

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OLDER AMERICAN MONTH</p> <p>FAMILY REUNION MONTH</p> <p>NATIONAL SMILE MONTH</p> <p>MILITARY APPRECIATION MONTH</p>	<p>Monthly Catholic Communion with Sister Maureen</p> <p>See Weekly Activities Calendar for Date and Time (The Inn, Gardens, and Springs)</p>	<p>Monthly Shabbat with Rabbi Paris</p> <p>See Weekly Activities Calendar for Date and Time</p>	<p>MAY DAY</p> <p>9:30 Head-to-Toe Exercise - S</p> <p>10:00 Tai Chi w/Jonathan-G</p> <p>10:30 Tai Chi w/Jonathan-IL</p> <p>11:00 All About May - IL</p> <p>11:30 Welcome May! - S</p> <p>2:00 Singer Leigh Henry - IL</p> <p>3:30 Bonkers for Bingo - G</p> <p>6:30 Evening Stretch w/CG's-IL</p>	<p>WORLD PASSWORD DAY</p> <p>9:30 Stay Fit Fitness w/VH-S</p> <p>11:00 Energizing Exercise w/VH-IL</p> <p>11:30 Wheel Of Fortune w/VH-S</p> <p>2:30 Who Am I Game w/VH -IL</p> <p>3:30 Current Events w/VH-IL</p> <p>4:15 Untie The Knot w/VH-S</p> <p>6:30 YouTube Concert w/CG's-IL</p>	<p>BING DAY</p> <p>9:30 Friday Fitness w/VH-S</p> <p>11:00 TGIF Exercise VH-IL</p> <p>11:30 Bingo w/VH-S</p> <p>2:30 Manicures & Music w/VH-IL</p> <p>4:15 Ball In The Basket w/VH-S</p> <p>6:30 TCM Movie w/CG's-IL</p>	<p>KENTUCKY DERBY DAY</p> <p>9:30 Fun Fitness w/VH-S</p> <p>10:00 Light & Fit w/VH-G</p> <p>11:00 Exercise w/VH-IL</p> <p>11:30 Manicure Mania w/VH-S</p> <p>2:30 Armchair Travel: Mexico-IL</p> <p>3:30 Armchair Travel: Mexico-G</p> <p>4:15 All About Kentucky Derby w/VH-S</p> <p>6:30 Saturday evening music</p>
<p>CINCO DE MAYO</p> <p>9:30 Get Fit w/VH-S</p> <p>10:00 Sunday Fitness w/VH-G</p> <p>11:00 Workout w/VH-IL</p> <p>11:30 Facts About Apples w/VH-S</p> <p>2:30 Cinco De Mayo w/ VH-IL</p> <p>3:30 Cinco De Mayo w/VH- G</p> <p>4:15 Cinco De Mayo w/VH-S</p> <p>6:30 Sunday Movie w/CG-IL</p>	<p>BUBBLES DAY</p> <p>9:30 Head-to-Toe Exercise -S</p> <p>11:00 Exercise & Trivia w/Joey-IL</p> <p>11:00 Bubbles & Music w/VH-S</p> <p>11:30 Looking Forward -IL</p> <p>2:30 Pack It Card Game w/VH-IL</p> <p>3:30 Arts & Crafts w/VH-IL</p> <p>6:00 Armchair Travel: Mexico w/VH-S</p> <p>6:30 Scrabble w/CG's-IL</p>	<p>NATIONAL TEACHER'S DAY</p> <p>9:30 Light Stretch w/VH-S</p> <p>11:00 Jazzercise w/VH-IL</p> <p>11:00 Singer Lynn Lewis - S</p> <p>11:30 Unique Pets USA w/VH-IL</p> <p>2:30 Teachers Appreciation Social w/VH-IL</p> <p>3:30 Seated Soccer w/VH-IL</p> <p>4:15 Valentines Facts w/VH-S</p> <p>6:30 Domino w/CG's-IL</p>	<p>V-E DAY</p> <p>9:30 Head-to-Toe Exercise-S</p> <p>10:30 Armchair Exercise -G</p> <p>11:00 WellnessWorkOut! -IL</p> <p>1:30 Afternoon Visits -S</p> <p>2:30 Bingo!