

Sunday

Monday

Tuesday

Wednesday





Thursday

Friday

Saturday

# May 2024

## Winding Commons Senior Living

			<b>ACTIVITY RAFFLE 1</b> 9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/ Songbird Trio</b> 6:30pm Trivia w/Kay-MR  <b>Resident Birthday Celebration at Happy Hour</b> <small>May Day</small>	<b>Happy Birthday Carolyn 2</b> 9:00am Yoga w/Tracy-ER 9:00am Wii Bowling-MR <b>10:15am High-Hand Nursery + Café Outing w/Campus Commons</b> 3:00pm Beanbag Baseball-ER	<b>3</b> 9:00am Yoga w/Tracy-ER <b>9:30am Donuts-L</b> 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR 6:30pm Bingo w/Donna-MR	<b>4</b> 9:30am Full Body Exercise-ER <b>10:00am Michelle w/Traveling Boutique-L</b> 1:00pm Sequence w/Willard-MR 2:30pm Cornhole-ER
<b>5</b> 2:00pm Bunco-MR   <b>Cinco De Mayo Themed Dinner</b> <small>Cinco de Mayo</small>	<b>6</b> 9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Beanbag Baseball-ER	<b>7</b> 9:00am Full Body Exercise-ER <b>9:45am Alpha One Blood Pressure-MR</b> <b>1:00pm Top Scams of 2024 Seminar w/Kerri Sanford-MR</b> 2:30pm Beanbag Baseball-ER 6:30pm Bingo w/Donna-MR	<b>8</b> 9:00am Full Body Exercise-ER 12:30pm Beanbag Baseball-ER 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/ Michelle Devol</b> 6:30pm Trivia w/Kay-MR	<b>9</b> <b>Happy Birthday Sadie</b> <b>Happy Birthday Jeff</b> 9:00am Yoga w/Tracy-ER 9:00am Wii Bowling-MR <b>9:45am Folsom Zoo Outing + Lunch at Lazy Dog</b>	<b>10</b> 9:00am Yoga w/Tracy-ER 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR 6:30pm Bingo w/Donna-MR	<b>11</b> 9:30am Full Body Exercise-ER 1:00pm Sequence w/Willard-MR
<b>12</b>   <b>Happy Mother's Day</b> <small>Mother's Day National Skilled Nursing Care Week</small>	<b>13</b> 9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Beanbag Baseball-ER	<b>Happy Birthday Peter 14</b> 9:00am Full Body Exercise-ER <b>12:00pm Beanbag Baseball Competition w/Roseville Commons</b> <b>3:00pm Chefs Chat w/Jen-MR</b> 6:30pm Bingo w/Donna-MR	<b>15</b> 9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/ Peter Schroeder</b> 6:30pm Trivia w/Kay-MR	<b>16</b> 9:00am Yoga w/Tracy-ER 9:00am Wii Bowling-MR <b>2:30pm Craft Class w/Zhanna-CR</b>	<b>17</b> 9:00am Yoga w/Tracy-ER 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR 6:30pm Bingo w/Donna-MR	<b>18</b> 9:30am Full Body Exercise-ER 1:00pm Sequence w/Willard-MR 2:30pm Cornhole-ER  <b>Armed Forces Day Dinner Celebration</b> <small>Armed Forces Day</small>
<b>Happy Birthday Arninne 19</b> 2:00pm Bunco-MR	<b>Happy Birthday Jane 20</b> 9:00am Full Body Exercise-ER 1:00pm Word Makers-ER 2:00pm Bridge-MR 2:30pm Indoor Golf-ER  <small>Victoria Day (Canada)</small>	<b>Happy Birthday Scott 21</b> <b>Happy Birthday Gina 21</b> 9:00am Full Body Exercise-ER <b>9:45am Alpha One Blood Pressure-MR</b> <b>9:45am Lotus Bonsai Nursery &amp; Gardens and Lunch at Chipotle</b> 6:30pm Bingo w/Donna-MR	<b>22</b> 9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie 12:30pm Ping Pong 13-ER <b>2:30pm Happy Hour w/ Peter Morgan</b> 6:30pm Trivia w/Kay-MR	<b>23</b> 9:00am Yoga w/Tracy-ER 9:00am Wii Bowling-MR <b>1:30pm Teaching Kitchen w/Chef Jen-DR</b>	<b>24</b> 9:00am Yoga w/Tracy-ER 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR 6:30pm Bingo w/Donna-MR	<b>25</b> 9:30am Full Body Exercise-ER 1:00pm Sequence w/Willard-MR 2:30pm Chair Volleyball-ER
<b>26</b> 1:00pm Poker Walk-MR	<b>STAFF HOLIDAY 27</b>   <b>memorial DAY</b> <small>Memorial Day</small>	<b>Happy Birthday Don S 28</b> 9:00am Full Body Exercise-ER <b>1:00pm Bookmobile-E PL</b> <b>2:00pm Root Beer Floats-L</b> 6:30pm Bingo w/Donna-MR	<b>29</b> 9:00am Full Body Exercise-ER 1:00pm Spanish w/Ruthie <b>2:30pm Happy Hour w/ The Country Club Aires</b> 6:30pm Trivia w/Kay-MR	<b>30</b> 9:00am Yoga w/Tracy-ER 9:00am Wii Bowling-MR <b>2:00pm Horse Races-L</b>	<b>31</b> 9:00am Yoga w/Tracy-ER 1:00pm Pokeno w/Kay-MR 2:45pm Resident Wine Social-MR 6:30pm Bingo w/Donna-MR	

ER=Exercise Room, MR=Media Room, PL=Parking Lot, 2FLIB=2<sup>nd</sup> Floor Library, L=Lobby, DR=Dining Room, CR=Craft Room, GR=Game Room, FPL=Front Parking Lot – All activities are subject to change