

## Resident Of The Month



she and her husband Raymond have 5 Children, 5 Grandchildren! Their beloved dog Cinnamon watches over the courtyard. Carol is a member of Crochet for a Cause as well as an active member of Next-door! She finds ways to connect the Clairmont seniors with nearby neighbors making many new friends! Join Carol in the Clairmont Garden and come Grow Together with us too!



**Carol is our Clairmont Garden keeper!**  
She is our May Resident of The Month! Congrats to a hugely successful Volunteer Go Green Give Back garden clean-up! Hailing from Racine, Wisconsin

## MAY BIRTHDAYS

- F. Schmollinger 5/4
- E. Mokry 5/8
- G. McLaughlin 5/10
- B/King 5/13
- J. Carlyle 5/15
- J. Davis 5/21
- M. Melton 5/25
- M. Chalker 5/29

Join The Birthday Celebration on The 2nd Friday of each month.  
Birthday Social Sponsored by Rene Ruiz at Double Creek



What's Going On In

# May

2019



### Team Members

- Executive Director.....Joanne Green
- Business Office Manager.....Tracy Tumbusch
- Executive Chef.....Rob Jenkins
- Marketing Director.....Susan Kinney
- Life Enrichment Director.....Tina Bertelle
- Head Maintenance.....Juan Ayala
- Administrative Assistant.....Yvonne Hollier
- Transportation.....Tom Aldridge

### Important Phone Numbers

- Office.....512-331-7195
- Maintenance Request.....512-331-7195
- Transportation.....512-947-9305

### Meal Times

- Breakfast.....8:00 AM
- Lunch.....12:00 PM
- Dinner.....5:00 PM
- Leisure Dining.....9:00 AM- 4:00 PM

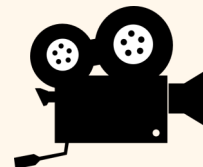
### Movie Showings

Monday–Saturday

2:00 & 7:00 PM in Theater

Sundays.....No Show times Day of Rest

\*Exact Movie Titles will be Listed on Mondays to plan your week and Enjoy the show!



### Transportation Schedule

#### Monday

- HEB Parmer Shopping/Errands.....9:00
- Short Stops/Errands.....10:30-11:30
- Walmart.....1:30 Pickup: 2:45/3:30

#### Tuesday/Thursdays

- Medical Appointments.....8:45
- South of Clairmont: Loop 1 Mopac
- Medical Appointments.....1:30

North of Clairmont: Cedar Park/Round Rock

#### Wednesday

- Resident Outings.....Times Vary
- Friday–Tom Friday's also include Wal-Mart 1:30
- HEB.....9:00
- Short Stops/Errands on Tom's Fridays.....10:30-11:30

Please board 10 minutes prior to departure

### Special Events

- 5/1 M.O.V.E. Music Performance 10am-AR
- 5/5 La Compania Mariachi Fiesta Music-3:30-AR
- 5/10 C.A.P.P.A. Performing Arts Concert 4pm-AR
- 5/12 Mother's Day Harpist & Lunch 12:30-1:30-DR
- 5/14 Drumming Workshop with Kevin Cooley 10am-AR
- 5/15 Magnolia Beer Tasting w/ Brian 3:30-AR
- 5/17 Double Creek Social- 3:00pm-AR
- 5/20 Outcomes afternoon Strength w/Julie 1:30-ER
- 5/21 Caroline Williams Hearing Screenings 9am-1pm-TH
- 5/22 Water Color Art Workshop w/ Martha 10am-AR
- 5/24 & 5/31 Cancer Screenings w/ Mike 10:30-AR
- 5/24 Gracie Woods 2 Q & A w/ Sandi 3:00-AR
- 5/27 Memorial Day BBQ w/ Outcomes 12-1:30-DR
- 5/31 Jazz Music Hour W/Al Hutton 3pm-AR

### Outings

- 5/8 Bluebonnet Café & Liberty Hill Departs 9am
- 5/17 Cheddars Lunch Bunch Departs 11am
- \*Sign-up book in Activities Room



# MAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**THE CLAIRMONT**  
RETIREMENT COMMUNITY

12463 Los Indios Trail  
Austin, TX 78729  
(512) 331-7195

**5** **Cinco de Mayo**  
**Happy Cinco De Mayo Dress Fiesta!**

9:15 Church Service-AR  
11:00 Communion-TH  
1:30 Bingo-AR  
3:30 **La Compania Mariachis Fiesta Spectacular Show-AR**  
6:00 Shuffleboard-AR

**12** **Mother's Day**

9:15 Church Service-AR  
11:00 Communion-TH  
12:30-1:30 **Harpist Kirsten Gibbs**  
**Mother's Day Music & Gifts**

3:00 Bingo-AR  
4:00 Skip-bo or Creative Coloring  
4:15 Sit and Sunshine

**19**


9:15 Church Service-AR  
11:00 Communion-TH  
1:30 Bingo-AR  
3:00 Scrabble-AR  
4:00 Skip-bo or Creative Coloring  
4:15 Sit and Sunshine  
6:00 Shuffleboard-AR