-IL</p> <p>3:30 B-I-N-G-O -G</p> <p>6:30 Outburst! Game w/CG's-IL</p>	<p>EUROPE DAY</p> <p>9:30 Morning Fitness w/VH-S</p> <p>11:00 Rise & Shine w/VH-IL</p> <p>11:15 Out Trip for Lunch w/VH</p> <p>11:30 All About Europe -IL</p> <p>2:30 Drumming w/VH-IL</p> <p>3:30 Memory Cafe w/VH-IL</p> <p>4:15 Yahtzee w/VH-S</p> <p>6:30 Article Highlights w/CG's-IL</p>	<p>FREDERICK AUSTERLITZ DAY</p> <p>9:30 Friday Fun Fitness w/VH-IL</p> <p>11:00 Dancersice w/VH- IL</p> <p>11:00 Singer Jennifer DiSapio-S</p> <p>11:30 Hollywood Gossip w/VH-IL</p> <p>2:30 Movie & Popcorn w/VH-IL</p> <p>3:30 Movie Discussion w/VH-IL</p> <p>4:15 Puzzles w/VH-S</p> <p>6:30 Handrubs & Music w/CG's-IL</p>	<p>"DOIN' WHAT COMES NATURALLY" DAY</p> <p>9:30 Morning Greetings w/Lisa-S</p> <p>10:00 Tai Chi w/Jonathan-G</p> <p>10:30 Tai Chi w/Jonathan-IL</p> <p>11:30 Music & Laughter w/Lisa-S</p> <p>2:00 Variety of Fun w/Lisa-IL</p> <p>2:30 Variety of Fun w/Lisa-G</p> <p>4:00 Stories for the Soul w/Lisa-S</p> <p>6:30 Seated Stretch w/CG's-IL</p>
<p>MOTHER'S DAY</p> <p>9:30 Morning Greetings w/Kayti-S</p> <p>10:30 Exercise&Music w/Kayti-IL</p> <p>11:00 Mandala Art w/ Kayti-IL</p> <p>11:30 Pianist John Lamb - S</p> <p>2:30 Manicures&Music w/Kayti-IL</p> <p>6:30 Jigsaw Puzzles w/CG's-IL</p>	<p>ETIQUETTE WEEK BEGINS</p> <p>9:30 Head-to-Toe Exercise -S</p> <p>11:00 Exercise & Trivia w/Joey-IL</p> <p>11:00 Bingo w/VH-S</p> <p>11:30 Looking Forward -IL</p> <p>2:30 Singer Lynn Lewis - IL</p> <p>3:30 Rummikub -IL</p> <p>6:00 VR Fun w/VH-S</p> <p>6:30 Let's Talk Etiquette w/CG's-IL</p>	<p>THE STARS AND STRIPS FOREVER DAY</p> <p>9:30 Stretch Fitness w/VH-S</p> <p>11:00 Tuesday Tune-Up -IL</p> <p>11:00 Name That Tune w/VH-S</p> <p>11:30 History of Our Flag -IL</p> <p>2:30 May Birthday Party -IL</p> <p>3:30 Brain Busters -IL</p> <p>4:15 Deja Vu Game w/VH-S</p> <p>6:30 Card Games w/CG's-IL</p>	<p>CHOCOLATE CHIP DAY</p> <p>9:30 Mid- Week Fitness w/VH-S</p> <p>10:00 Tai Chi w/Jonathan-G</p> <p>10:30 Tai Chi w/Jonathan-IL</p> <p>11:00 Balloon Toss w/VH-S</p> <p>11:30 SpringsResident Council-SDR</p> <p>2:30 Cookies & Charades w/VH-IL</p> <p>3:30 Bingo w/VH-G</p> <p>4:15 Table Bowling w/VH-S</p> <p>6:30 Evening Stretch w/CG's-IL</p>	<p>WEAR PURPLE FOR PEACE DAY</p> <p>9:30 Light Fitness w/VH-S</p> <p>10:30 Music & Fitness w/VH-G</p> <p>11:00 Dice Fitness w/VH-IL</p> <p>11:30 Wheel Of Fortune w/VH-S</p> <p>2:30 The Paper Dance w/VH-IL</p> <p>3:30 Music Who Is Who w/VH- G</p> <p>4:15 Sensory Touch w/VH-S</p> <p>Farkle Game