

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026 Independent Living Activity Calendar

* - Livestreamed on 955

BR - Board Room BT1 - Bradford Terrace 1st Floor Lounge BT2 - Bradford Terrace 2nd Floor Activity Room BT4 - Bradford Terrace 4th Floor Activity Room CC - Creativity Center DR - Dining Room GC - Gazebo Courtyard H2 - Historic 2nd Floor Lounge L - Lobby LH - Lindsay Hall LT1 - Lake Terrace 1st Floor Card Room LT2- Lake Terrace 2nd Floor Library LT3 - Lake Terrace 3rd Floor Art Studio LTO - Lake Terrace 4th Floor Overlook LTL Lake Terrace 4th Floor Lounge MC - Main Courtyard MR - Meditation Room (Historic Terrace 3rd Floor)

Contact Evan Riegler (eriegler@eastcastleplace.com/414-963-8408) with any questions.*

						3:00 PM Eastcastle Players Present: "The Tragical Tale of Melissa McHiney McNormous McWhale" and "Looks Get in the Way" - LH 11:00 AM Lunch at Botanas	9:30 AM - 11:00 AM Collage: Art for the Non-Artist Jo Schmidt - CC (12 Max) 7:00 PM Movie Time "Gifted" - MT
9:30 AM - 11:00 AM Collage: Art for the Non-Artist Jo Schmidt - CC (12 Max) 7:00 PM "Lonesome Dove" Series Presented by Jane Peterson- MT	Alzheimers Fundraiser Campaign Begins 11:30 AM ROMEO's (Retired Old Men Eating Out) at Canela Cafe - Meet in Lobby 1:00 PM Espresso with Evan - LH	8:30 AM - 10:00 AM Java Drinks - Bistro 1:00 PM "You Don't Know What You Don't Know About Medicare" with Stacie Ophale - LH	9:15 AM St. Johns Bible Viewing at Marquette University/Lunch at the Knick 3:45 PM Happy Hour - 1884 4:00 PM Civic Broadway Singers - LH 7:00 PM Movie Time "Ford Vs. Ferrari" - MT	1:00 PM Great Courses "Epigenetics: How Environment Changes Your Biology" - MT (New Course Starts)	9:45 AM Symphony Group 1 Departs 10:30 AM Symphony Group 2 Departs		7:00 PM Movie Time "Ratatouille" - MT
11:30 AM - 1:00 PM Mother's Day Buffet (Reservations Required) Gilman No Ecumenical Church Service 7:00 PM "Lonesome Dove" Series Presented by Jane Peterson- MT	Memory Wall Sales Start 1:00 PM ECP Community Wellness Series: Michael Silver - Legacy of the COVID Pandemic - LH	1:00 PM Breaking (Down) News: A Guide to Today's Journalism and Why It Matters" with Madeline Heim -LH 5:00 PM Pop up Dinner Service - 1884	3:00 PM "Trauma Informed Care" with Tim Grove - LH 5:00 PM Pop up Dinner Service - 1884 7:00 PM Movie Time "Winter's Bone" - MT	1:00 PM Foreign Films "How to Make Millions Before Grandma Dies" (2024, Thailand) - MT 5:00 PM Pop up Dinner Service - 1884	9:15 AM Hop Tour/Lunch at Cassis (Admission \$10) 4:00 PM Cocktails with Dillon - 1884		7:00 PM Movie Time "My Fair Lady" - MT
7:00 PM "Lonesome Dove" Series Presented by Jane Peterson- MT	1:00 PM Wisconsin Conservatory of Music - LH 3:00 PM Lindsey ECP Financial Q and A - LH	1:00 PM Ask the Chef with Chef Tim - 1884 1:30 PM Harper Marten "The Art of Aging" - CC	3:45 PM - 4:45 PM Alzheimer's Event Tickets on Sale - 1884 3:45 PM Happy Hour - 1884 4:00 PM Music with Jeff Winter - LH 7:00 PM Movie Time "Citizen Kane" - MT	11:00 AM - 1:00 Walking Tacos (\$8) Bistro 1:00 PM Great Courses "Epigenetics: How Environment Changes Your Biology" - MT 1:30 PM Trips and Fall Prevention with Evan Bumgardner - LH	9:45 AM Clover Hill Dairy Tour/Lunch at Diner 67		7:00 PM Movie Time "School Ties" - MT
2:00 PM ECP Spring Choir Performance - LH 3:30 PM ECP Spring Choir Performance - LH 7:00 PM "Lonesome Dove" Series Presented by Jane Peterson- MT	11:30 AM - 1:00 PM Memorial Day Buffet - Gilman No Dinner Service	1:00 PM ECP Community Wellness Series: Michael Silver - "How Prepared Are We For The Next Pandemic?" - LH	2:30 PM Lattes with Lindsey - LH 7:00 PM Movie Time "Dunkirk" - MT	12:30 PM and 2:00 PM Alzheimer's Event Tickets On Sale - Outside LH 1:00 PM State of the Castle - LH * 3:00 PM "Our Amazing Brains" with Dr. Jim Pier - LH	9:15 AM Tour of the Milwaukee Rep/Lunch at Proof Pizza @ Saint Kate Hotel (Admission \$10)		7:00 PM Movie Time "A Little Prayer" - MT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2026 Fitness Calendar					1	2
