The Legacy at English Station
Daily Rhythms

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **May Day** V Wildflower Tour K Devotion Sunday CC Rise and Shine Parfaits A Homemade Relaxation Balm M Praise and Worship GG 50's Fun Clothespin Drop GF Old Time Theater! Nighttime Traditions	2 V Hoppin' to Health K Word Poem for Mom CC Tropical Trail Mix A Watercolor Flowers M Match The Song to the Sitcom GG Corn Hole GF Relaxing Senior Social! Nighttime Traditions	3 V Grape Stomp K Penny Ante CC Honey Spiced Bread A Derby Hats M Who Sang It? GG Roll-a-Garden GF Hot Chocolate & Tales! Nighttime Traditions	4 V Reach as High as You Can K Wacky Word Wednesday CC Classic Chocolate Chip Cookie A Pouring Lucille's Ball M It's A Wonderful World GG Lollipop Paddle I Hymns of Praise GF Charades!	5 **Cinco de Mayo** V Sherri Zak K Garden Beginnings CC Strawberry Hand Pies A Creative Storytelling M Music Trivia GG Baseball GF Name That Croon Nighttime Traditions	6 V Stop and Smell the Roses K Letter to Besties CC Derby pie Relax & Recharge A Poppy Field Collage M Kentucky Derby Happy hour- Oaks at the Legacy GG Horseshoe game and cornhole	7 V Pigs in a Blanket K Spring Babies CC Blueberry Oat Muffins A KY Derby Art M Kentucky Derby! Place your bets GG Horse shoe game Healthy Hands GF Relaxing Puzzle Time!
8 **Mother's Day** V Wildflower Tour K Devotion Sunday CC Apple Yogurt Parfaits A Mother's Day Cards M Praise and Worship GG 50's Fun Clothespin Drop GF Most Like Your Mother Nighttime Traditions	9 V Hoppin' to Health K Word Poem for Mom CC Chocolate Raspberry Trail Mix A Watercolor Silhouette M Match The Song to the Sitcom GG Corn Hole GF Relaxing Senior Social! Nighttime Traditions	10 V Grape Stomp K Penny Ante CC Orange Cranberry Bread with Glaze A Ojo De Dios (God's Eye) M Who Sang It? GG Roll-a-Garden GF Hot Chocolate & Tales!	11 V Reach as High as You Can K Wacky Word Wednesday CC Peanut Butter Cookie Relax & Recharge A Lucille's Ball on Canvas M It's A Wonderful World GG Lollipop Paddle GF Charades!	12 K Garden Beginnings CC Apple Hand Pies Relax & Recharge A Ask A Beautiful Question M Music Trivia GG Baseball GF Name That Croon Nighttime Traditions	13 V Stop and Smell the Roses K Letter to Besties CC Sandwich Pinwheel A Pulled String Art M Music That Made Movies Unforgettable-Happy Hour! GG Woodland Memory Matching GF Shake Loose A Memory!	14 V Pigs in a Blanket K Spring Babies CC Banana Nut Muffins A Dancing With Degas M Otis Redding GG Horseshoe game GF Relaxing Puzzle Time! Nighttime Traditions
15 V Wildflower Tour K Devotion Sunday CC Peanut Butter Banana Yogurt Parfait A Kat Edmondson musical performance M Flower art GG 50's Fun Clothespin Drop	16 V Hoppin' to Health K Word Poem for Mom CC Lucy's Apple John Relax & Recharge A Lucille Ball Painting M Songs Lucy might like GG Corn Hole GF Relaxing Senior Social!	17 V Grape Stomp K Penny Ante CC Pepperoni Mini Pizzas Relax & Recharge A Quarter Mandala Creation M comedic duos GG Roll-a-Garden GF Hot Chocolate & Tales!	18 V Reach as High as You Can K Wacky Word Wednesday CC Lucy & Ethel's Homemade Chocolate A Pouring City Colors M It's A Wonderful World GG Lollipop Paddle GF Charades!	19 V Ballroom Dancing K Garden Beginnings CC Grape Stomping Cheese Appetizer Relax & Recharge A Creative Storytelling M Ricky Ricardo and The Big Band GG Baseball	20 V Stop and Smell the Roses K Letter to Besties CC Papaya Milkshake A Upcycled Art Collage M Music That Made Movies Unforgettable-Happy Hour! GG Woodland Memory Matching GF Shake Loose A Memory!	21 **Armed Forces Day** V Pigs in a Blanket K Spring Babies CC Lemon Poppyseed Muffins A Motherhood with Mary Cassatt M Bust Your Move GG Horse shoe game GF Relaxing Puzzle Time! Nighttime Traditions
22 V Wildflower Tour K Devotion Sunday CC Berry Parfait A Paint Chip Bookmarks M Praise and Worship GG 50's Fun Clothespin Drop GF Old Time Theater! Nighttime Traditions	23 V Hoppin' to Health K Word Poem for Mom CC M&M Trail Mix Relax & Recharge A Collaborative Weaving-Day 1 M Musicals hour GG Corn Hole GF Relaxing Senior Social!	24 V Grape Stomp K Penny Ante CC Fresh Fruit Bread A Making Waves M Who Sang It? GG Roll-a-Garden GF Hot Chocolate & Tales! Nighttime Traditions	25 V Reach as High as You Can K Wacky Word Wednesday CC Birthday Cake Cookie A City on Canvas M It's A Wonderful World GG Lollipop Paddle I Hymns of Praise GF Charades!	26 V Ballroom Dancing K Garden Beginnings CC Tomato Hand Pies A Creative Storytelling M Music Trivia GG Baseball GF Name That Croon Nighttime Traditions	27 V Stop and Smell the Roses K Letter to Besties CC Cream Cheese Pinwheels w/ Fresh Veggies A Rubbings Exploration M Music That Made Movies Unforgettable-Happy Hour! GG Woodland Memory Matching	28 V Pigs in a Blanket K Spring Babies CC Apple Cinnamon Muffins A American Art M Hank Williams GG Horseracing GF Relaxing Puzzle Time! Nighttime Traditions
29 V Wildflower Tour K Devotion Sunday CC Cheesecake Berry Parfait A Inspiration Creations M Praise and Worship GG 50's Fun Clothespin Drop GF Old Time Theater! Nighttime Traditions	30 **Memorial Day** V Hoppin' to Health K Word Poem for Mom CC Marshmallow Trail Mix Relax & Recharge A Collaborative Weaving-Day 2 M Judy Garland GG Corn Hole GF Relaxing Senior Social!	31 V Grape Stomp K Penny Ante CC Cream Cheese Strawberry Bread Relax & Recharge A Russian Nesting Dolls M Cole Porter GG Roll-a-Garden	A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality		*Activities are subject to change	

Healthy Hands occurs daily prior to lunch and dinner. Relax and Recharge takes place daily following lunch.
Let our community know if you are interested in becoming a volunteer!