

MEMORIAL DAY

MAY 2021

SUNDAY

MONDAY

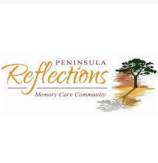
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

- Physical
- Emotional
- Spiritual
- Environmental
- Vocational
- Social
- Intellectual
- Health Services
- Nutritional
- Purposeful

HAPPY BIRTHDAY:

JOAN C. - 5/4

NADINE Q. - 5/5

DORRIS G. - 5/14

May 30

09:30 Tai Chi and Yoga
10:00 Current Events
10:30 Bible Trivia
11:00 Sunday Mass
01:00 Aromatherapy
02:00 Banana Split Social
03:00 Gentle Fitness
04:00 Karaoke

02

09:30 Tai Chi and Yoga
10:00 Current Events
10:30 Sunday Mass
11:00 Bible Trivia
01:00 Table Games
02:00 Ice Cream Social
03:00 Gentle Fitness
04:00 Karaoke

09

09:30 Tai Chi and Yoga
10:00 Current Events
10:30 Sunday Mass
11:30 Mother's Day Celebration
01:00 Soothing Hand Massages
02:00 Root Beer Float Social
03:00 Gentle Fitness
04:00 Karaoke

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09:30 Tai Chi and Yoga
10:00 Current Events
10:30 Sunday Mass
11:00 Inspirational Music
01:00 Hand Massages
02:00 Fruits Social
03:00 Gentle Fitness
04:00 Karaoke

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09:30 Tai Chi and Yoga
10:00 Current Events
10:30 Words of Hope
11:00 Sunday Live Mass
01:00 Hand Massages
02:00 Balloon Volleyball
03:00 Gentle Fitness
04:00 Karaoke

May 31 Memorial Day

09:30 Sit and Be Fit
10:00 Current Events
10:30 Memorial Day Trivia
11:00 Memorial Day Lunch
01:00 Documentary
02:00 Scott on Guitar

03

09:30 Sit and Be Fit
10:00 Current Events
10:30 Balloon Bursts
11:00 Name that Tune
01:00 Flower Arrangements
02:00 Bean Bag Toss
03:00 Gentle Fitness
04:00 Karaoke

10

09:30 Sit and Be Fit
10:00 Current Events
10:30 Animal Kingdom
11:00 Music Trivia
01:00 Beautiful Fingers
02:00 Bingo
03:00 Gentle Fitness
04:00 Karaoke

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09:30 Sit and Be Fit
10:00 Current Events
10:30 Transition Trivia
11:00 Brain Teasers
01:00 Flower Arrangements
02:00 Documentary
03:00 Gentle Fitness
04:00 Karaoke

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09:30 Sit and Be Fit
10:00 Current Events
10:30 Trivia Fun
11:00 Name that Tune
01:00 Beautiful Fingers
02:00 Scarf Dancing
03:00 Gentle Fitness
04:00 Karaoke



04

09:30 Stretch and Bend
10:00 Current Events
10:30 Mind Play
11:00 Word Search
01:00 Table Games
02:00 Aromatherapy
03:00 Gentle Fitness
04:00 Singalong

11

09:30 Stretch and Bend
10:00 Current Events
10:30 Dear Abby
11:00 Reminisce-Pastime
01:00 Cluster Program
02:00 Chair Travel
03:00 Gentle Fitness
04:00 Singalong

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09:30 Stretch and Bend
10:00 Current Events
10:30 First Ladies Trivia
11:00 Discussion Starters
01:00 Table Games
02:00 Beautiful Fingers
03:00 Gentle Fitness
04:00 Singalong

25

09:30 Stretch and Bend
10:00 Current Events
10:30 Transition Trivia
11:00 True Confessions
01:00 Cluster Program
02:00 Documentary
03:00 Gentle Fitness
04:00 Singalong



05

09:30 Move to Music
10:00 Current Events
10:30 Cinco de Mayo Trivia
11:00 Cinco de Mayo Lunch
01:00 Bingo
02:00 Cinco de Mayo Celeb.
03:00 Gentle Fitness
04:00 Karaoke

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09:30 Move to Music
10:00 Current Events
10:30 Name that Jingle
11:00 Paint
01:00 Bingo
02:00 Pass The Ball
03:00 Gentle Fitness
04:00 Karaoke

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09:30 Move to Music
10:00 Current Events
10:30 Spelling
11:00 Word Games
01:00 Bingo
02:00 Tea Time with Kathy
03:00 Gentle Fitness
04:00 Karaoke

26

09:30 Move to Music
10:00 Current Events
10:30 Challenges-Emotions
11:00 Word Games
01:00 Card Games
02:00 Chair Travel
03:00 Gentle Fitness
04:00 Karaoke



06

09:30 Group Exercise
10:00 Current Events
10:30 Brain Fitness-Homonyms
11:00 Family Feud
01:00 Card Games
02:00 Balloon Volleyball
03:00 Gentle Fitness
04:00 Singalong

13

09:30 Group Exercise
10:00 Current Events
10:30 Common Sayings
11:00 Matching Games
01:00 Card Games
02:00 Scarf Dancing
03:00 Gentle Fitness
04:00 Singalong

20

09:30 Group Exercise
10:00 Current Events
10:30 Food for A Cause
11:00 National Parks Trivia
01:00 Table Games
02:00 Balloon Volleyball
03:00 Gentle Fitness
04:00 Singalong

27

09:30 Group Exercise
10:00 Current Events
10:30 Men's Club
11:00 Food For A Cause
01:00 Cluster Program
02:00 Classic TV
03:00 Gentle Fitness
04:00 Singalong



07

09:30 Strength Fitness
10:00 Current Events
10:30 Trivia Fun
11:00 Around the World
01:00 Classic Movie
02:00 Happy Hour
03:00 Gentle Fitness
04:00 Karaoke

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09:30 Strength Fitness
10:00 Current Events
10:30 Word Games
11:00 Around the World
01:00 Classic TV
02:00 Happy Hour
03:00 Gentle Fitness
04:00 Karaoke

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09:30 Strength Fitness
10:00 Current Events
10:30 Trivia Fun
11:00 Around the World
01:00 Documentary
02:00 Happy Hour
03:00 Gentle Fitness
04:00 Karaoke

28

09:30 Strength Fitness
10:00 Current Events
10:30 Crossword
11:00 Around the World
01:00 Classic Movie
02:00 Happy Hour
03:00 Gentle Fitness
04:00 Karaoke

01

09:30 Conductorcise
10:00 Current Events
10:30 Crossword
11:00 Have You Ever
01:00 Arts and Crafts
02:00 Balloon Volleyball
03:00 Gentle Fitness
04:00 Singalong

08

09:30 Conductorcise
10:00 Current Events
10:30 Always or Never
11:00 Guess the Actor
01:00 Arts and Crafts
02:00 Table Games
03:00 Gentle Fitness
04:00 Singalong

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09:30 Conductorcise
10:00 Current Events
10:30 Audio Books
11:00 Name that Tune
01:00 Arts and Crafts
02:00 Balloon Parachute
03:00 Gentle Fitness
04:00 Singalong

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09:30 Conductorcise
10:00 Current Events
10:30 Family Feud
11:00 Balloon Bursts
01:00 Arts and Crafts
02:00 Bean Bag Toss
03:00 Gentle Fitness
04:00 Singalong

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09:30 Conductorcise
10:00 Current Events
10:30 Matching Game
11:00 Word Search
01:00 Arts and Crafts
02:00 Balloon Volleyball
03:00 Gentle Fitness
04:00 Singalong