# May 2026
## AL

created with Sagely

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | May cont'd **31**<br>*9:30* ***Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP]***<br>11:00 Sunday Service with Pastor Patricia Saunders [AL LR]<br>7:00 Jigsaw Puzzle Time | | *Notes* | 10:30 Chair Exercise<br>11:00 Morning Brain Stretch [AL DR]<br>**1**<br>*2:00 Musical Game of Categories and Sip Art with Carol*<br>3:00 Afternoon Stretch [AL LR]<br>3:15 One-On-One with Activities Coordinator<br>3:30 Celebrate Hawaiian Lei Day with Rob & Kau'i, featuring music, dance & Alapa - Native Hawaiian hand language [HL]<br>7:00 Jigsaw Puzzle Time [AL LR] | 1:00 Dance for PD / Balance Exercise for Seniors [AUD]<br>**2**<br>2:00 Music Time: Sarah Fridrich [AL LR]<br>*6:00 Kentucky Derby Community Party [CY]*<br>7:00 Jigsaw Puzzle Time |
| | **3**<br>*9:30* ***Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP]***<br>11:00 Sunday Service with Pastor Patricia Saunders [AL LR]<br>7:00 Jigsaw Puzzle Time | **4**<br>*9:45 Sign-Up for Outings with Vicky [LL]*<br>10:30 Chair Exercise<br>11:00 "What's In A Word?" - morning brain-stretch [AL LR]<br>2:00 Musical Afternoon with Rob [AL LR]<br>3:00 Afternoon Stretch & Brain Games<br>7:00 Jigsaw Puzzle Time [AL LR] | **5**<br>10:00 Chair Exercise with Vicky<br>10:30 Scenic Ride to Arlington Cemetery - sign-up with Vicky [HL/CY]<br>2:00 One-On-One with Vicky<br>2:30 Tuesday Poetry Club (AL - 3rd Fl.)<br>3:00 Fresh Air Break (weather permitting) or Walking Club<br>4:00 Cinco de Mayo HAPPY HOUR [HL]<br>7:00 Jigsaw Puzzle Time [AL LR] | **6**<br>10:00 Chair Exercise [AL DR]<br>10:30 Musical Morning with Rebecca Presti [AL LR]<br>2:00 Brain Games and Therapeutic Movement with Vicky [AL DR]<br>3:00 Wine Down Wednesday Happy Hour [AL LR]<br>7:00 Jigsaw Puzzle Time [AL LR] | **7**<br>10:00 Errand Rides - sign-up in the Blue Binder<br>10:30 Chair Exercise<br>11:00 'What's In a Word' Word Game [AL DR]<br>2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR]<br>*2:30 Dining Services Meeting [AL DR]*<br>3:00 Afternoon Stretch / Fresh Air Break (weather permitting) [CY]<br>7:00 Jigsaw Puzzle Time [AL LR] | **8**<br>10:30 Chair Exercise<br>11:00 Morning Brain Stretch [AL DR]<br>2:00 Famous Standup with Vicky and Fireside Chat with Reverend Sheila<br>3:00 Afternoon Stretch [AL LR]<br>3:15 One-On-One with Activities Coordinator<br>7:00 Jigsaw Puzzle Time [AL LR] | **9**<br>1:00 Dance for PD / Balance Exercise for Seniors [AUD]<br>2:00 Music Time: Rob Tomaro [AL DR]<br>7:00 Jigsaw Puzzle Time |
| | Mother's Day<br>**10**<br>*9:30* ***Roman Catholic Communion w/ Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP]***<br>11:00 Sunday Service with Pastor Patricia Saunders [AL LR]<br>4:00 Happy Mother's Day from "Brian Shaw & Friends!" [HL]<br>7:00 Jigsaw Puzzle Time | **11**<br>*9:45 Sign-Up for Outings with Vicky [LL]*<br>10:30 Chair Exercise<br>11:00 "What's In A Word?" - morning brain-stretch [AL LR]<br>2:00 Musical Afternoon with Rob [AL LR]<br>3:00 Afternoon Stretch & Brain Games<br>7:00 Jigsaw Puzzle Time [AL LR] | **12**<br>10:00 Chair Exercise with Vicky<br>10:30 Lucky Danger Chinese Restaurant D St. NW- sign-up with Vicky [HL/CY]<br>10:45 Chinese Restaurant with Vicky<br>11:00 Chinese Restaurant with Vicky<br>2:00 Coffee & Conversation - Planning Meeting for June [AL DR]<br>2:00 One-On-One with Vicky<br>2:30 Tuesday Poetry Club (AL - 3rd Fl.)<br>3:00 Fresh Air Break (weather permitting) or Walking Club<br>7:00 Jigsaw Puzzle Time [AL LR] | **13**<br>10:00 Chair Exercise [AL DR]<br>10:30 Brain Fitness & Memory Training Workshops with Dana<br>2:00 Chair Dance with Yoyo [AL DR]<br>3:00 Tea Party Wednesday [AL LR]<br>7:00 Jigsaw Puzzle Time [AL LR] | **14**<br>10:00 Errand Rides - sign-up in the Blue Binder<br>10:30 Chair Exercise<br>11:00 'What's In a Word' Word Game [AL DR]<br>2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR]<br>3:00 Afternoon Stretch / Fresh Air Break (weather permitting) [CY]<br>7:00 Jigsaw Puzzle Time [AL LR] | **15**<br>10:30 Chair Exercise<br>11:00 Morning Brain Stretch [AL DR]<br>2:00 Famous Standup with Vicky and Sip and Paint with Carol<br>3:00 Afternoon Stretch [AL LR]<br>3:15 One-On-One with Activities Coordinator<br>7:00 Jigsaw Puzzle Time [AL LR] | **16**<br>1:00 Dance for PD / Balance Exercise for Seniors [AUD]<br>2:00 Music Time: Frank Plumer [AL LR]<br>7:00 Jigsaw Puzzle Time |
