

Mondays in May
Balance Focused Exercise with Jo
11:15 am, Gym
 Join Physical Therapist Jo with Preferred Therapy for balance-focused exercises.

Monday, May 1
Podcast Club
2:00 pm, Library
 Join Jacki and listen to and then discuss an interesting podcast or two.

Tuesday, May 2
AGEISM Discussion
1:00 pm, Grand Living Room
 Join Melissa Donegan, LSW, Director of the Healthy Living Center of Excellence, for a discussion on Ageism. What is it? Are you affected? And, how together we can create a new paradigm in aging.

Every Tuesday in May
News and Views with Robert Waldman
2:00 pm, Grand Living Room
 Robert facilitates insightful discussion on current events.

Wednesday, May 3
Movie Matinee: *Worth*
1:30 pm, Grand Living Room
 Based on true events, *Worth* tells the story of lawyer Ken Feinberg, who was assigned to allocate financial resources to the victims of 9/11 and must consider if a dollar value can be placed on a life.

Fridays, May 5 & 19
Bible Study
1:30 pm, Library
 Join with us as we learn and discuss the Bible.

Fridays, May 12 & 26
Hollywood Dominoes is Back!
1:30 pm, Game Room
 Back by request, join your friends to play this fun and challenging twist on the classic game of dominoes.

Sunday, May 7
The MET On Demand: *Carmen*
1:00 pm, Grand Living Room
 Richard Eyre's stunning new production of Bizet's opera. Elina Garanča leads the cast as the iconic gypsy of the title—a woman desired by every man but determined to remain true to herself. This production brings every aspect of Bizet's tale to thrilling life, from its lighthearted beginning to its inevitably tragic climax.

Monday, May 8
Charades!
2:00 pm, Grand Living Room
 We had so much fun playing this classic theatrical game that we're following up with round two. Let your guard down, bring a friend, and get ready to laugh!

Tuesday, May 9
COFFEE WITH COPS
Trip to York Police Department
Bus leaves Front Lobby at 9:45 am
 York Police Department has invited Sentry Hill to join them for coffee and pastries, provided by Anthony's in York, followed by a tour of the new police station, including the cruisers.

Wednesday, May 10
Movie Matinee: *The Quiet Girl*
1:30 pm, Grand Living Room
 Set in 1981, this award-nominated film portrays a nine-year-old girl from a dysfunctional family who goes to live with distant relatives for the summer. Living with a middle-aged farm couple, she discovers a new way of living.

Monday, May 15
LUNCH OUT: Maine Diner
Bus leaves Front Lobby at 11:45 am
 A Maine classic since the early 1940s. Remember, there's a gift shop too!

Monday, May 15
Origami Course on Udemy
2:00 pm, Game Room
 If you missed the first class fun, here is your chance to join us for another attempt to learn the ancient art of paper folding.

Tuesdays & Thursdays, May 16, 18, 23, 25 & 30
Yoga Class with Gretchen
10:30 am, Inn Gym
 Please sign-up at the front desk for this popular exercise program.

Wednesday, May 17
Movie Matinee: *The Favourite*
1:30 pm, Grand Living Room
 This Academy Award winning movie, is set in 1708, England is at war with the French. The middle-aged Queen Anne (Olivia Colman) is extremely frail, constantly ill and temperamental, but has her closest ally in Sarah (Rachel Weisz), her childhood friend and advisor, who helps Anne make most of her war-time decisions.

Thursday, May 18
Ethics vs Morality: Moral Decision Making
3:30 pm, Grand Living Room
 Join Mark for the fourth and final installment of the series .

Monday, May 22
Fraud Safety Talk with Det. Jamie Robie
1:00 pm, Grand Living Room
 Det. Jamie Robie of York Police Department visits to tell us the latest on scam attempts and ways to prevent becoming a victim of fraud.

Wednesday, May 24
Movie Matinee: *Nomadland*
1:30 pm, Grand Living Room
 Considered one of the best films of 2021, Francis McDormand stars as a woman in her sixties who, after losing everything in the Great Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. Based on a true story.

Thursday, May 25
Short Story Group with Jean Kerr
3:30 pm, Library
 Sign up at the front desk to receive a copy of May's short story. Always interesting and fun!

Monday, May 29
Memorial Day Visit to First Parish Cemetery
Bus leaves Front Lobby at 1:00 pm
 Take a stroll through York's First Parish Cemetery to pay respects to Veteran's on Memorial Day.

Wednesday, May 31
Movie Matinee: *The Wonder*
1:30 pm, Grand Living Room
 Set in The Irish Midlands in 1862, the story follows a young girl who stops eating but remains miraculously alive and well, the English nurse who is brought to observe the girl, and the pilgrims who mass to witness the miracle.

Important Information for May

- Coffee & Chat Group meets every Tuesday, Thursday, and Saturday at 9:30 am in the Inn Library.
- Monday Shopping Trips leave from the Front Lobby at 10:30 am on May 1, 8 and 22.
- Thursday Grocery Shopping Trips to Hannaford leave from the Front Lobby at 1:30 pm each Thursday in May.
- Blood Pressure Clinic, Tuesdays at 9:30 am, Inn Library.
- Catholic Communion is available to individuals every Friday morning. Please contact the Activities Department if you would like to be added to the list.
- **Inn Resident Council** meeting Wednesday, **May 17, 1:00 pm** in the Grand Living Room.
- Social Hour is held each Friday in May at 4:00 pm in the Grand Living Room.
- Please sign-up for guest-led in-house programs and all trips in the binder at the Front Desk.
- Ogunquit Playhouse: *Beautiful the Carole King Musical* runs May 11 to June 10. Contact Activities Department (x4109) 48 hours prior to a matinee performance to inquire about the availability of \$40 discount tickets.