w/CG-IL</p>	<p>FLOWER SUPERSTITIONS DAY</p> <p>9:30 Are You Fit w/VH-S</p> <p>10:00 Exercise Ball w/VH-G</p> <p>11:00 Dance With Me w/VH-IL</p> <p>11:30 Did You Know Facts w/VH-S</p> <p>1:15 Shabbat w/Rabbi Paris-IL</p> <p>2:30 IceCreamSodaSocial w/VH-IL</p> <p>3:30 Flower Superstition w/VH-G</p> <p>4:15 Lets Drum w/VH- S</p> <p>6:00 Hallmark Movie w/CG-IL</p>	<p>ARMED FORCES DAY</p> <p>9:30 Head-to-Toe Exercise -S</p> <p>10:00 Music&Dance w/Jennifer-G</p> <p>11:00 Music&Dance w/Jennifer-IL</p> <p>11:30 Human Science -G</p> <p>1:30 Afternoon Visits -S</p> <p>2:30 Sequence Game -IL</p> <p>3:30 Bowling Dice Game -G</p> <p>6:30 Mandala Art w/CG's-IL</p>
<p>ALL BOTTLED UP DAY</p> <p>9:30 Head-to-Toe Exercise -S</p> <p>10:30 Sunday Sittercise -G</p> <p>11:00 Entertainment: Jennifer Ellyson's Dance Ensemble - IL</p> <p>1:30 Afternoon Visits -S</p> <p>2:30 Human Science -IL</p> <p>3:30 Race Car Derby -G</p> <p>6:30 Bend & Stretch w/CG's-IL</p>	<p>BUDDY POPPY DAY</p> <p>9:30 Head-tp-Toe Exercise -S</p> <p>11:00 Exercise & Trivia w/Joey-IL</p> <p>11:00 Singer Lynn Lewis - S</p> <p>11:30 Looking Forward -IL</p> <p>2:30 VR Fun w/VH-IL</p> <p>3:30 World Of Technology w/VH-IL</p> <p>6:00 Arts & Crafts w/VH-S</p> <p>6:30 TCM Movie w/CG's-IL</p>	<p>"TIPTOE THROUGH THE TULIPS" TUESDAY</p> <p>9:30 Light Stretch w/VH-S</p> <p>11:00 Jazzercise w/VH-IL</p> <p>11:30 Conspiracy Theory w/VH-IL</p> <p>11:30 Trivia Fun -S</p> <p>2:30 Bingo w/VH-IL</p> <p>3:30 Tiny Tim Bio w/VH-IL</p> <p>4:15 Musical Instruments w/VH-S</p> <p>6:30 Humor Time w/CG's</p>	<p>VANILLA PUDDING DAY</p> <p>9:30 Shake It Loose w/VH- S</p> <p>10:00 Easy Does it w/VH- G</p> <p>11:00 Weight Fitness w/VH-IL</p> <p>11:30 Inn Resident Council-LDR</p> <p>2:30 Charades w/VH-IL</p> <p>3:30 Pudding Social w/VH-G</p> <p>4:15 Deja Vu Game w/VH-S</p> <p>6:30 Evening Chat w/CG's-IL</p>	<p>FLOWER MOON DAY</p> <p>9:30 Time To Exercise w/VH-S</p> <p>11:00 lets Get Fit w/VH-IL</p> <p>11:30 Sensory Touch-S</p> <p>12:30 Out -Trip Peabody Museum w/VH-IL</p> <p>2:15 Singer Jennifer DiSapio - IL</p> <p>3:30 BalloonToss&Music w/VH-IL</p> <p>4:15 All About Flowers w/VH-S</p> <p>6:30 Mandela Art w/CG's-IL</p>	<p>INTERNATIONAL TIARA DAY</p> <p>9:30 Friday Fitness w/VH-S</p> <p>11:00 Dancersice w/VH-IL</p> <p>11:30 Etiquette Social w/ VH -S</p> <p>11:30 All About Etiquette w/VH-IL</p> <p>2:30 Wine And Cheese w/VH-IL</p> <p>3:30 Musicals We Love w/VH-IL</p> <p>4:15 Pageants w/VH-S</p> <p>6:30 Youtube Concert w/CG's-IL</p>	<p>NATIONAL TAP DANCE DAY</p> <p>9:30 Morning Greetings w/Joey-S</p> <p>10:00 Tai Chi w/Jonathan-G</p> <p>10:30 Tai Chi w/Jonathan-IL</p> <p>11:30 Family Feud w/Joey-S</p> <p>2:30 Wheel of Fortune w/Joey-IL</p> <p>3:30 Family Feud w/Joey-G</p> <p>4:00 AfternoonGreetings w/Joey-S</p> <p>6:30 Exercise to Music w/CG's-IL</p>