| | **17**<br>*9:30* ***Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP]***<br>11:00 Sunday Service with Pastor Patricia Saunders [AL LR]<br>7:00 Jigsaw Puzzle Time | **18**<br>*9:45 Sign-Up for Outings with Vicky [LL]*<br>10:30 Chair Exercise<br>11:00 "What's In A Word?" - morning brain-stretch [AL LR]<br>2:00 Musical Afternoon with Rob [AL LR]<br>3:00 Afternoon Stretch & Brain Games<br>3:00 Spring Beading Workshop with Victoria [AL DR]<br>3:30 Resident Council<br>7:00 Jigsaw Puzzle Time [AL LR] | **19**<br>10:00 Chair Exercise with Vicky<br>10:30 National Women's Museum (Tour) - sign-up with Vicky [HL/CY]<br>2:00 One-On-One with Vicky<br>2:30 Tuesday Poetry Club (AL - 3rd Fl.)<br>3:00 Fresh Air Break (weather permitting) or Walking Club<br>7:00 Jigsaw Puzzle Time [AL LR] | **20**<br>10:00 Chair Exercise [AL DR]<br>10:30 Musical Morning with Rebecca Presti [AL LR]<br>2:00 Brain Games and Therapeutic Movement with Vicky [AL DR]<br>3:00 Wine Down Wednesday Happy Hour [AL LR]<br>7:00 Jigsaw Puzzle Time [AL LR] | **21**<br>10:00 Errand Rides - sign-up in the Blue Binder<br>10:30 Chair Exercise<br>11:00 'What's In a Word' Word Game [AL DR]<br>2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR]<br>3:00 Afternoon Stretch / Fresh Air Break (weather permitting) [CY]<br>7:00 Jigsaw Puzzle Time [AL LR] | **22**<br>10:30 Chair Exercise<br>11:00 Morning Brain Stretch [AL DR]<br>2:00 Famous Standup with Vicky and Fireside Chat with Reverend Sheila<br>3:00 Afternoon Stretch [AL LR]<br>3:15 One-On-One with Activities Coordinator<br>7:00 Jigsaw Puzzle Time [AL LR] | **23**<br>1:00 Dance for PD / Balance Exercise for Seniors [AUD]<br>2:00 Music Time: Frank Plumer [AL LR]<br>7:00 Jigsaw Puzzle Time |
| **Location Keys**<br>AL Dining Room — AL DR<br>AL Living Room — AL LR<br>Auditorium — AUD<br>Chapel — CP<br>Courtyard — CY<br>Hospitality Lounge — HL<br>Lobby/Courtyard — HL/CY<br>Low Level — LL | **24**<br>*9:30* ***Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP]***<br>11:00 Sunday Service with Pastor Patricia Saunders [AL LR]<br>7:00 Jigsaw Puzzle Time | **25**<br>*Memorial Day*<br>*9:45 Sign-Up for Outings with Vicky [LL]*<br>10:30 Chair Exercise<br>11:00 Memorial Day Cookout with "The Steven Gellman Trio"<br>2:00 Patriotic Music & Sing-Along with Rob [AL LR]<br>3:00 Afternoon Stretch & Brain Games<br>7:00 Jigsaw Puzzle Time [AL LR] | **26**<br>10:00 Chair Exercise with Vicky<br>10:30 Don Sak Thai Restaurant - sign-up with Vicky<br>10:45 Don Sak Thai Restaurant<br>2:00 One-On-One with Vicky<br>2:30 Tuesday Poetry Club (AL - 3rd Fl.)<br>3:00 Fresh Air Break (weather permitting) or Walking Club<br>7:00 Jigsaw Puzzle Time [AL LR] | **27**<br>10:00 Chair Exercise [AL DR]<br>10:30 Brain Fitness & Memory Training Workshops with Dana<br>2:00 Chair Dance with Yoyo [AL DR]<br>3:00 Tea Party Wednesday [AL LR]<br>7:00 Jigsaw Puzzle Time [AL LR] | **28**<br>10:00 Errand Rides - sign-up in the Blue Binder<br>10:30 Chair Exercise<br>11:00 'What's In a Word' Word Game [AL DR]<br>2:00 TED Talks with Sam Partman [AL DR]<br>*3:00 Birthday Happy Hour for May Celebrants [AL LR]*<br>7:00 Jigsaw Puzzle Time [AL LR]<br>7:15 TC "Music Under the Stars" Summer Concert Series: "Caron Dale & Friends" (folk) [CY] | **29**<br>10:30 Chair Exercise<br>11:00 Morning Brain Stretch [AL DR]<br>2:00 Famous Standup with Vicky and Sip and Paint with Carol<br>3:00 Afternoon Stretch [AL LR]<br>3:15 One-On-One with Activities Coordinator<br>7:00 Jigsaw Puzzle Time [AL LR] | **30**<br>1:00 Dance for PD / Balance Exercise for Seniors [AUD]<br>2:00 Music Time: Alex Parez [AL LR]<br>7:00 Jigsaw Puzzle Time<br>Continued at top |