May 2019
Assisted Living Lifestyle & Leisure

created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KINGSTON BAY SENIOR LIVING 6161 West Spruce Avenue Fresno, CA 93722 559-479-4700		AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle &Leisure PE Physical Engagment SS Spiritual Support	**1** **Mother Goose Day** 9:00 PE Balance Training 10:00 CE Japanese Garden Woodward Park 2:00 Amazing Animals on the Big Screen 2:00 KB Wild About Walking 2:30 LL Trivia Tidbits 3:30 Wine Down Wednesday With Hors D'oeuvres 6:00 Movie Night Madness!	**2** **Brother Sister Day** 9:00 Morning Stretch 10:00 LL Gardening Galore 10:30 PE Thursday Trek About 11:00 AE Art and Healing 1:00 CE Let's Travel Somewhere Amazing-Venice 2:00 LL Poker players play 2:30 Food Committee 3:30 AE Bingo Bash	**3** **Garden Meditation Day** 9:30 CC Fitness With Personal Trainer (Kelly) 10:30 CC Let's meet the Ambassadors 11:30 CC Volunteer at the ARF Rescue 1:30 PE KB FAMILY Game Day Blitz Wii 2:00 LL Horse Races on the Upper Deck 3:30 Happy Hour	**4** **Family Skype Saturdays** **Kentucky Derby Day** 9:00 Chair Exercises 10:30 CE Lets Bake Some Famous Recipes 11:30 The Kentucky Derby TBA 1:00 PE Wii Bowling League 2:00 AE Multi-dimensional Art and Journaling time 2:30 LL Horsing Around at Kingston Bay 3:30 Bingo Brigade 6:00 Movie Night (Grab Your Snacks)
5 **Cinco De Mayo** 9:00 PE Sunday Sit and Stretch 10:00 SS Chicken Soup For The Soul 10:00 SS Hope's Answer 11:30 PE Sunday Strides 1:00 CE Chicken Soup Activity 1:30 LL Out in the Garden 2:30 Here goes dominoes 3:00 Crafts With Gloria 3:30 Cinco De Mayo Fiesta 3:30 Cinco De Mayo Fiesta	**6** **Nurses Day** 9:00 PE Morning Stretch 10:00 LL Minute Manicures 12:00 Men's Club 1:30 SS Mindfulness Mondays 2:00 LL Armchair Comedy Club 2:00 Spanish Class 3:00 Mimosa Monday 6:00 Movie Night (Grab Your Pop Corn)	**7** **Iris Day** 10:00 Doughnut & Coffee Social 10:00 PE Morning on the Move 10:30 SS Bible Study 11:00 CE Tech Time (Bring Your Devices) 11:30 PE Puttering Putters on the Green 1:00 CE American Sign Language Class Residents and Staff 2:00 CE Action Flick — Planting Irises and trivia 3:30 BINGO Brigade	**8** **WWII & No sock Day** 9:00 PE Balance Training 10:00 PE Sit & Be Fit 10:00 Target and Lunch 2:00 Amazing Animals on the Big Screen 2:00 KB Wild About Walking 2:30 CE Mystery Moments 3:30 Wine Down Wednesday With Hors D'oeuvres 6:00 Movie Night Madness!	**9** 9:00 Morning Stretch 9:30 SS Mindful of Music Moments 10:00 LL Gardening Galore 10:30 PE Thursday Trek About 11:00 AE Art and Healing 1:00 CE Let's Travel Somewhere Amazing-London 2:00 LL Poker players play 2:30 Food Committee 3:30 AE Bingo Bash	**10** **Military Spouses Day** 9:30 CC Fitness With Personal Trainer (Kelly) 11:30 Community Outing ART and Blooms Fresno Art Museum 1:00 KB FAMILY Game Day Blitz Wii 1:30 PE KB FAMILY Game Day Blitz Wii 2:00 PE 'Sit' Tai Chi w/ Teri 3:30 Happy Hour	**11** **Family Skype Saturdays** **Train Day** 9:00 Chair Exercises 10:30 CE Lets Bake Some Famous Recipes 11:30 Mother's Day Luncheon 1:00 PE Wii Bowling League 2:00 AE Multi-dimensional Art and Journaling time 2:00 LL Senior Saturday Musicals Sing-along 2:30 LL Tea Time 3:30 Bingo Brigade 6:00 Movie Night (Grab Your Snacks)
