

MAY EVENTS 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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Resident Appreciation Week!

Make It Monday
9:00am - 6:00pm | The Office

Candle Restorative Yoga For Beginners
7:15pm - 8:00pm
Yoga Studio

01

Taco Bar Tuesday
4:00pm - 5:00pm | The Hub

HydroFit | Ben
6:00pm - 6:45pm | Main Pool

02

Wheel Spin Wednesday
9:00am - 6:00pm | The Office

Kid's Club
4:00pm - 5:00pm | The Hub

Buns & Guns
7:15pm - 8:00pm | Yoga Studio

03

Thankful 4 YOU Thursday
7:00am | Main Entrance

Yoga
7:30pm - 8:15pm | Liv Fit

04

Fun Friday Cinco de Mayo
5:00pm - 6:00pm | The Hub

05

Kickboxing
10:30am - 11:30am | Liv Fit

06

Morning Flow Yoga
10:30am - 11:15am | Yoga Studio

07

Candle Restorative Yoga For Beginners
7:15pm - 8:00pm
Yoga Studio

08

HydroFit | Ben
6:00pm - 6:45pm | Main Pool

Financial Planning
6:30pm - 7:30pm | The Hub

09

Core Crusher
7:15pm - 8:00pm | Yoga Studio

10

Yoga
7:30pm - 8:15pm | Liv Fit

11

Pancake Breakfast
9:00am - 10:00am | The Hub

Mimosa's for Mom
10:00am - 12:00am | The Hub

13

Morning Flow Yoga
10:30am - 11:15am | Yoga Studio

14

Candle Restorative Yoga For Beginners
7:15pm - 8:00pm
Yoga Studio

15

HydroFit | Ben
6:00pm - 6:45pm | Main Pool

National Juice Slushy Day
4:00pm - 5:00pm | Parking Lot

17

Yoga
7:30pm - 8:15pm | Liv Fit

18

Food Truck Friday Jimbo's Wing N It
5:00pm - 7:00pm | Front Lot

19

Yappy Hour
10:00am - 11:00am | Bark Park

20

Morning Flow Yoga
10:30am - 11:15am | Yoga Studio

21

Candle Restorative Yoga For Beginners
7:15pm - 8:00pm
Yoga Studio

22

HydroFit | Ben
6:00pm - 6:45pm | Main Pool

Core Crusher
7:15pm - 8:00pm | Yoga Studio

24

Yoga
7:30pm - 8:15pm | Liv Fit

25

Corn Hole Tournament
6:00pm - 8:00pm | The Hub

Happy Hour
6:00pm - 8:00pm | The Hub

26

Coffee Chat with Ellyssa
10:00am - 11:00am | The Hub

27

Morning Flow Yoga
10:30am - 11:15am | Yoga Studio

28

Candle Restorative Yoga For Beginners
7:15pm - 8:00pm
Yoga Studio

29

HydroFit | Ben
6:00pm - 6:45pm | Main Pool

30

Buns & Guns
7:15pm - 8:00pm | Yoga Studio

31

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KEY

liv responsibly event

liv well event

Event Benefiting The American Cancer Society's "Relay for Life"

liv connected event