

## SPECIAL PROGRAMS

### Documentaries - Pirates

*Mondays @ 3pm-4pm - Auditorium*

Take an in-depth look at pirate life, from ships to specific, famous pirates.



### Kentucky Derby Watch Party

*Saturday, May 2<sup>nd</sup> @ 5pm - Auditorium*

Bring your fancy hat and garland of roses and enjoy the 152<sup>nd</sup> Kentucky Derby.

Residents are encouraged to bring their own snacks and drinks.

### Coburg Village Bus Trip Presentation

*Tuesday, May 5<sup>th</sup> @ 10am - Club Dining Room*

Come learn about our Coburg bus trip to Lancaster and Gettysburg. Join us on our trip June 16<sup>th</sup>-19<sup>th</sup> as we tour Lancaster, enjoy two wonderful shows, eat at an Amish house, and much more. We'll also do a day trip to Gettysburg and see the museum and Gettysburg Cyclorama, have a bus guided tour around the twenty-five miles of battlefield, and enjoy several restaurants and more. This is a low impact trip with little walking. Bring your questions to the presentation.



### Cinco De Mayo Mixology with Mike and Antoinette

*Wednesday, May 6<sup>th</sup> @ 2pm-3pm - Auditorium*

Put on your sombrero and enjoy a few Spanish fares, complete with some special blends of drinks by our mixology masters!

### Presentation- Body Mechanics & Back Safety

*Thursday, May 7<sup>th</sup> @ 3pm - Auditorium*

As older adults have a greater susceptibility to chronic low back pain, the physical and psychological impact of this pain on society will be considerable. Improper body mechanics (such as improperly lifting heavy items) can put increased pressure on your spine.

Brian V, MPT will discuss how proper mechanic can keep your back safe.



### Fiction Writing Class with Author Mary Sanders Shartle

*Wednesday, May 13<sup>th</sup> @ 10am-Noon - Card Room Cost: \$10*

Mary Sanders Shartle will focus on the writing of fiction and techniques to get you on that writing path. She is a well-known author and lecturer all over the capital district. **Register in the rotunda by May 11<sup>th</sup> with payment to Mary Sanders Shartle. Checks should be placed in Meda's mailbox 421.**