12 **Mother's Day** 9:00 PE Sunday Sit and Stretch 10:00 SS Chicken Soup For The Soul 10:00 SS Hope's Answer 11:00 CE Passionate about Poetry and Prose 11:30 PE Sunday Strides 1:00 CE Chicken Soup Activity 1:30 LL Out in the Garden 2:30 Here goes dominoes 3:00 Crafts With Gloria	**13** **Leprechaun day** 9:00 PE Morning Stretch 10:00 LL Minute Manicures 12:00 Men's Club 1:30 SS Mindfulness Mondays 2:00 LL Armchair Comedy Club 2:00 Spanish Class 2:30 Just a bit o' Ballroom 3:00 Mimosa Monday 6:00 Movie Night (Grab Your Pop Corn)	**14** **Chicken Dance Day** 10:00 Doughnut & Coffee Social 10:00 PE Morning on the Move 10:30 SS Bible Study 11:00 CC Giving Back to Ronald Mc Donald House 11:30 PE Puttering Putters on the Green 1:00 CE American Sign Language Class Residents and Staff 2:00 CE Action Flick 3:30 BINGO Brigade	**15** **Chocolate Chip Day** 9:00 PE Balance Training 10:00 Walking through Walmart 2:00 Amazing Animals on the Big Screen 2:00 KB Wild About Walking 2:30 LL Trivia Tidbits 3:30 Wine Down Wednesday With Hors D'oeuvres 6:00 Movie Night Madness!	**16** **Love a Tree Day & Wear Purple Day** **Wear purple earn $5 in Bingo bucks** 9:00 Morning Stretch 9:30 SS Mindful of Music Moments 10:00 LL Gardening Galore 10:30 PE Thursday Trek About 11:00 AE Tree Starts... Planting Giving Trees 1:00 CE Let's Travel Somewhere Amazing Armenia 2:00 LL Poker players play 2:30 Food Committee 3:30 AE Bingo Bash	**17** **Cow Day** 9:30 CC Fitness With Personal Trainer (Kelly) 9:30 SS Mindful Garden Meditation 10:30 CE Jeopardy 11:00 CC Ambassadors Meeting 1:00 KB FAMILY Game Day Blitz Wii 1:30 PE KB FAMILY Game Day Blitz Wii 2:30 Make your Own Tap Shoes 3:30 Happy Hour	**18** **Armed Forces Day** **Family Skype Saturdays** 9:00 Chair Exercises 10:30 CE Lets Bake Some Famous Recipes 1:00 PE Wii Bowling League 2:00 AE Multi-dimensional Art and Journaling time 2:00 LL Senior Saturday Musicals Sing-along 2:30 LL Tea Time 3:30 Bingo Brigade 6:00 Movie Night (Grab Your Snacks)
19 **Plant a Veggie Garden Day** 9:00 PE Sunday Sit and Stretch 10:00 SS Chicken Soup For The Soul 10:00 SS Hope's Answer 11:00 CE Music and More 11:30 PE Sunday Strides 1:00 CE Chicken Soup Activity 1:30 LL Out in the Garden 2:30 Here goes dominoes 3:00 Crafts With Gloria	**20** **Pick a Strawberry Day** 9:00 PE Morning Stretch 10:00 LL Minute Manicures 12:00 Men's Club 1:30 SS Mindfulness Mondays 2:00 LL Armchair Comedy Club 2:00 Spanish Class 3:00 Mimosa Monday 6:00 Movie Night (Grab Your Pop Corn)	**21** 10:00 Doughnut & Coffee Social 10:00 PE Morning on the