

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2026

Memory Care

3
 9:00 Music and Movement, **PPW**
 10:00 Nail Care
 10:30 Daily Chronicles, **SCF**
 1:30 Snack Break, **FSI**
 3:00 Table Games & Puzzles, **FSI**
 3:30 Afternoon Stroll, **PPW**

4
 9:30 Music and Movement, **PPW**
 10:30 Daily Chronicles, **SCF**
 1:00 Color my World, **SCF**
1:30 Music with Larissa, MC, FSI
 1:30 Snack Break, **FSI**
 2:00 One on One
 3:00 Sensory Time
 5:00 Evening Movie

5
 9:00 Music and Movement, **PPW**
 10:00 Sensory Time
 10:30 Daily Chronicles, **SCF**
 12:30 Color my World, **SSF**
 1:30 Snack Break, **FSI**
 2:00 Connect 4
 2:00 One on One
 3:00 Sing Along, **FSI**
 5:00 Evening Movie

6
9:00 ~ 1:30 Hair Salon
 9:30 Aromatherapy
 10:00 Art Time, **SCF**
 10:30 Daily Chronicles, **SCF**
 1:00 Shrike up the Band, **SCF**
 1:30 Snack Break, **FSI**
2:00 Scenic Drive, FSI
 2:30 One on One
 3:00 Sensory Game
 5:00 Evening Movie

7
 9:00 Music and Movement, **PPW**
 10:00 Crafting with Shelby, **SCF**
 10:30 Daily Chronicles, **SCF**
 1:00 Sensory Games
 1:30 Snack Break, **FSI**
 2:00 Afternoon Walk, **PPW**
 2:30 One on One
 3:30 Comedy Time, **FSI**
 5:00 Evening Movie

8
 9:00 One on One
 9:30 Morning Exercise, **PPW**
 10:00 Cooking w/ Shelby, **FSI**
 10:30 Daily Chronicles, **SCF**
 1:00 Sensory Time
 1:30 Snack Break, **FSI**
2:00 Birthday Celebration Memphis Bells ALDR
 3:30 Afternoon Walk, **PPW**
 5:00 Evening Movie
May Day

9
 9:00 Music and Movement, **PPW**
 10:00 Daily Chronicles, **SCF**
 10:30 Word Games, **SCF**
 1:00 Trivia Time
 1:30 Snack Break, **FSI**
 2:00 Color my World, **SCF**
 2:30 One on One
 3:30 Afternoon Walk, **PPW**
 5:00 Evening Movie

10
 9:00 Music and Movement, **PPW**
 10:00 Nail Care
 10:30 Daily Chronicles, **SCF**
 1:30 Snack Break, **FSI**
 3:00 Table Games & Puzzles, **FSI**
 3:30 Afternoon Stroll, **PPW**
National Skilled Nursing Care Week

11
 9:30 Music and Movement, **PPW**
 10:30 Daily Chronicles, **SCF**
 1:00 Color my World, **SCF**
 1:30 Snack Break, **FSI**
 2:00 One on One
 3:00 Sensory Time
 5:00 Evening Movie

12
 9:00 Music and Movement, **PPW**
 10:00 Sensory Time
 10:30 Daily Chronicles, **SCF**
 12:30 Color my World, **SSF**
 1:30 Snack Break, **FSI**
 2:00 Connect 4
 2:00 One on One
 3:00 Sing Along, **FSI**
 5:00 Evening Movie

13
9:00 ~ 1:30 Hair Salon
 9:30 Aromatherapy
 10:00 Art Time, **SCF**
 10:30 Daily Chronicles, **SCF**
 1:00 Shrike up the Band, **SCF**
 1:30 Snack Break, **FSI**
2:00 Scenic Drive, FSI
 2:30 One on One
 3:00 Sensory Game
 5:00 Evening Movie

14
 9:00 Music and Movement, **PPW**
 10:00 Crafting with Shelby, **SCF**
 10:30 Daily Chronicles, **SCF**
 1:00 **Music with Randy FSI**
 1:30 Snack Break, **FSI**
 2:00 Afternoon Walk, **PPW**
 2:30 One on One
 3:30 Comedy Time, **FSI**
 5:00 Evening Movie

15
 9:00 One on One
 9:30 Morning Exercise, **PPW**
 10:00 Cooking w/ Shelby, **FSI**
 10:30 Daily Chronicles, **SCF**
 1:00 **Pet Visit with Ruffles**
 1:30 Snack Break, **FSI**
2:00 Happy Hour with Lindi Moo ALDR
 3:30 Afternoon Walk, **PPW**
 5:00 Evening Movie

