



May News & Events

CHECK THE DAILY SHEETS

For updates,
changes and
details about
daily events.

They will be posted:

On the board by the
mailboxes, In the main
entrance
Outside the event center
Outside the Salus Coach
office

May

April Showers bring May flowers!
Here is what you can expect this month.

Mother's Day Brunch

Brunch will be at 10:30 on Friday May 10th whether you are a mother, or a daughter. Join us in the promenade for breakfast appetizers and MOMosa's

Latin Breeze

Latin Breeze will be here the 2nd Friday instead of the 1st. Wear your dancing shoes we will continue to celebrate for Mother's Day weekend!

Street Side Car Show

We are headed back to the car show on Friday May 17th. Please keep in mind this outing is for everyone who would like to go.

Cocktail Party

Thursday May 23rd at 6:00pm we will have a cocktail setting with an amazing Jazz group. Attire is just nicely dressed. Enjoy some drinks and very light appetizers after dinner. We will have this event in the promenade.

Lunch Outings

Friday, May 3rd – Long Horn Steakhouse

Friday, May 10th – Mother's Day Weekend

(No Lunch Outing)

Friday, May 17th – Backyard Lunch

(Street side Car Show)

Friday, May 24th – Bahama Breeze

Friday, May 31st – Shrimp Boat



Tessera Events May 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
<p>SHOPPING SCHEDULE:</p> <p>Tuesdays: Walmart Leaving Tessera at 1:30 and Leaving Walmart at 3:30.</p> <p>Thursdays: Regency Square Leaving Tessera at 1:30 and Leaving Regency Sq. at 3:30.</p> <p>Please sign up at the concierge desk, to ensure your space is reserved on the Bus.</p>	<p style="text-align: center;">DIMENSIONS OF WELLNESS</p> <p style="text-align: center;"> Physical Spiritual Social Intellectual </p>		<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Rosary Nativity Church Instramix Fitness Class Stretch & Cool Down Afternoon Walk <p>3:00- 4:30</p> <p>Winedown Wednesdays</p> <ul style="list-style-type: none"> Refreshments & Appetizers Live Entertainment <p>Games Group 6:00-8:00pm</p> <ul style="list-style-type: none"> Card Games Hand & Foot 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Mental Fitness Yoga Class In the Gym <p>Getting Social 1:30-3:30</p> <ul style="list-style-type: none"> Billiards Club New Day New Activity <p>Movin' & Groovin' 6:00-8:00</p> <ul style="list-style-type: none"> Evening Exercise Event Center Stations 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Spanish Classes Get Fit with Salus <p>Lunch Outing Long Horn Steakhouse 2:00-3:30</p> <ul style="list-style-type: none"> Baking Club Men's Club <p>Creative Corner 6:00-8:00</p> <ul style="list-style-type: none"> Artwork Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Manicures Hand Massage and Cuticle Care <p>Weekend Reflections 1:30-3:30</p> <ul style="list-style-type: none"> Outdoor Adventures Bible Stories Taco Bar Cinco De Mayo Celebration Musical Memories 6:00-8:00
5	6	7	8	9	10	11