<p>INDIANAPOLIS 500</p> <p>10:00Morning Greetings w/Joey-S</p> <p>10:30 Exercise & Trivia w/Joey-G</p> <p>11:00 Exercise & Trivia w/Joey-IL</p> <p>11:30 Inspirational Stories w/Joey-S</p> <p>2:30 Poker Pals w/Joey-IL</p> <p>3:30 Wheel of Fortune w/Joey-G</p> <p>4:00 AfternoonGreetings w/Joey-S</p> <p>6:30 World News w/CG's-IL</p>	<p>MEMORIAL DAY</p> <p>10:00 Morning Independent Activities-IL</p> <p>11:00 Exercise to Music w/CG's-IL</p> <p>2:30 Bingo! w/CG's-IL</p> <p>3:30 Afternoon Independent Activities-IL</p> <p>6:30 Card Games w/CG's-IL</p>	<p>NATIONAL HAMBURGER DAY</p> <p>9:30 Fun Fit Fitness w/VH-S</p> <p>10:30 Wake Up Fitness w/VH-G</p> <p>11:00 Dice Fitness w/VH-IL</p> <p>11:30 HealthTalk w/Bindu George - IL</p> <p>11:30 Wheel Of Fortune w/VH-S</p> <p>2:30 Memorial Day Social w/VH-IL</p> <p>3:30 Roll The Dice Game w/VH-G</p> <p>4:15 Memorial Day Social w/VH-S</p> <p>6:30 Classical Favorites w/CG's</p>	<p>NATIONAL SENIOR HEALTH AND FITNESS DAY</p> <p>9:30 Head-to-Toe Exercise -S</p> <p>10:00 Fitness Fun -G</p> <p>11:00 Music Fitness w/ CL</p> <p>1:30 Afternoon Visits -S</p> <p>2:30 Music on the Patio -IL</p> <p>3:30 Bingo! -G</p> <p>6:30 Name 5 Game w/CG's-IL</p>	<p>LINCOLN MEMORIAL DAY</p> <p>9:30 Strength Fitness w/VH-S</p> <p>11:00 Exercise Dice -IL</p> <p>11:00 Bingo w/VH-S</p> <p>11:30 Lincoln Memorial -IL</p> <p>2:30 7-Card Rummy -IL</p> <p>3:30 Jokes & More Jokes -IL</p> <p>4:15 Card Shark w/VH-S</p> <p>6:30 Reminiscing w/CG's-IL</p>	<p>SAVE YOUR HEARING DAY</p> <p>9:30 Music & Exercise w/VH-S</p> <p>11:00 Rise & Shine -IL</p> <p>11:00 Ball In The Basket w/VH-S</p> <p>11:30 Game of Things -IL</p> <p>2:30 Pianist John Lamb - IL</p> <p>3:30 Rummikub -IL</p> <p>4:15 All About Senses w/VH-S</p> <p>6:30 Relaxing Music w/CG's-IL</p>	

MAY 2024

The Inn / Springs



THE WATERMARK
AT 3030 PARK

ACTIVITY LOCATOR KEY

AG - Art Gallery
AS - Art Studio
A - Auditorium
G - Gardens
TC - Town Center

CG's - Caregivers
CL - Community Life
IL - Inn Lounge
MJ - Mary Jo
S - Springs
VH - Victoria
SC - Springs Conference Room
DR - Dining Room

Pet Therapy Visits with Paisley the Dog

See Weekly Activities Calendar for Days and Times

"O, the month of May,
the merry month of May.
So frolic, so gay,
and so green,
so green, so green!"

~ Thomas Dekker