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Room Abbreviations:</b>  <u>CC: Creative Corner</u>  <u>Aud: Auditorium</u>  <u>Ch: Chapel</u>  <u>CDR- Club Dining Room</u>  <u>CY: Courtyard</u>  <u>CR: Card Room</u>  <u>DR: Dining Room-46 &amp; Birch</u>  <u>FR- Fitness Room</u>  <u>RT- Rotunda</u></p> 	<p><i>*Programs Subject to Change</i>  <b>FREE POPCORN NIGHT</b></p>  <p><b>Changes &amp; Update Line</b>  <b>Ext. 6497</b>          For last minute changes to programs/events</p>	<p><b>Daily Activity Schedule</b>          Available on <b>Spectrum Channel 1390</b>  <small>(Not Available For Cottages)</small></p> 	<p><b>COBURG VILLAGE BUS TRIP</b>  <b>Lancaster &amp; Gettysburg</b>  <b>June 16-19</b></p>  <p><b>Presentation: Tuesday, May 5th</b>  <b>10:30 AM Club Dining Room</b></p> <p><b>See information in the mail room</b>  <b>Sign up by May 9th!</b></p>		<p><b>1</b>  <b>10am Tech Time with Jim-CC</b>          11am Ball w/ Lorraine-Aud          11am Conversations w/ Rabbi Shara-Ch          12pm Lorraine's Hand Class-CC          1pm Bridge-CR          1pm Library Committee-CC          1:30pm Lorraine's Sit &amp; Fit-Aud          2:15pm Wii Bowling-Aud          7pm All Games-CR</p> <p><b>Movie-Seabiscuit-Aud</b></p> 	<p><b>2</b>  <b>5pm Kentucky Derby Watch Party -Auditorium</b></p> 
<p><b>3</b>          10:30am Christian Non-Denominational Worship with Communion Pastor Singh          2pm Resident Bingo-CR</p>	<p><b>4</b>          10am Executive Committee-CC  <b>10am Weight Management-CR</b>          11am Zumba with Lora          12pm Chair Volleyball-Aud          1pm Diamond Art-CC          1pm Fitness w/ Christine-Aud          1:30pm Canasta-CR  <b>2pm Mind Fitness-CC</b>  <b>3pm Pirate Ships of the Caribbean-Aud</b>          7pm All Games-CR  <b>7pm Movie-Calendar Girls-Auditorium</b></p>	<p><b>5</b>  <b>10:30am Coburg Bus Trip Presentation-Club Dining Room</b>          11am Balance w/ Christine-Aud  <del>NO 12:30pm Water Aerobics</del>          1-3pm Sewing Together-CC          1:30pm Brian's Fitness-Aud          2pm Rummikub/Mahjong-CR  <b>2pm Bocce-Courtyard</b>          3:15pm Meditation-CC          7pm All Games-CR  <b>7pm Music With Mark Mason -Auditorium</b></p>	<p><b>6</b> <del>NO 9:30am Water Aerobics</del>          11am Fitness w/ Christine-Aud          12pm Balance w/ Christine-Aud          12pm Episcopal Service-Ch          12:45pm Ball w/ Lorraine-Aud          1-3pm Knitting/Crocheting-CR          1:30pm Lorraine's Sit &amp; Fit-Aud  <b>2pm Cinco De Mayo Mixology -Auditorium</b>  <del>NO 2pm Lorraine's Hand Class</del>          7pm Pinochle &amp; Bridge-CR  <b>7pm Game Night-Horse Racing-Auditorium</b></p>	<p><b>7</b> <del>NO 10:30am Water Aerobics</del>          11am Rosary-Ch          12pm