

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2019

Sugar Hill Retirement Community Activity & Trip Calendar



Did you do your Dakim session today?



5
9:00am – Blood Pressure Checks
9:00am – Pedicures w/ Kristina in Spa Room
10:00am – Social Hour
10:30am – Billiards
6:30pm- Bridge Group

Ramadan

6
9:00am – House Committee
10:00am – Shopping In Wolfeboro
11:00am – OTSHG Exercise
1:30pm – Origami Garland Class pt 1
2:00pm – TV series “Land Girls”

7
10:00am – Social Hour
10:30am – Billiards
11:30am- Relax, Relieve, Rejuvenate Class
2:00pm – Book Club
2:00pm – Movie Premiere “Wakefield”

May Day

8
9:00am – Shopping In Wolfeboro
9:30am – SHRC BOD
10:00am – Ping Pong
11:00am – OTSHG Exercise
2:00pm – Social Committee
6:30pm- Bridge Group

9
8:30am – Trip to Squam Lake Science Center
10:00am – Social Hour
10:30am – Billiards
4:00pm – Singing Group

10
11



12
8:00am – Recycling
9:00am – Manicures w/ Kristina in Spa Room
10:00am – Social Hour
10:30am – Billiards
6:30pm- Bridge Group

13
9:00am – Men’s Breakfast
10:00am – Stock Club
10:00am – Shopping In Wolfeboro
11:00am - Dermatology Visit
11:00am – OTSHG Exercise
2:00pm – TV series “Land Girls”

14
9:00am – Trip to the Mall of NH for Shopping
10:00am – Social Hour
10:30am – Billiards
11:30am- Relax, Relieve, Rejuvenate Class
2:00pm – Movie Premiere “Walk, Ride, Rodeo”

15
9:00am – Shopping In Wolfeboro
10:00am – Ping Pong
11:00am – OTSHG Exercise
6:30pm- Bridge Group

16
9:00am – Trip to Canterbury Shaker Village
10:00am – Social Hour
10:30am – Billiards
4:00pm – Singing Group



19
9:00am – Pedicures w/ Kristina in Spa Room
10:00am – Social Hour
10:30am – Billiards
1:00pm - Eric R. Fossum Presentation
6:30pm- Bridge Group

20
9:30am – Resident’s Meeting
10:00am – Shopping In Wolfeboro
11:00am – OTSHG Exercise
2:00pm – TV series “Land Girls”

21
10:00am – Social Hour
10:30am – Billiards
11:30am- Relax, Relieve, Rejuvenate Class
2:00pm – Movie Premiere “The Highway Man”
3:00pm – Bingo
4:00pm – Dining out at Angelina’s in Concord

22
9:00am – Shopping In Wolfeboro
10:00am – Ping Pong
11:00am – OTSHG Exercise
1:00pm – Dr. Hammond
6:30pm- Bridge Group

23
9:00am – Trip to Strawberry Bank Museum
10:00am – Social Hour
10:30am – Billiards
4:00pm – Singing Group

24
25



26
8:00am – Recycling
9:00am – Manicures w/ Kristina in Spa Room
10:00am – Social Hour
10:30am – Billiards
11:00am – Memorial Day Ceremony
6:30pm- Bridge Group

Memorial Day

27
9:00am – Ladies Breakfast
10:00am – Stock Club
10:00am – Shopping In Wolfeboro
11:00am – OTSHG Exercise
2:00pm – TV series “Land Girls”

28
10:00am – Social Hour
10:30am – Billiards
11:30am- Relax, Relieve, Rejuvenate Class
1:30pm – Origami Garland Class pt 2
2:00pm – Movie Premiere “Dances with Wolves”

29
9:00am – Trip to NH Veterans Cemetery Memorial Day Service
9:00am – Shopping In Wolfeboro
10:00am – Ping Pong
11:00am – OTSHG Exercise
6:30pm- Bridge Group

30
9:30am – Chef Forum
10:00am – Social Hour
10:30am – Billiards
4:00pm – Singing Group

31

Location Key
 BLUE – Off Campus
 RED – Media Room
 GREEN – Maple Room
 BLACK – Sugar House
 PURPLE – Lilac Room
 Brown – Coffee Shop
 Pink – Spa Room

If you have questions or need additional information on any of the activities or events listed, please call Christina at 569-8485 Thank you.