Move 10:30 SS Bible Study 11:00 CE Tech Time (Bring Your Devices) 11:30 PE Puttering Putters on the Green 1:00 CE American Sign Language Class Residents and Staff 2:00 CE Action Flick 3:30 BINGO Brigade	**22** 9:00 PE Balance Training 10:00 PE Big Lots and Grocery Outlet and Lunch 2:00 Amazing Animals on the Big Screen 2:00 KB Wild About Walking 2:30 LL Trivia Tidbits 3:30 Wine Down Wednesday With Hors D'oeuvres 6:00 Movie Night Madness!	**23** **Lucky Penny Day** 9:00 Morning Stretch 9:30 SS Mindful of Music Moments 10:00 LL Gardening Galore 10:30 PE Thursday Trek About 11:00 AE Art and Healing 1:00 CE Let's Travel Somewhere Amazing -Scotland 2:00 LL Poker players play 2:30 Food Committee 3:30 AE Bingo Bash	**24** 9:30 CC Fitness With Personal Trainer (Kelly) 11:00 CE Passionate about Poetry and Prose 1:00 KB FAMILY Game Day Blitz Wii 1:30 PE Able Ambling 1:30 PE KB FAMILY Game Day Blitz Wii 2:00 PE 'Sit' Tai Chi w/ Teri 2:30 Farmer's Market 3:30 Happy Hour	**25** **Family Skype Saturdays** **Jazz & Tap Dance Day** 9:00 Chair Exercises 10:30 CE Lets Bake Some Famous Recipes 1:00 PE Wii Bowling League 1:30 Toe Tapping Tap 2:00 AE Multi-dimensional Art and Journaling time 2:00 LL Senior Saturday Musicals Sing-along 2:30 LL Tea Time 3:30 Bingo Brigade 6:00 Movie Night (Grab Your Snacks)
26 9:00 PE Sunday Sit and Stretch 10:00 SS Chicken Soup For The Soul 10:00 SS Hope's Answer 11:30 PE Sunday Strides 1:00 CE Chicken Soup Activity 1:30 LL Out in the Garden 2:30 Here goes dominoes 3:00 Crafts With Gloria	**27** **Memorial Day** 9:00 PE Morning Stretch 10:00 LL Minute Manicures 12:00 Men's Club 1:30 SS Mindfulness Mondays 2:00 LL Armchair Comedy Club 2:00 Spanish Class 2:30 Just a bit o' Ballroom 3:00 Mimosa Monday 6:00 Movie Night (Grab Your Pop Corn)	**28** **Hamburger Day** 10:00 Doughnut & Coffee Social 10:00 PE Morning on the Move 10:30 SS Bible Study 11:00 CE Tech Time (Bring Your Devices) 11:30 PE Puttering Putters on the Green 1:00 CE American Sign Language Class Residents and Staff 2:00 CE Action Flick 2:00 Resident Council 3:30 BINGO Brigade	**29** 9:00 PE Balance Training 10:00 PE Forestiere Underground Gardens and In and Out 2:00 Amazing Animals on the Big Screen 2:00 KB Wild About Walking 2:00 KB Wild About Walking 2:30 TWT Time With Tracy 2:30 LL Trivia Tidbits 3:30 Wine Down Wednesday With Hors D'oeuvres 6:00 Movie Night Madness!	**30** **Water a Flower Day** 9:00 Morning Stretch 9:30 SS Mindful of Music Moments 10:00 LL Gardening Galore 10:30 PE Thursday Trek About 11:00 AE Art and Healing 1:00 CE Let's Travel Somewhere Amazing -Scotland 2:00 LL Poker players play 2:30 Food Committee 3:30 AE Bingo Bash	**31** **Macaroon Day** 9:30 CC Fitness With Personal Trainer (Kelly) 1:00 KB FAMILY Game Day Blitz Wii 1:30 PE Able Ambling 1:30 PE KB FAMILY Game Day Blitz Wii 3:30 Happy Hour 4:00 Happy May Birthdays	

Created on Wednesday, May 1, 2019 12:18 PM