16
 9:00 Music and Movement, **PPW**
 10:00 Daily Chronicles, **SCF**
 10:30 Word Games, **SCF**
 1:00 Trivia Time
 1:30 Snack Break, **FSI**
 2:00 Color my World, **SCF**
 2:30 One on One
 3:30 Afternoon Walk, **PPW**
 5:00 Evening Movie
May Day

17
 9:00 Music and Movement, **PPW**
 10:00 Nail Care
 10:30 Daily Chronicles, **SCF**
 1:30 Snack Break, **FSI**
 3:00 Table Games & Puzzles, **FSI**
 3:30 Afternoon Stroll, **PPW**

18
 9:30 Music and Movement, **PPW**
 10:30 Daily Chronicles, **SCF**
 1:00 Color my World, **SCF**
1:30 Music with Larissa, MC, FSI
 1:30 Snack Break, **FSI**
 2:00 One on One
 3:00 Sensory Time
 5:00 Evening Movie
(Canada)

19
 9:00 Music and Movement, **PPW**
 10:00 Sensory Time
 10:30 Daily Chronicles, **SCF**
 12:30 Color my World, **SSF**
 1:30 Snack Break, **FSI**
 2:00 Connect 4
 2:00 One on One
 3:00 Sing Along, **FSI**
 5:00 Evening Movie

20
9:00 ~ 1:30 Hair Salon
 9:30 Aromatherapy
 10:00 Art Time, **SCF**
 10:30 Daily Chronicles, **SCF**
 1:00 Shrike up the Band, **SCF**
 1:30 Snack Break, **FSI**
2:00 Scenic Drive, FSI
 2:30 One on One
 3:00 Sensory Game
 5:00 Evening Movie

21
 9:00 Music and Movement, **PPW**
 10:00 Crafting with Shelby, **SCF**
 10:30 Daily Chronicles, **SCF**
 1:00 Sensory Games
 1:30 Snack Break, **FSI**
 2:00 Afternoon Walk, **PPW**
 2:30 One on One
 3:30 Comedy Time, **FSI**
 5:00 Evening Movie
Shaving Begins

22
 9:00 One on One
 9:30 Morning Exercise, **PPW**
 10:00 Cooking w/ Shelby, **FSI**
 10:30 Daily Chronicles, **SCF**
 1:00 Sensory Time
 1:30 Snack Break, **FSI**
2:00 Happy Hour with Hank Blumenthal ALDR
 3:30 Afternoon Walk, **PPW**
 5:00 Evening Movie

23
 9:00 Music and Movement, **PPW**
 10:00 Daily Chronicles, **SCF**
 10:30 Word Games, **SCF**
 1:00 Trivia Time
 1:30 Snack Break, **FSI**
 2:00 Color my World, **SCF**
 2:30 One on One
 3:30 Afternoon Walk, **PPW**
 5:00 Evening Movie

24
 9:00 Music and Movement, **PPW**
 10:00 Nail Care
 10:30 Daily Chronicles, **SCF**
 1:30 Snack Break, **FSI**
 3:00 Table Games & Puzzles, **FSI**
 3:30 Afternoon Stroll, **PPW**

25
 9:30 Music and Movement, **PPW**
 10:30 Daily Chronicles, **SCF**
 1:00 Color my World, **SCF**
 1:30 Snack Break, **FSI**
 2:00 One on One
 3:00 Sensory Time
 5:00 Evening Movie
Memorial Day

26
 9:00 Music and Movement, **PPW**
 10:00 Sensory Time
 10:30 Daily Chronicles, **SCF**
 1:00 **Music with Randy FSI**
 1:30 Snack Break, **FSI**
 2:00 Connect 4
 2:00 One on One
 3:00 Sing Along, **FSI**
 5:00 Evening Movie

27
9:00 ~ 1:30 Hair Salon
 9:30 Aromatherapy
 10:00 Art Time, **SCF**
 10:30 Daily Chronicles, **SCF**
 1:00 Shrike up the Band, **SCF**
 1:30 Snack Break, **FSI**
2:00 Scenic Drive, FSI
 2:30 One on One
 3:00 Sensory Game
 5:00 Evening Movie

