

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|--|--|
|  | | | 9:00am-Exercise 1 Stretch & Sticks 1:00pm-Exercise Walker & Chair Dance 3:30pm-B/day Celebration With Mike Ely 4:30pm-Birthday Dinner 7:00pm-Movie Night <small>May Day</small> | 9:00am-Exercise 2 Balance Class 10:00am-Poker Walk 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia | 9:00am-Exercise 3 Weights and Balance 1:00pm-Pokeno 3:30pm-Resident Wine Social 7:00pm-Bingo | 9:00am-Wii Bowling 4 12:30pm-Canasta 1:00pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night |
| 12:00pm-Wii Games 5 12:30pm-Mexican Train 2:00pm-Lifting Spirits Musical Performance <small>Cinco de Mayo</small> | 9:00am-Exercise 6 9:00am-Wii Bowling 1:00pm-Exercise Walker & Chair Dance 1:00pm-Poker 2:00pm-Puzzles & Snacks 5:45pm-Bridge <small>Ramadan</small> | 9:00am-Exercise 7 11:00am-Adam Hultman Identity Theft Seminar 11:30am-Lunch WC Band Rhythm Band at Mistywood 11:00am-Blood Pressure 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo | 9:00am-Exercise 8 Stretch & Sticks 1:00pm-Exercise Walker & Chair Dance 3:30pm-Happy Hour With Linda Herring 7:00pm-Movie Night | 9:00am-Exercise 9 Balance Class 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia | 9:00am-Exercise 10 Weights and Balance 10:00am-Scarves with Michelle 1:00pm-Pokeno 3:30pm-Resident Wine Social 7:00pm-Bingo | 9:00am-Wii Bowling 11 10:00am-Shopping with Gail-May Kay Products 12:30pm-Canasta 1:00pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night |
| Happy Mother's Day 12 Mother's Day Brunch 10:30am-1:00pm <small>Mother's Day</small> | 9:00am-Exercise 13 9:00am-Wii Bowling 1:00pm-Exercise Walker & Chair Dance 1:00pm-Poker 2:00pm-Puzzles & Snacks 5:45pm-Bridge | 9:00am-Exercise 14 10:30am-River Cats Game Raley's Field 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo | 9:00am-Exercise 15 Stretch & Sticks 1:00pm-Exercise Walker & Chair Dance 3:30pm-Happy Hour with The Calamity Jazz Band 7:00pm-Movie Night | 9:00am-Exercise 16 Balance Class 10:00am-Poker Walk 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia | 9:00am-Exercise 17 Weights and Balance 1:00pm-Pokeno 3:30pm-Resident Wine Social 7:00pm-Bingo | 9:00am-Wii Bowling 18 12:30pm-Canasta 1:00pm-Sequence 2:00pm-Sacramento Valley Concert Choir - 50th Anniversary Performance 7:00pm-Movie Night <small>Armed Forces Day</small> |
| 12:00pm-Wii Games 19 12:30pm-Mexican Train 2:30pm-Bill Becker's Piano Recital | 9:00am-Exercise 20 9:00am-Wii Bowling 10:00am-Crafts with Lyndy 1:00pm-Exercise Walker & Chair Dance 1:00pm-Poker 2:00pm-Puzzles & Snacks 3:00pm-Book Club 5:45pm-Bridge <small>Victoria Day (Canada)</small> | 9:00am-Exercise 21 10:00am-Red Hawk Casino and Lunch 11:00am-Blood Pressure 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo | 9:00am-Exercise 22 Stretch & Sticks 10:00pm-Mocktails with Hilary and Jocelyn 1:00pm-Exercise Walker & Chair Dance 3:30pm-Happy Hour with The Songbird Trio 7:00pm-Movie Night | 9:00am-Exercise 23 Balance Class 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm- No Tap Today 3:00pm-Rhythm Band 7:00pm-Trivia | 9:00am-Exercise 24 Weights and Balance 1:00pm-Pokeno 3:30pm-Resident Wine Social 7:00pm-Bingo | 9:00am-Wii Bowling 25 12:30pm-Canasta 1:00pm-Sequence 2:30pm-BB Baseball 7:00pm-Movie Night |
| 12:00pm-Wii Games 26 12:30pm-Mexican Train 2:00pm-Carol Burnett Showtime | Office Holiday 27 4:30pm – 6:30pm Memorial Day Barbecue <small>Memorial Day</small> | 9:00am-Exercise 28 10:00am-Come Fly a Drone and Picnic at the Park. 1:00pm-Bookmobile 2:30pm-Volleyball 2:30pm-Rummy 7:00pm-Bingo | 9:00am-Exercise 29 Stretch & Sticks 1:00pm-Exercise Walker & Chair Dance 3:30pm-Happy Hour With Winding Commons Rhythm Band 7:00pm-Movie Night | 9:00am-Exercise 30 Balance Class 12:30pm-Pinochle 1:00pm-Word Puzzles 2:00pm-Beginning Tap 3:00pm-Rhythm Band 7:00pm-Trivia | 9:00am-Exercise 31 Weights and Balance 1:00pm-Pokeno 3:30pm-Resident Wine Social 7:00pm-Bingo |  |