**26**

9:15 Church Service-AR  
11:00 Communion-TH  
1:30 Bingo-AR  
3:00 Scrabble-AR  
4:00 Skip-bo or Creative Coloring  
4:15 Sit and Sunshine  
6:00 Shuffleboard-AR

**Life Enrichment Director:**  
Tina Bertelle CADCA CDP  
Tina.bertelle@Sunshineret.com

\*10am M/W/F Guided Meditations-TH



**6**

Bow Wow Melody Vists

9:15 Tina's Power Fitness  
9:30 Body Mechanics w/Jason-AR  
10:00 Meditation Group-TH  
1:00 Bow Wow Melody Visits-L  
1:00 Donuts w/ Sharon-AR  
3:00 Bunco w/ Barbara -AR  
6:15 Rosary-TH  
7:00 Movie-TH

**13**

Bow Wow Therapy 1pm!

9:15 Tina's Power Fitness  
9:30 Body Mechanics w/Jason-AR  
10:00 Meditation -TH  
10:30 Dr Payne Foot Care-CR  
1:00 Donuts w/ Sharon-AR  
1:00 Bow Wow Pet Therapy-L  
1:30 Word Games w/ Tina-AR  
6:15 Rosary-TH/ 7pm Movie-TH

**20**

Bow Wow Therapy 1pm!

9:15 Tina's Power Fitness  
9:30 Body Mechanics w/Jason-AR  
10:00 Meditation-TH  
1:00 Donuts w/ Sharon-AR  
1:30 Julies Strength Class-ER  
3:00 Bunco-AR  
6:15 Rosary-TH  
7:00 Movie-TH

**27**

**Happy Memorial Day**

9:15 Tina's Power Fitness  
9:30 Body Mechanics w/Jason-AR  
10:00 Memorial Day Meditation Group-TH  
Noon Memorial Day BBQ Fun & Games w/ Julie-DR  
1:30 Afternoon Family Movie-TH  
6:15 Rosary-TH/ 7pm Movie-T

Room Key  
AR -Activity Room  
ER -Exercise Room  
L-Library TH-Theater

Reminders:  
Wednesdays: Name Tags  
Fridays: Red Shirt Day

\*10am M/W/F Guided Meditations-TH

**7**

Jessica's Health & Wellness

9:15 Exercise w/Dr. Sheppard-AR  
10:00 Health & Wellness w/Jessica-AR  
10:45 Show & Tell w/ Tina-AR  
1:30 Bingo-AR  
3:00 Dominoes-AR  
6:15 Bible study-TYH  
7:00 Movie-TH

**14**

**Drumming Workshop**

9:15 Exercise w/Dr. Sheppard-AR  
9:45 Dr. Sheppard-Chiro-TH  
10:00 **Drumming Workshop** w/Kevin Cooley-AR  
11:00 **Ambassador Meeting -CR**  
3:00 **Aging is Cool Brain GamesAR**  
6:15 Bible Study-TH /7pm Movie

**21**

Hearing Screenings 9am-1pm

9:15 Exercise w/Dr. Sheppard-AR  
9-1pm Dr. Caroline Hearing Screen-TH  
10:00 Health & Wellness w/Jessica-AR  
10:45 Creative Coloring-AR  
1:30 Bingo-AR  
3:00 Stewart Cochran Piano-AR  
6:15 Bible Study-TH  
7:00 Movie-TH

**28**

Ambassador Meeting

9:15 Exercise w/Dr. Sheppard-AR  
10:00 Health w/Jessica-AR  
10:45 Creative Coloring-AR  
11:00 Ambassador Meeting-CR  
1:30 Bingo -AR  
6:15 Bible Study-TH  
7pm Movie-TH

Bow Wow Dog Linus Visits **1**

9:15 YogaFlow Beginners Class w/ Tina-AR  
10:00 Meditation Group-TH  
10:00 M.O.V.E. Music-AR  
1:30 Bridge-L  
3:15 Dominoes-AR  
4:00 Bow Wow Linus& NormsnL  
7:00 Evening Movie-TH

**8**

Bow Wow Linus Visits 4pm

9:15 YogaFlow w/ Tina-AR  
10:00 Meditation Group-TH  
10:30 Bluebonnet Café & Marble Falls Eat & Shopping Trip w/ Tom  
1:30 Bridge-L  
6:00 Lisa Clark Piano -AR  
7:00 Evening Movie-TH

**15**

Bow Wow Linus Visits

9:15 YogaFlow w/ Tina-AR  
10:00 Meditation Group-TH  
1:30 Bridge-L  
1:30 Movie-TH  
3:30 **Magnolia Beer Tasting w/ Brian -AR**  
4:00 **Bow Wow Linus-Lobby**  
7:00 Evening Movie-TH