					9:30 AM Aqua with Evan- Pool 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Evan- FC	WILL OFF NO GROUP CLASSES
3	4	5	6	7	8	9
NO GROUP CLASSES	8:00 AM Mind Body Flow with Rae - CC 8:00 AM Group Strength with Evan - FC 9:30 AM Aqua with Rae- Pool 10:15 AM Yoga with Rae- CC 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	8:00 AM Group Strength with Evan - FC 10:15 AM Tai Chi with Cathy - CC 10:15 AM Balance and Posture with Evan - LH 2:00 PM Afternoon Pick Me Up with Evan - FC	8:00 AM Mind Body Flow with Rae- CC 9:30 AM Aqua with Mary- Pool 10:15 AM Yoga with Rae- CC 10:15 AM Stretch and Tone with Mary- LH 1:00 PM Chair Volleyball - LH 2:00 PM Afternoon Pick Me Up with Mary - FC	8:00 AM Group Strength with Evan - FC 10:15 AM Balance and Posture with Rae- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	9:30 AM Aqua with Evan- Pool 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Evan- FC	WILL OFF NO GROUP CLASSES
10	11	12	13	14	15	16
NO GROUP CLASSES	Rae Bu Off 8:00 AM Mind Body Flow with Misa- CC 8:00 AM Group Strength with Evan - FC 9:30 AM Aqua with Evan- Pool 10:15 AM Yoga with Misa- CC 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	8:00 AM Group Strength with Evan - FC 10:15 AM Balance and Posture with Evan - LH 2:00 PM Afternoon Pick Me Up with Evan - FC	8:00 AM Mind Body Flow with Rae- CC 9:30 AM Aqua with Mary- Pool 10:15 AM Yoga with Rae- CC 10:15 AM Stretch and Tone with Mary- LH 1:00 PM Chair Volleyball - LH 2:00 PM Afternoon Pick Me Up with Mary - FC	8:00 AM Group Strength with Evan - FC 10:15 AM Balance and Posture with Rae- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	9:30 AM Aqua with Evan- Pool 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Evan- FC	9:30 AM -Aqua Aerobics with Will- Pool 10:15 AM - Balance and Posture with Will- LH
17	18	19	20	21	22	23
NO GROUP CLASSES	Rae Bu Off 8:00 AM Mind Body Flow with Misa- CC 8:00 AM Group Strength with Evan - FC 9:30 AM Aqua with Evan- Pool 10:15 AM Yoga with Misa- CC 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	8:00 AM Group Strength with Evan - FC 10:15 AM Tai Chi with Cathy - CC 10:15 AM Balance and Posture with Evan - LH 2:00 PM Afternoon Pick Me Up with Evan - FC	8:00 AM Mind Body Flow with Rae- CC 9:30 AM Aqua with Mary- Pool 10:15 AM Yoga with Rae- CC 10:15 AM Stretch and Tone with Mary- LH 1:00 PM Chair Volleyball - LH 2:00 PM Afternoon Pick Me Up with Mary - FC	8:00 AM Group Strength with Evan - FC 10:15 AM Balance and Posture with Rae- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	9:30 AM Aqua with Evan- Pool 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Evan- FC	9:30 AM -Aqua Aerobics with Will- Pool 10:15 AM - Balance and Posture with Will- LH
24	25	26	27	28	29	30
NO GROUP CLASSES	MEMORIAL DAY NO GROUP CLASSES	8:00 AM Group Strength with Evan - FC 10:15 AM Tai Chi with Cathy - CC 10:15 AM Balance and Posture with Evan - LH 2:00 PM Afternoon Pick Me Up with Evan - FC	8:00 AM Mind Body Flow with Rae- CC 9:30 AM Aqua with Mary- Pool 10:15 AM Yoga with Rae- CC 10:15 AM Stretch and Tone with Mary- LH 1:00 PM Chair Volleyball - LH 2:00 PM Afternoon Pick Me Up with Mary - FC	8:00 AM Group Strength with Evan - FC 10:15 AM Balance and Posture with Rae- LH 2:00 PM Afternoon Pick Me Up with Evan - FC	9:30 AM Aqua with Evan- Pool 10:15 AM Stretch and Tone with Evan- LH 2:00 PM Afternoon Pick Me Up with Evan- FC	9:30 AM -Aqua Aerobics with Will- Pool 10:15 AM - Balance and Posture with Will- LH
31						
NO GROUP CLASSES						

Key For Calendar: LH= Lindsay Hall; FC= Fitness Center, P = Pool, CC= Creativity Center