<p>Transportation to Churches 8:30 & 9:30</p> <p>Morning Motivation 10:00-12:00</p> <p> Resident Choice</p>	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Nail Care Workout with Salus Current Events <p>Challenge Yourself 1:00-3:00</p> <ul style="list-style-type: none"> Technology Corner Wheel of Fortune <p>Revitalize & Refresh 3:00-5:00</p> <ul style="list-style-type: none"> Flex and Stretch Brain Games <p>Leisurely Lifestyles 6-8pm</p> <ul style="list-style-type: none"> RummiKub & Cards Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Tai Chi Health Recovery <p>Creative Competition 1:30-3:30</p> <ul style="list-style-type: none"> One Day Interviews Bingo Games Card Games <p>Get Competitive 6:00-8:00</p> <ul style="list-style-type: none"> Dominoes Tournament UNO Teams 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Rosary Nativity Church Instramix Fitness Class Stretch & Cool Down Fall Prevention Afternoon Walk <p>3:00-4:30</p> <p>Winedown Wednesdays</p> <ul style="list-style-type: none"> Refreshments & Appetizers Live Entertainment <p>Games Group 6:00-8:00pm</p> <ul style="list-style-type: none"> Card Games Hand & Foot 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Mental Fitness Yoga Class In the Gym <p>Getting Social 1:30-3:30</p> <ul style="list-style-type: none"> New Day New Activity Billiards Club Movie Magic <p>Movin' & Groovin' 6:00-8:00</p> <ul style="list-style-type: none"> Evening Exercise Event Center Stations 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Get Fit with Salus <p>10:30 Mother's Day Brunch 2:30-3:30</p> <p> <i>Friday with Latin Breeze</i></p> <p>Creative Corner 6:00-8:00</p> <ul style="list-style-type: none"> Art Work Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Fancy Nails with Leandra Hand Massage and Cuticle Care <p>Weekend Reflections 1:30-3:30</p> <ul style="list-style-type: none"> Outdoor Adventures Bible Stories Fireside Chats 6:00-8:00
12	13	14	15	16	17	18
<p>Transportation to Churches 8:30 & 9:30</p> <p>Morning Motivation 10:00-12:00</p> <p> Resident Choice</p>	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Nail Care Workout with Salus Current Events <p>Challenge Yourself 1:00-3:00</p> <ul style="list-style-type: none"> Technology Corner Wheel of Fortune <p>Revitalize & Refresh 3:00-5:00</p> <ul style="list-style-type: none"> Flex and Stretch Brain Games <p>Leisurely Lifestyles 6-8pm</p> <ul style="list-style-type: none"> RummiKub & Cards Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Tai Chi Health Recovery <p>Creative Competition 1:30-3:30</p> <ul style="list-style-type: none"> Bingo Games Card Games <p>Get Competitive 6:00-8:00</p> <ul style="list-style-type: none"> Dominoes Tournament UNO Teams 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Rosary Nativity Church Instramix Fitness Class Stretch & Cool Down Culinary Council Meeting <p>Winedown Wednesdays 3:00-4:30</p> <ul style="list-style-type: none"> Refreshments & Appetizers Live Entertainment <p>Games Group 6:00-8:00pm</p> <ul style="list-style-type: none"> Card Games Hand & Foot 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Aromatherapy Pendants Mental Fitness Yoga Class In the Gym <p>Getting Social 1:30-3:30</p> <ul style="list-style-type: none"> New Comer's Social Billiards Club <p>Movin' & Groovin' 6:00-8:00</p> <ul style="list-style-type: none"> Evening Exercise Event Center Stations 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Spanish Classes Get Fit with Salus <p>Order in Lunch 1:30</p> <p>Street side Car Show 2:00-3:30</p> <ul style="list-style-type: none"> Baking Club Sip 'N' Paint <p>Creative Corner 6:00-8:00</p> <ul style="list-style-type: none"> Artwork Puzzle Party 	<p>Morning Motivation 10:00-12:00</p> <ul style="list-style-type: none"> Manicures Hand Massage and Cuticle Care <p>Weekend Reflections 1:30-3:30</p> <ul style="list-style-type: none"> Facials with Erin Bible Stories Musical Memories 6:00-8:00