**22**

Young at Art w/ Martha

9:15 Fitness Class-AR  
10:00 Meditation Group-TH  
10:00 **Art w/ Martha Water coloring -AR**  
1:30 Bridge-L  
1:30 Movie-TH  
4:00 Bow Wow Linus Visits-Lobby  
7:00 Evening Movie-TH

**29**

9:15 Fitness Class-AR  
10:00 Meditation Group-TH  
1:30 Bridge-L  
1:30 Movie-TH  
3:15 Dominoes-AR  
4:00 Bow Wow Linus and Norman -Lobby  
7:00 Evening Movie-TH

9:15 Tai Chi W/Tina -AR **2**

10:15 Smoothies w/ Tina-AR  
1:30 Wheel of Fortune-AR  
3:00 Dominoes-AR  
6:30 Bingo w/ Angie -AR  
7:00 Evening Movie-TH

**9**

9:15 Tai Chi W/Tina -AR

10:15 ASL Sign Language 101-AR  
1:30 Edie's Music Memories- Sing-a-long-AR  
3:00 Kim Krohn Pianist-AR  
6:30 Bingo w/ Angie-AR  
7:00 Evening Movie-TH

**16**

Chef's Corner

9:15 Tai Chi W/Tina -AR  
10:00 B/P Health w/ Jennifer-AR  
11:00 Chef's Corner w/ Rob-AR  
1:30 Share your Story w/ Tina AR  
6:30 Twilight Bingo-AR  
7:00 Evening Movie-TH

**23**

9:15 Fitness Class-AR

10:00 Anyplace MD Hearing Screen-TH  
1:30 ASL Sign Language 101-AR  
3:00 Shuffleboard-ER  
6:30 Bingo w/ Angie -AR  
7:00 Evening Movie-TH

**30**

9:15 Fitness Class-AR

10:30 Cards-AR  
1:30 ASL Sign Language 101-AR  
3:00 Word of The Day Game-AR  
6:30 Bingo w/ Angie -AR  
7:00 Evening Movie-TH

Legends Music Showcase **3**

9:15 Destini Fitness & Fun-AR  
10:00 Bow Wow Pet Therapy -AR  
10:00 Meditation Group-TH  
1:30 Bingo-AR  
3:00 Legends Music Show & Spir-its by Outcomes-AR  
6:15 Rosary-TH  
7:00 Evening Movie-TH

**10**

9:15 Destini Fitness & Fun-AR

10:00 Bow Wow Pet Therapy-Lobby  
10:00 Meditation Group-TH  
10:45 Cheddars Lunch Out w/Tom  
1:30 Bingo-AR  
3:00 Casino w/ Tom-AR  
6:15 Rosary-TH  
7:00 Evening Movie-TH  
\* Sunshine News w/ Tina 10am-AR

**17**

Double Creek Social

9:15 Destini Fitness & Fun-AR  
10:00 10min Meditation Group-TH  
10:30 Catholic Mass-TH  
1:30 Bingo-AR  
3:00 Double Creek Birthday Social-w/ Rene AR  
6:15 Rosary-TH  
7:00 Evening Movie-TH

**24**

Cancer Screenings w/ Mike

9:15 Destini Fitness & Fun-AR  
10:00 Bow wow Pet Therapy -L  
10:30 Cancer Screenings w/ Mike-AR  
1:30 Bingo-AR  
3:00 **Gracie Woods 2 Q&A w/ Sandi-AR**  
6:15 Rosary-TH  
7:00 Evening Movie-TH

**31**

Cancer Screenings w/ Mike

9:15 Destini Fitness & Fun-AR  
10:00 Bow Wow Pet Therapy-L  
10:30 Cancer Screenings w/ Mike-AR  
1:30 Bingo-AR  
3:00 **Al Hutton Sax & Clarinet Refreshments w/ Sandi-AR**  
6:15 Rosary-TH  
7:00 Evening Movie-TH

9:15 Fitness Exercise AR **4**

10:00 Scrabble-AR  
11:00 Creative Coloring-AR  
1:30 Dominoes or Billiards-AR  
4:00 Outdoor Stroll or Uno-AR  
6:00 Shuffleboard -AR  
7:00 Movie-Th

**11**

9:15 Fitness Exercise AR

10:30 Clairmonteers Music Recital-AR  
1:00 Bow Wow Therapy -AR  
4:00 Outdoor Stroll or Uno-AR  
6:00 Shuffleboard -AR  
7:00 Movie-TH

**18**

9:15 Fitness Exercise AR

10:00 Scrabble-AR  
11:00 Creative Coloring-AR  
1:30 Dominoes or Billiards-AR  
4:00 Outdoor Stroll or Uno-AR  
6:00 Shuffleboard -AR  
7:00 Movie-TH

**25**

9:15 Fitness Exercise AR

10:00 Scrabble-AR  
11:00 Creative Coloring-AR  
1:00 Bow Wow Therapy -AR  
4:00 Outdoor Stroll or Uno-AR  
6:00 Shuffleboard -AR  
7:00mMovie-TH



**SUNSHINE**  
WELLNESS PROGRAM

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