valley Manor Resident Association (VMRA) Open Office Hour ^ – STRO 7:00 RPO B-Series: Rhythm and Romance *</p>	<p>8</p> <p>9:45 Aqua Fit – PL 10:45 Lilac Festival * 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * ^ 5:00 Meditation – EDC</p>	<p>9</p> <p>8:45 Fit N' Flex – GEX 10:30 Bridge – GR</p> <p>Happy birthday to Karen Lenio 😊</p>
<p>10 Mother's Day</p> <p>8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Wicked: For Good – AUD</p>	<p>11</p> <p>9:30 Wegman's * ^ 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:00 Stumble: Ep. 11 & 12 – AUD 2:00 6th & 8th Floor Welcome Parties ^ 3:00 Resident Political Action Group – EDC 5:00 Meditation – EDC 7:00 VMRA Program: Rosemary Kegel ^ – AUD</p> <p>Happy birthday to Jean Koenemann 😊</p>	<p>12</p> <p>8:45 Fit N' Flex – GEX 10:00 Knit Wits – GR 1:00 Church Tour, Pt. 2 * 2:00 Bridge – GR 2:00 Caregiver Support Group – EDC</p>	<p>13</p> <p>9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 11:00 Brain Health & a New Era of Dementia Support – AUD 11:00 VM Book Club – EDC 1:30 Trader Joe's * 3:00 Corn Hole w/ 12 Corners Middle School – GEX 4:45 Meditation – EDC 7:00 Movie Night: Lion – AUD</p> <p>Happy birthday to Suzanne Olson 😊</p>	<p>14</p> <p>8:45 Fit N' Flex – GEX 10:00 Space Use Discussion – EDC 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 1:00 - 5:00 Tech Help with Greg * – BR 2:00 Newcomers' Welcome Reception * ^ – AUD 3:30 Worship Service (w/ Post-Service Social) – CH/GR</p>	<p>15</p> <p>9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:00 Dante, Still in Paradise – AUD 1:00 Indoor Corn Hole – GEX 1:30 Wegman's * ^ 2:00 Space Use Discussion – EDC 2:00 - 5:00 Survey Help with Greg ^ – BR 5:00 Meditation – EDC</p>	<p>16</p> <p>8:45 Fit N' Flex – GEX 10:30 Bridge – GR</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 3:00 Mount Hope World Singers – ML	18 Last Day to Complete Pulse Survey ^ 9:30 Wegman’s * ^ 9:45 Aqua Fit – PL 11:00 Great Courses – AUD 11:30 Chair Yoga – GEX 1:00 Stumble: Ep. 13 – AUD 5:00 Meditation – EDC 7:00 Ever Wiser: More Elder Practices for Happiness with Dr. Burton Presberg Happy birthday to Jeff Williams 😊	19 8:45 Fit N’ Flex – GEX 10:00 Knit Wits – GR 11:00 Dog Day of Margo – ML 1:00 Current Events Discussion – EDC 2:00 Bridge – GR 3:30 Pre-Shavuot Program with Rabbi Mendel Vogel – ML	20 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 11:30 Birthdays in May Lunch ^ – DR 2:00 Broadway Bob – AUD 2:30 Valley Manor Resident Association (VMRA) Board Meeting ^ – EDC 4:45 Meditation – EDC 7:00 Movie Night: Green Book – AUD Happy birthday to Ken Cohen 😊	21 United Way Day of Caring & Waitstaff Appreciation Day 8:45 Fit N’ Flex – GEX 9:00 - 12:00 Tech Help with Greg * – PRI DR 10:30 Glory Bells Concert – ML 11:45 Eastman @ Washington Square: Honors Finale * 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 2:30 Monthly Resident Meeting ^ – AUD	22 Podiatrist (Appt. Only) – MED OFC 9:45 Aqua Fit – PL 10:00 Walking Club: The Golden Loop * 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman’s * ^ 3:15 Eastman on East – ML 5:00 Meditation – EDC 7:00 RPO Z-Series: Broadway in Hollywood * Happy birthday to Alan Jones 😊	23 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR 11:00 Space Use Discussion – EDC Happy birthday to Jeanne Campbell 😊
24 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: Rita Moreno: Just a Girl Who Decided to Go for It – AUD Happy birthday to Joan Mitchell 😊	25 Memorial Day No Aquafit No Wegman’s Trip 11:00 - 1:30 Memorial Day Cookout 11:30 Chair Yoga – GEX 3:00 Resident Political Action Group – EDC 5:00 Meditation – EDC	26 8:45 Fit N’ Flex – GEX 10:00 Knit Wits – GR 12:30 Corn Hole Match @ Beatrice Place * 1:00 Wines of Argentina * – EDC 2:00 Bridge – GR 2:00 Catholic Communion – CH	27 9:00 Tai Chi – ML 9:45 Aqua Fit – PL 10:30 Indoor Corn Hole – GEX 1:30 Geva: Baron Vaughn: Cycle Breaker * 2:00 Drums Alive – GEX 4:45 Meditation – EDC 7:00 Movie Night: All the Empty Rooms – AUD	28 8:45 Fit N’ Flex – GEX 9:00 - 12:00 Tech Help with Greg * – BR 11:30 Lunch Club: Tavos Antojitos y Tequila * 1:00 Bridge – GR 1:00 Card Making w/ Patricia * – CR 2:30 Candoo: Tips for Taking Better Photos & Storing Them – AUD 3:30 Worship Service – CH	29 9:45 Aqua Fit – PL 11:30 Chair Yoga – GEX 1:00 Indoor Corn Hole – GEX 1:30 Wegman’s * ^ 3:00 Katherine’s Musicales – ML 5:00 Meditation – EDC	30 8:45 Fit N’ Flex – GEX 10:30 Bridge – GR
31 8:30 - 12:30 Church Transportation * 11:00 - 1:30 Sunday Brunch – DR 2:30 Movie Matinee: BlackBerry – AUD Happy birthday to Sharon Price 😊	 	<p>* = Sign up at the Front Desk ** = Sign up with Laurie Melone in Admin Office ^ = Resident-only event</p> <p>Items in red bold are cancelled events</p> <p>For more details on these events, please refer to program flyers or contact Resident Services at (585) 442-6450 x 1921</p>		Room Key AUD – Auditorium BR – Board Room CH – Chapel CR – Craft Room DR – Dining Room EDC – Ed Center FIT – Fitness Center GAR – Garden Room GEX – Group Exercise Studio GR – Game Room MED OFC – Medical Office ML – Music Lounge PATIO – Weather permitting PL – Pool PRI DR – Private Dining Room STRO – Bistro		