Events are subject to Change and Weather Permitting.



Tessera Events May 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19	20	21	22	23	24	25
<p>Transportation to Churches 🕒 8:30 & 9:30</p> <p>Morning Motivation 10:00-12:00</p> <p>👤 Resident Choice</p>	<p>Morning Motivation 10:00-12:00</p> <p>👤 Nail Care</p> <p>🏃 Workout with Salus</p> <p>📺 Current Events</p> <p>Challenge Yourself 1:00-3:00</p> <p>📺 Technology Corner</p> <p>👤 Wheel of Fortune</p> <p>Revitalize & Refresh 3:00-5:00</p> <p>🏃 Flex and Stretch</p> <p>📺 Brain Games</p> <p>Leisurely Lifestyles 6-8pm</p> <p>👤 RummiKub & Cards</p> <p>📺 Puzzle Party</p>	<p>Morning Motivation 10:00-12:00</p> <p>🕒 Aromatherapy Pendants</p> <p>🏃 Tai Chi Health Recovery</p> <p>📺 Resident Council Meeting</p> <p>Creative Competition 1:30-3:30</p> <p>👤 Bingo Games</p> <p>👤 Card Games</p> <p>Get Competitive 6:00-8:00</p> <p>👤 Dominoes Tournament</p> <p>📺 UNO Teams</p>	<p>Morning Motivation 10:00-12:00</p> <p>🕒 Rosary Nativity Church</p> <p>🏃 Instramix Fitness Class</p> <p>🏃 Stretch & Cool Down</p> <p>🏃 Afternoon Walk 3:00-4:30</p> <p>Winedown Wednesdays</p> <p>👤 Refreshments & Appetizers</p> <p>🕒 Live Entertainment</p> <p>Games Group 6:00-8:00pm</p> <p>📺 Card Games</p> <p>📺 Hand & Foot</p>	<p>Morning Motivation 10:00-12:00</p> <p>🕒 Aromatherapy Pendants</p> <p>📺 Mental Fitness</p> <p>🏃 Yoga Class</p> <p>🕒 In the Gym</p> <p>Getting Social 1:30-3:30</p> <p>👤 Billiards Club</p> <p>👤 New Day New Activity</p> <p>Movin' & Groovin' 6:00-8:00</p> <p>👤 <i>Cocktail Party</i></p>	<p>Morning Motivation 10:00-12:00</p> <p>👤 Spanish Classes</p> <p>🏃 Get Fit with Salus</p> <p>👤 Lunch Outing Bahama Breeze 2:00-3:30</p> <p>👤 Baking Club</p> <p>🕒 Sip 'N' Paint</p> <p>Creative Corner 6:00-8:00</p> <p>🕒 Artwork</p> <p>📺 Puzzle Party</p>	<p>Morning Motivation 10:00-12:00</p> <p>🕒 Manicures</p> <p>🏃 Hand Massage and Cuticle Care</p> <p>Weekend Reflections 1:30-3:30</p> <p>👤 Outdoor Adventures</p> <p>🕒 Bible Stories</p> <p>📺 Musical Memories 6:00-8:00</p>
26	27	28	29	30	31	
<p>Transportation to Churches 🕒 8:30 & 9:30</p> <p>Morning Motivation 10:00-12:00</p> <p>👤 Resident Choice</p>	<p>Morning Motivation 10:00-12:00</p> <p>👤 Nail Care</p> <p>🏃 Workout with Salus</p> <p>📺 Current Events</p> <p>Challenge Yourself 1:00-3:00</p> <p>📺 Technology Corner</p> <p>👤 Wheel of Fortune</p> <p>Revitalize & Refresh 3:00-5:00</p> <p>🏃 Flex and Stretch</p> <p>📺 Brain Games</p> <p>Leisurely Lifestyles 6-8pm</p> <p>👤 RummiKub & Cards</p> <p>📺 Puzzle Party</p>	<p>Morning Motivation 10:00-12:00</p> <p>🕒 Aromatherapy Pendants</p> <p>🏃 Tai Chi Health Recovery</p> <p>Creative Competition 1:30-3:30</p> <p>👤 One Day Interviews</p> <p>👤 Bingo Games</p> <p>👤 Card Games</p> <p>Get Competitive 6:00-8:00</p> <p>👤 Dominoes Tournament</p> <p>🕒 UNO Teams</p>	<p>Morning Motivation 10:00-12:00</p> <p>🕒 Rosary Nativity Church</p> <p>🏃 Instramix Fitness Class</p> <p>🏃 Stretch & Cool Down</p> <p>👤 Wednesday Work Shop</p> <p>Winedown Wednesdays 3:00-4:30</p> <p>👤 Refreshments & Appetizers</p> <p>🕒 Live Entertainment</p> <p>Games Group 6:00-8:00pm</p> <p>📺 Card Games</p> <p>📺 Hand & Foot</p>	<p>Morning Motivation 10:00-12:00</p> <p>🕒 Aromatherapy Pendants</p> <p>📺 Mental Fitness</p> <p>🏃 Yoga Class</p> <p>🕒 In the Gym</p> <p>Getting Social 1:30-3:30</p> <p>👤 New Day New Activity</p> <p>👤 Billiards Club</p> <p>👤 Movie Magic</p> <p>Movin' & Groovin' 6:00-8:00</p> <p>🏃 Evening Exercise</p> <p>👤 Event Center Stations</p>	<p>Morning Motivation 10:00-12:00</p> <p>👤 Spanish Classes</p> <p>🏃 Get Fit with Salus</p> <p>👤 Lunch Outing Shrimp Boat 2:00-3:30</p> <p>👤 Baking Club</p> <p>🕒 Sip 'N' Paint</p> <p>Creative Corner 6:00-8:00</p> <p>🕒 Artwork</p> <p>📺 Puzzle Party</p>	

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