

# MAY EVENTS 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	<p> <b>Bicycle Club</b> 6:00am - 6:45am   Liv Crossroads</p> <p> <b>Virtual Meal Prep With Ben</b> 7:00pm - 7:45pm   Virtual</p>		<p> <b>TRX Suspension Trainer Workout</b> 6:15pm - 7:00pm   Liv Fit</p> <p> <b>Sound Meditation</b> 7:00pm - 7:45pm   Virtual</p>		<p> <b>HydroFit</b> 12:00pm - 12:45pm   Pool</p> <p> <b>Food Truck Friday</b> 5:30pm - 7:30pm</p>	<p> <b>Mother's Day Brunch</b> 11:00am - 1:00pm   The Hub</p>
<p> <b>Garden Club</b> 9:00am - 10:00am   Liv Garden</p>	<p> <b>Bicycle Club</b> 6:00am - 6:45am   Liv Crossroads</p> <p> <b>Virtual Meal Prep With Ben</b> 7:00pm - 7:45pm   Virtual</p>		<p> <b>TRX Suspension Trainer Workout</b> 6:15pm - 7:00pm   Liv Fit</p> <p> <b>Sound Meditation</b> 7:00pm - 7:45pm   Virtual</p>	<p> <b>Resident Surprise</b> 7:30am - 8:30am   Front Entrance</p>	<p> <b>HydroFit</b> 12:00pm - 12:45pm   Pool</p>	<p> <b>Grind &amp; Grub</b> 8:15am - 9:00am Liv Fit Courtyard</p> <p> <b>Pancake Breakfast</b> 9:00am - 10:00am   The Hub</p>
<p> <b>Book Club</b> 3:00pm - 4:00pm   The Hub</p>	<p> <b>Bicycle Club</b> 6:00am - 6:45am   Liv Crossroads</p> <p> <b>Virtual Meal Prep With Ben</b> 7:00pm - 7:45pm   Virtual</p>		<p> <b>TRX Suspension Trainer Workout</b> 6:15pm - 7:00pm   Liv Fit</p> <p> <b>Sound Meditation</b> 7:00pm - 7:45pm   Virtual</p>		<p> <b>HydroFit</b> 12:00pm - 12:45pm   Pool</p> <p> <b>Happy Hour</b> 5:30pm - 7:30pm   The Hub</p>	
<p> <b>Garden Club</b> 9:00am - 10:00am   Liv Garden</p>	<p> <b>Bicycle Club</b> 6:00am - 6:45am   Liv Crossroads</p> <p> <b>Virtual Meal Prep With Ben</b> 7:00pm - 7:45pm   Virtual</p>		<p> <b>TRX Suspension Trainer Workout</b> 6:15pm - 7:00pm   Liv Fit</p> <p> <b>Sound Meditation</b> 7:00pm - 7:45pm   Virtual</p>		<p> <b>HydroFit</b> 12:00pm - 12:45pm   Pool</p>	<p> <b>Cornhole Tournament</b> 12:00pm - 1:00pm   Poolside</p>
29	<p><b>Memorial Day</b> Office Closed</p>		<p><b>FOLLOW US!</b></p> <p> Instagram: @livcrossroads</p> <p> TikTok: livcrossroads</p> <p> Facebook: livcrossroads</p>	     <p>Event Benefiting The American Cancer Society's "Relay for Life"</p>		