Chair Volleyball-Aud          1pm Bible Study-CR          1pm Chess-CC          1:30pm Brian's Fitness-Aud          3pm Choraliers- Ch  <b>3pm- Presentation- Body Mechanics &amp; Back Safety w/ Brian-Auditorium</b>          7pm All Games-CR  <b>7pm Resident Association Meeting -Auditorium</b></p>	<p><b>8</b>  <b>9am-1pm Plant Sale-Greenhouse</b>  <b>9:30am Water Walking with Antoinette-Pool</b>          10am Storytellers-CR          11am Ball w/ Lorraine-Aud          12pm Lorraine's Hand Class-CC          1pm Bridge-CR          1:30pm Lorraine's Sit &amp; Fit-Aud          2:15pm Wii Bowling-Aud          7pm All Games-CR  <b>7pm Movie-Audrey's Children -Auditorium</b></p> 	<p><b>9</b>          7pm All Games-CR</p> 
<p><b>10</b> <b>HAPPY Mother's Day</b>          10:30am Christian Non-Denominational Worship with Communion Deacon Glenn-Ch          2pm Resident Bingo-CR</p>	<p><b>11</b>          11am Zumba with Lora-Aud          12pm Chair Volleyball-Aud          1pm Diamond Art-CC          1pm Fitness w/ Christine-Aud          1:30pm Canasta-CR  <b>3pm Grace O'Malley-Pirate Queen of Ireland-Aud</b>          3:30pm Parkinson's Group-CC          7pm All Games-CR  <b>7pm Music with Allen &amp; Azzaam-Auditorium</b></p>	<p><b>12</b>          11am Methodist Service-Ch          11am Balance w/ Christine-Aud          12:30pm Brian's Water Aerobics          1-3pm Sewing Together-CC          1:30pm Brian's Fitness-Aud          2pm Rummikub/Mahjong-CR  <b>2pm Bocce-Courtyard</b>          3:15pm Meditation-CC          7pm All Games-CR  <b>7pm Documentary-In Search of Mozart -Auditorium</b></p>	<p><b>13</b> 9:30am Water Aerobics w/ Christine  <b>10am Writing Class-CR</b>          11am Fitness w/ Christine-Aud          12pm Balance w/ Christine-Aud          12pm Episcopal Service-Ch          12:45pm Ball w/ Lorraine-Aud          1-3pm Knitting/Crocheting-CR          1:30pm Lorraine's Sit &amp; Fit-Aud          2pm Lorraine's Hand Class-CC          2:30 St. Mary's Prayer Service-Ch          7pm Pinochle &amp; Bridge-CR  <b>7pm Music With Ed Clifford-Auditorium</b></p>	<p><b>14</b>          10:30am Brian's Water Aerobics          11am Rosary-Ch          12pm Chair Volleyball-Aud          1pm Bible Study-CR          1pm Chess-CC          1:30pm Brian's Fitness-Aud          2:30pm Book Club-CR          3pm Choraliers-Ch          7pm All Games-CR</p>	<p><b>15</b> <b>POOL CLOSES AT 12:30PM</b>  <b>9:30am Water Walking with Antoinette-Pool</b>          11am Ball w/ Lorraine-Aud          12pm Lorraine's Hand Class-CC          1pm Bridge-CR          1:30pm Lorraine's Sit &amp; Fit-Aud          2:15pm Wii Bowling-Aud          7pm All Games-CR  <b>7pm Movie-Captain Phillips -Auditorium</b></p> 	<p><b>16</b>          7pm All Games-CR</p>

