

# May 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Dining</b>  <b>Breakfast 9:00 A.M.</b> <b>Morning Break 10:30 A.M.</b> <b>Lunch 12:00 P.M.</b> <b>Afternoon Break 2:30 P.M.</b> <b>Dinner 4:30 P.M.</b> <b>Evening Refreshments 7:00 P.M.</b>	<b>Program Locations:</b> If unmarked, Town Square CR Conference Room CM Community OT Outing C - Clare Neighborhood B - Bridge Neighborhood LR Living Rooms CK Country Kitchen <i>Italics is an IN2L program</i>			<b>1 May Day</b> 10:00 Dance to Fitness 11:00 MAY Words 1:30 Sing Along 3:00 Activity Tables 6:00 Movement with Shay	<b>2</b> 10:00 Lower Body Focus 11:00 It's Trivial 1:30 Mickey Wyllys Performs 3:00 Seated Soccer 6:00 Sounds to Relax C/B	<b>3 Kentucky Derby Day</b> 10:00 Morning Exercise 11:00 Television Trivia 1:30 Zumba 2:00 Horseracing 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise 6:00 Kentucky Derby on NBC
<b>4</b> 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	<b>5 Cinco de Mayo</b> 10:00 Using Weights 11:00 MAYO Words 1:30 Basketball 2:00 Java Music 3:00 Mocktails & Music 6:00 Movement with Jen	<b>6 Nurses Day</b> 10:00 Cardio 10:30 Balance 11:00 Proverbs 1:30 You Be The Judge 3:00 Bingo 6:00 Cool Down with Shay	<b>7</b> 10:00 Stretch & Shape 11:00 Music to Move to C/B 12:30 Mother's Day Luncheon 2:00 Patio Visits 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	<b>8</b> 10:00 Dance to Fitness 11:00 First Aid Trivia 1:30 Keep It Up 2:30 Nurses Appreciation 3:00 Activity Tables 6:00 Movement with Shay	<b>9</b> 10:00 Lower Body Focus 11:00 Guess Who? 1:30 Seated Soccer 2:00 Name Five 3:00 Friday Musical Review 6:00 Eileen in the Evening	<b>10 Windmill Day</b> 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Windmill Tour 6:00 Balance Exercise
<b>11 Mother's Day</b> 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Mother's Day Tea 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	<b>12 Limerick Day</b> 10:00 Using Weights 11:00 Rhyme Time 1:30 Basketball 2:00 Java Music 3:00 Limericks & Laughs 3:30 Zentangles 6:00 Movement with Jen	<b>13</b> 10:00 Cardio 10:30 Balance 11:00 Jeopardy 1:30 Mike Armentano Performs 3:00 Bingo 6:00 Cool Down with Shay	<b>14</b> 10:00 Stretch & Shape 11:00 What's in the Bag? 1:30 Crosswords 2:00 What I Know About You 3:00 Small Groups C/B 4:00 Medicaid Seminar 6:00 Jen's Book Nook C/B	<b>15 Chocolate Chip Day</b> 10:00 Dance to Fitness 11:00 CHIP Words 1:30 Scattergories 2:00 Chocolate Chip Cookies 3:00 Activity Tables 6:00 Movement with Shay	<b>16 Mimosa Day</b> 10:00 Lower Body Focus 11:00 Things that Bubble 1:30 Chip Ames Performs 3:00 Seated Soccer 6:00 Eileen in the Evening	<b>17</b> 10:00 Morning Exercise 11:00 Television Trivia 1:30 Zumba 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
<b>18</b> 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	<b>19</b> 10:00 Using Weights 11:00 Riddles 1:30 Basketball 2:00 Java Music 3:00 Match Up 3:30 Cards & Dominoes 6:00 Movement with Jen	<b>20 Amelia Earhart Day</b> 10:00 Cardio 10:30 Balance 11:00 Where in the World 1:30 All About Amelia 3:00 Bingo 6:00 Cool Down with Shay	<b>21</b> 10:00 Stretch & Shape 11:00 Photo Fun 1:30 Larry Batter Performs 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	<b>22</b> 10:00 Dance to Fitness 11:00 Opposites 1:30 Patio Group 2:00 Bird Feeders 3:00 Activity Tables 5:00 Support Group 6:00 Movement with Shay	<b>23 Lucky Penny Day</b> 10:00 Lower Body Focus 11:00 Penny Pitch 1:30 Penny Ante 2:00 My Two Cents 3:00 Seated Soccer 6:00 Eileen in the Evening	<b>24</b> 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports
<b>25</b> 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	<b>26 Memorial Day</b> 10:00 Using Weights 11:00 Patriotic Music 1:30 Basketball 2:00 Java Music 3:00 We Refect 3:30 Short Stories	<b>27</b> 10:00 Cardio 10:30 Balance 11:00 Picture This 1:30 Painting Group 3:00 Bingo 6:00 Cool Down with Shay	<b>28</b> 10:00 Stretch & Shape 11:00 Dietary Council BCK 1:30 Collages 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	<b>29</b> 10:00 Dance to Fitness 11:00 RT Council & Reminisce 1:30 Flower Crafting 2:00 Puzzle Pages 3:00 Activity Tables 6:00 Movement with Shay	<b>30 Mint Julep Day</b> 10:00 Lower Body Focus C 10:30 Lower Body Focus B 12:00 Memorial Day Picnic OT 1:30 John Paolillo Performs OT 3:00 Seated Soccer 6:00 Miss Connie's Piano and Violin Recital	<b>31 Dragon Boat Festival</b> 10:00 Morning Exercise 11:00 Television Trivia 1:30 Zumba 2:00 Saturday Medley Popcorn/Table Games/Sports 3:00 Dragon Boat Festival Parade 3:30 Small Tables 6:00 Balance Exercise

All programming is subject to change to suit the needs of the community and our residents.