

MAY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 May Day 10:00 Remember this Day in History Handout 12:00 Card games and Puzzles, self facilitated
2 10:00 Self Guided Meditation 1:30 Coffee and Chat	3 12:00 National Garden Meditation Day 10:00 True North Yoga, SEATED 11:00 Let's Get Quizzicle TV Trivia: Theater 1:15 Advance Walking Group *Meet 2nd Floor Wellness Center 2:30 Bingo!!	4 12:00 National Star Wars Day 10:00 Chair Volleyball 3:00 Popcorn Day! 3:15 Movie: Benji 2nd Floor Theater	5 Cinco de Mayo 8:30 John Shops @ Albertsons 10:00 Chair ZUMBA, Seated 11:15 Beginner Walking Group 1:15 Virtual Concert Series "Art of the Heart" Classical Music #GEN2000 2:30 Cinco De Mayo Fiesta Bingo!!	6 12:00 National Nurses Day 10:00 Chair Volleyball 11:00 Brain Power Nutrition Boost Smoothies 3:30 Circle of Friends Happy Hour	7 12:00 National Space Day 10:00 Hip Hop For Seniors, SEATED 11:00 Space Journey VR Tour around the Galaxy: Theater 2:30 Out of this World Theme Bingo!!	8 10:00 Remember this Day in History Handout 12:00 Card games and Puzzles, self facilitated
9 Mother's Day 10:00 Self Guided Meditation 1:30 Coffee and Chat	10 12:00 Disney Spirt Week: Wear something Disney 10:00 True North Yoga, SEATED 11:00 Disney Trivia: Theater 1:15 Advance Walking Group 2:00 **DINING ROOM CLOSED FOR EMPLOYEE	11 12:00 National Twilight Zone Day 10:00 Chair Volleyball 11:15 Enter The Twilight Zone Activity: Theater 1:00 Vacation in Space: NASA Speaker Series Astronaut Selction 3:00 Popcorn Day! 3:15 Disney Movie: BFG	12 8:30 John Shops @ Fred Myer 10:00 Chair ZUMBA, Seated 11:15 Beginning Walking Group *Meet 2nd Floor Wellness Center 1:15 The Music of Pixar Disney Hollywood Studios Concert #GEN2000 2:30 Pixar Theme Bingo!!	13 12:00 Dress up as your favorite Disney Character Contest 10:00 Chair Volleyball 11:00 Brain Power Nutrition Boost Smoothies 3:30 Disney Circle of Super Friends Happy Hour	14 10:00 Hip Hop For Seniors, SEATED 11:00 Make your own Disney Book Marker 1:15 Take a trip to the Happiest Place on Earth: Theater 2:30 Disney Theme Bingo!!	15 Armed Forces Day 10:00 Remember this Day in History Handout 12:00 Card games and Puzzles, self facilitated

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16 10:00 Self Guided Meditation 1:30 Coffee and Chat	17 10:00 True North Yoga, SEATED 11:00 Let's Get Quizzicle Oregon Trivia: Theater 1:15 Advance Walking Group 2:30 Bingo!!	18 10:00 Chair Volleyball 1:30 Music Makes Memories: Sing-Along & Reminance 3:00 Popcorn Day! 3:15 Movie: Hotel for Dogs	19 8:30 John Shops @ Walmart 10:00 Chair ZUMBA, Seated 11:15 Beginning Walking Group *Meet 2nd Floor Wellness Center 1:15 Virtual Concert Series "Art of the Heart" Classical Music #GEN2000 2:30 Bingo!!	20 10:00 Chair Volleyball 11:00 Brain Power Nutrition Boost Smoothies 3:30 Circle of Friends Happy Hour	21 10:00 Hip Hop For Seniors, SEATED 11:00 Space Journey VR Tour around the Galaxy: Theater 2:30 Out of this World Theme Bingo!!	22 10:00 Remember this Day in History Handout 12:00 Card games and Puzzles, self facilitated
23 10:00 Self Guided Meditation 1:30 Coffee and Chat	24 10:00 True North Yoga, SEATED 11:00 Let's Get Quizzicle Trivia: Theater 1:15 Advance Walking Group 2:30 Bingo!!	25 10:00 Chair Volleyball 2:00 **DINING ROOM CLOSED FOR EMPLOYEE MEETING** 3:00 Popcorn Day!	26 8:30 John Shops @ Albertsons 10:00 Chair ZUMBA, Seated 11:15 Beginning Walking Group *Meet 2nd Floor Wellness Center 1:15 Virtual Concert Series "Art of the Heart" Classical Music #GEN2000 2:30 Bingo!!	27 10:00 Chair Volleyball 11:00 Brain Power Nutrition Boost Smoothies 3:30 Circle of Friends Happy Hour	28 10:00 Hip Hop For Seniors, SEATED 11:00 Adult Coloring 2:30 Bingo!!	29 10:00 Remember this Day in History Handout 12:00 Card games and Puzzles, self facilitated
30 10:00 Self Guided Meditation 1:30 Coffee and Chat	31 Memorial Day 12:00 National Smile Day 10:00 True North Yoga, SEATED 11:00 Let's Get Quizzicle Theater 1:15 Advance Walking Group 2:30 Bingo!!					