# COBURG VILLAGE May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>17</b></p> <p>10:30am Christian Non-Denominational Worship with Communion <i>Deacon Glenn-Ch</i></p> <p>2pm Resident Bingo-CR</p> 	<p><b>18</b></p> <p>11am Zumba with Lora-Aud</p> <p>12pm Chair Volleyball-Aud</p> <p>1pm Diamond Art-CC</p> <p>1pm Fitness w/ Christine-Aud</p> <p>1:30pm Canasta-CR</p> <p>2pm Buddy Committee-CDR</p> <p><b>2pm Mind Fitness-CC</b></p> <p><b>3pm Pirate Secrets from the Ocean Floor-Aud</b></p> <p>7pm All Games-CR</p> <p><b>7pm Music with Sarah &amp; Azzaam -Auditorium</b></p>	<p><b>19</b></p> <p>11am Balance w/ Christine-Aud</p> <p>12:30pm Brian's Water Aerobics</p> <p>1-3pm Sewing Together-CC</p> <p>1:30pm Brian's Fitness-Aud</p> <p>2pm Rummikub/Mahjong-CR</p> <p><b>2pm Bocce-Courtyard</b></p> <p>3:15pm Meditation-CC</p> <p>7pm All Games-CR</p> <p><b>7pm Music with Jill Smith -Auditorium</b></p>	<p><b>20</b> <i>NO Fitness Classes in the Auditorium Today</i></p> <p>9:30am Water Aerobics w/ Christine</p> <p>12pm Episcopal Service-Ch</p> <p>1-3pm Knitting/Crocheting-CR</p> <p>7pm Pinochle &amp; Bridge-CR</p>  <p><b>2:30 Blood Pressure Clinic-RT</b></p> <p>3pm Choraliers- Ch</p> <p>7pm All Games-CR</p>	<p><b>21</b></p> <p>10:30am Brian's Water Aerobics</p> <p>11am Rosary-Ch</p> <p>12pm Chair Volleyball-Aud</p> <p>1pm Bible Study-CR</p> <p>1pm Chess-CC</p> <p>1:30pm Brian's Fitness-Aud</p> <p><b>2:30 Blood Pressure Clinic-RT</b></p> <p>3pm Choraliers- Ch</p> <p>7pm All Games-CR</p>	<p><b>22</b> <i>POOL CLOSERS AT 12:30PM</i></p> <p><b>9:30am Water Walking with Antoinette-Pool</b></p> <p><del>NO 11am Ball w/ Lorraine-Aud</del></p> <p><b>11am Shavuot with Rabbi Rubin-CDR</b></p> <p><del>NO 12pm Lorraine's Hand Class</del></p> <p>1pm Bridge-CR</p> <p><del>NO 1:30pm Lorraine's Sit &amp; Fit</del></p> <p><b>2pm Catholic Mass with St. Edward's-Ch</b></p> <p>2:15pm Wii Bowling-Aud</p> <p>7pm All Games-CR</p> <p><b>7pm Movie-Elizabeth the Golden Age-Aud</b></p> 	<p><b>23</b></p> <p>7pm All Games-CR</p>
<p><b>24</b></p> <p>10:30am Christian Non-Denominational Worship with Communion <i>Pastor Singh -Ch</i></p> <p>2pm Resident Bingo-CR</p>	<p><b>25</b></p>  <p>1:30pm Canasta-CR</p> <p>7pm All Games-CR</p>	<p><b>26</b></p> <p>11am Balance w/ Christine-Aud</p> <p>12:30pm Brian's Water Aerobics</p> <p>1-3pm Sewing Together-CC</p> <p>1:30pm Brian's Fitness-Aud</p> <p>2pm Rummikub/Mahjong-CR</p> <p><b>2pm Bocce-Courtyard</b></p> <p>3:15pm Meditation-CC</p> <p>7pm All Games-CR</p> <p><b>7pm Documentary-The Unknowns -Auditorium</b></p>	<p><b>27</b></p> <p>9:30am Water Aerobics w/ Christine</p> <p>10:45am Parashat Hashavua-Ch</p> <p>11am Fitness w/Christine-Aud</p> <p>12pm Balance w/Christine-Aud</p> <p>12pm Episcopal Service-Ch</p> <p><b>12:45pm Ball w/ Holly-Aud</b></p> <p>1-3pm Knitting/Crocheting-CR</p> <p><b>1:30pm Lorraine's Sit &amp; Fit w/ Holly-Aud</b></p> <p><del>NO 2pm Lorraine's Hand Class</del></p> <p>7pm Pinochle &amp; Bridge-CR</p> <p><b>7pm Music with Deep River-Auditorium</b></p>	<p><b>28</b></p> <p>10:30am Brian's Water Aerobics</p> <p>11am Rosary-Ch</p> <p>12pm Chair Volleyball-Aud</p> <p>1pm Bible Study-CR</p> <p>1pm Chess-<del>CDR</del></p> <p>1:30pm Brian's Fitness-Aud</p> <p>1:30pm Dining Committee-CC</p> <p>3pm Choraliers- Ch</p> <p><b>3pm PT VRS Balance Check w/Brian-Auditorium</b></p> <p>7pm All Games-CR</p>	<p><b>29</b> <i>POOL CLOSERS AT 12:30PM</i></p> <p><del>NO 11am Ball w/ Lorraine-Aud</del></p> <p><b>11am Sir Francis Drake-The Pirate Who Saved England -Auditorium</b></p> <p><del>NO 12pm Lorraine's Hand Class</del></p> <p>1pm Bridge-CR</p> <p><del>NO 1:30pm Lorraine's Sit &amp; Fit</del></p> <p>2:15pm Wii Bowling -Aud</p> <p>7pm All Games-CR</p> <p><b>7pm Movie-Percy vs Goliath-Auditorium</b></p> 	<p><b>30</b></p> <p>7pm All Games-CR</p> 
<p><b>31</b></p> <p>10:30am Christian Non-Denominational Worship with Communion <i>Deacon Glenn-Ch</i></p> <p>2pm Resident Bingo-CR</p>						