28
 9:00 Music and Movement, **PPW**
 10:00 Crafting with Shelby, **SCF**
 10:30 Daily Chronicles, **SCF**
 1:00 Sensory Games
 1:30 Snack Break, **FSI**
 2:00 Afternoon Walk, **PPW**
 2:30 One on One
 3:30 Comedy Time, **FSI**
 5:00 Evening Movie

29
 9:00 One on One
 9:30 Morning Exercise, **PPW**
 10:00 Cooking w/ Shelby, **FSI**
 10:30 Daily Chronicles, **SCF**
 1:00 Sensory Time
 1:30 Snack Break, **FSI**
2:00 Happy Hour with Carol Hendrickson ALDR
 3:30 Afternoon Walk, **PPW**
 5:00 Evening Movie

30
 9:00 Music and Movement, **PPW**
 10:00 Daily Chronicles, **SCF**
 10:30 Word Games, **SCF**
 1:00 Trivia Time
 1:30 Snack Break, **FSI**
 2:00 Color my World, **SCF**
 2:30 One on One
 3:30 Afternoon Walk, **PPW**
 5:00 Evening Movie

31
 9:00 Music and Movement, **PPW**
 10:00 Nail Care
 10:30 Daily Chronicles, **SCF**
 1:30 Snack Break, **FSI**
 3:00 Table Games & Puzzles, **FSI**
 3:30 Afternoon Stroll, **PPW**

Stimulate Cognitive Function-**SCF**
 Promote Physical Wellbeing-**PPW**
 Foster Social Interaction-**FSI**



May 2026
THE MONTHLY GAZETTE

*"May, more than any other month of the year,
wants us to feel most alive."*

~ Fennel Hudson



Animal of the Month – White-Tailed Deer

White-tailed deer are very common in North America, preferring to live in open woodland, forests, or farmland, by streams or rivers, feeding on a wide variety of vegetation. Their coats shine reddish-brown in the summer and turn grayish-brown in winter, but their distinctive white tails catch the eye all year long as the deer lift them while scampering through the forest and wave them side to side to signal danger. The maximum life expectancy for white-tailed deer is 20 years, but most don't survive more than 10, with many living only two to three years in the wild. Male



deer have antlers, which are primarily used to fight off other males during the breeding season. The antlers are dropped and regrown each year. White-tailed deer are crepuscular, which means they are most active before and just after dawn and again near dusk. They tend to be relatively inactive or resting during mid-day hours.

Special Days

May Day
May 1

Star Wars Day
May 4

Cinco de Mayo
May 5

Train Day
May 9

Mother's Day
May 10

Pick Strawberries Day
May 20

Memorial Day
May 25

Flower – Lily of the Valley



Lily of the valley, the flower for the month of May, is native to Europe but now grows across North America and Northern Asia. Legend has it that these delicate, white, bell-shaped flowers, which bloom in May, first grew from Eve's tears after she and Adam were exiled from the Garden of Eden. The plant has come to signify purity and innocence and is often used in bridal bouquets. Giving lilies as a gift sends the message, "I am humbled by my love for you."

Birthstone – Emerald



The emerald is the birthstone for May. This bright green gemstone's name is derived from the Greek word *smaragdos*, which was a general term for green stones. In the Middle Ages, folklore held that the stone contained the power to foretell the future, to cure epilepsy and fever, and to protect the wearer from panic. Aristotle thought emeralds soothed eyesight. They are found all over the world, but Colombia is known to mine the largest and highest-quality emeralds in its Muzo mine.



Memory Care

A Great Place to Call Home

Hair Salon
Wednesdays
9:00 AM—1:30 PM
Stylist—Oanh
Sign Up at the Front Desk

Special Activities

Music with Larissa ~ May 5th @ 1:30 PM

Art Time with Shelby ~ May 6th @ 10:00 AM

Crafting with Shelby ~ May 7th @ 10:00 AM

Music with Randy ~ May 14th @ 1:00 PM

Pet Visit with Ruffles ~ May 15th @ 1:00 PM

Cooking with Shelby ~ May 15th @ 10:00 AM

Music with Larissa ~ May 18th @ 1:30 PM

Connect Four ~ May 19th @ 2:00 PM

Sensory Time ~ May 21st @ 1:00 PM

Word Games ~ May 23rd @ 10:30 AM

Music with Randy ~ April 21st @ 1:00 PM

Word Games ~ March 28th @ 10:30 AM

Enjoy Scenic Drives Every Wednesday with Shelby!