

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00 Current News 10:30 IN2L Exercise 11:00 Flower Power 1:30 IN2L Music or Game 2:00 IN2L BINGO 3:00 Live Music! Bamboo Peru w/ Popcorn 1	10:00 Current News 10:30 IN2L Exercise 11:00 IN2L Word Search 1:30 IN2L Music or Game 2:00 Balloon Badminton 3:00 Movie with Snack 3:00 Walking Club 3:30 Drum Fit, Lobby 2	10:00 Current News 10:30 IN2L Exercise 11:00 IN2L Trivia 1:00 Tai Chi Class, Lobby 1:30 IN2L Music or Game 2:00 IN2L BINGO 3:00 Live Music: Olivier Zynglier, Lobby 3 3:00 Movie with Snack 3	10:00 Current News 10:30 IN2L Exercise 11:00 Word Search 1:30 IN2L Music or Game 2:00 Hand Massage with Aromatherapy 3:00 Movie with Snack 6:00 Relaxation Music 4	10:00 Current News 10:30 IN2L Exercise 11:00 Oldies by Goodies 11:30 Cinco de Mayo Lunch 1:30 IN2L Music Game 2:00 Balloon Volleyball 3:00 Movie with Snack CINCO DE MAYO 5	10:00 Current News 10:00 Scenic Walk: Bay Bridge Trail, Meet in Lobby 10:30 IN2L Tai Chi 11:00 IN2L Word Search 1:00 Piano Music w/Natalie, Lobby 1:30 IN2L Music or Game 2:00 Balloon Volleyball 3:00 Movie with Snack 6
10:00 Current News 10:30 IN2L Chair Yoga 11:00 Spiritual Eldercare 1:30 IN2L Music or Game 2:00 Sing A Long 3:00 Movie with Snack 6:00 Music Therapy 7	10:00 Current News 10:30 IN2L Exercise 11:00 Flower Power 1:30 IN2L Music or Game 2:00 IN2L BINGO 3:00 Live Music! Bamboo Peru w/ Popcorn 8	10:00 Current News 10:30 IN2L Exercise 11:00 IN2L Word Search 1:30 IN2L Music or Game 2:00 Balloon Badminton 3:00 Movie with Snack 3:00 Walking Club 3:30 Drum Fit, Lobby 9	10:00 Current News 10:30 IN2L Exercise 11:00 IN2L Trivial 1:00 Tai Chi Class, Lobby 1:30 IN2L Music or Game 2:00 IN2L BINGO 3:00 Live Music: Christopher Alexander, Lobby 10 3:00 Movie with Snack 10	10:00 Current News 10:30 IN2L Exercise 11:00 Word Search 1:30 IN2L Music or Game 2:00 Cooking w/Christina, Lobby 3:00 Movie with Snack 6:00 Relaxation Music 11	10:00 Current News 10:30 IN2L Exercise 11:00 Oldies by Goodies 11:30 Mother's Day Buffet 1:30 IN2L Music or Game 2:00 Balloon Volleyball 3:00 Movie with Snack 3:00 Get to Know You Happy Hour, Lobby 12	10:00 Current News 10:00 Scenic Walk: Lake Merritt, Meet in Lobby 10:30 IN2L Tai Chi 11:00 IN2L Word Search 1:00 Piano Music w/Natalie, Lobby 1:30 IN2L Music or Game 2:00 Balloon Volleyball 3:00 Movie with Snack 13
10:00 Current News 10:30 IN2L Chair Yoga 11:00 Spiritual Eldercare 1:30 IN2L Music or Game 2:00 Mother's Day Afternoon Tea, Lobby 2:00 Sing A Long 3:00 Movie with Snack MOTHER'S DAY 14	10:00 Current News 10:30 IN2L Exercise 11:00 Flower Power 1:30 IN2L Music or Game 2:00 IN2L BINGO 3:00 Live Music! Bamboo Peru w/ Popcorn 15	10:00 Current News 10:30 IN2L Exercise 11:00 IN2L Word Search 1:30 IN2L Music or Game 2:00 Balloon Badminton 3:00 Meet & Greet w/ Staff, Lobby 3:00 Walking Club 3:30 Drum Fit, Lobby 16	10:00 Current News 10:30 IN2L Exercise 11:00 IN2L Trivia 1:00 Tai Chi Class, Lobby 1:30 IN2L Music or Game 2:00 IN2L BINGO 3:00 Live Music: Johnny Blair, Lobby 17 3:00 Movie with Snack 17	10:00 Current News 10:30 IN2L Exercise 11:00 Word Search 1:30 IN2L Music or Game 2:00 Hand Massage with Aromatherapy 3:00 Movie with Snack 6:00 Relaxation Music 18	10:00 Current News 10:00 Field Trip: Berkeley Rose Garden, Meeting in Lobby 10:30 IN2L Exercise 11:00 Oldies by Goodies 1:30 IN2L Music or Game 2:00 Balloon Volleyball 3:00 Movie with Snack 19	10:00 Current News 10:00 Scenic Walk: Brooklyn Basin, Meet in Lobby 10:30 IN2L Tai Chi 11:00 IN2L Word Search 1:00 Piano Music w/Natalie, Lobby 1:30 IN2L Music or Game 2:00 Balloon Volleyball 3:00 Movie with Snack 20
10:00 Current News 10:30 IN2L Chair Yoga 11:00 Spiritual Eldercare 1:30 IN2L Music or Game 2:00 Sing A Long 3:00 Movie with Snack 6:00 Music Therapy 21	10:00 Current News 10:30 IN2L Exercise 11:00 Flower Power 1:30 IN2L Music or Game 2:00 IN2L BINGO 3:00 Live Music! Bamboo Peru w/ Popcorn 22	10:00 Current News 10:30 IN2L Exercise 11:00 IN2L Word Search 1:30 IN2L Music or Game 2:00 Balloon Badminton 3:00 Movie with Snack 3:00 Walking Club 3:30 Drum Fit, Lobby 23	10:00 Current News 10:30 IN2L Exercise 11:00 IN2L Trivia 1:00 Tai Chi Class, Lobby 1:30 IN2L Music or Game 2:00 IN2L BINGO 3:00 Live Music: Larrie Noble, Lobby 24 3:00 Movie with Snack 24	10:00 Current News 10:30 IN2L Exercise 11:00 Word Search 1:30 IN2L Music or Game 2:00 Arts and Crafts, Lobby 3:00 Movie with Snack 6:00 Relaxation Music 25	10:00 Current News 10:30 IN2L Exercise 11:00 Oldies by Goodies 1:30 IN2L Music or Game 2:00 Balloon Volleyball 3:00 Movie with Snack 6:00 Evening Music 26	10:00 Current News 10:00 Scenic Walk: Piedmont Park, Meet in Lobby 10:30 IN2L Tai Chi 11:00 IN2L Word Search 1:00 Piano Music w/Natalie, Lobby 1:30 IN2L Music or Game 2:00 Balloon Volleyball 3:00 Movie with Snack 27
10:00 Current News 10:30 IN2L Chair Yoga 11:00 Spiritual Eldercare 1:30 IN2L Music or Game 2:00 Sing A Long 3:00 Movie with Snack 6:00 Music Therapy 28	10:00 Current News 10:30 IN2L Exercise 11:00 Flower Power 1:30 IN2L Music or Game 2:00 IN2L BINGO 3:00 Live Music! Bamboo Peru w/ Popcorn MEMORIAL DAY29	10:00 Current News 10:30 IN2L Exercise 11:00 IN2L Word Search 1:30 IN2L Music or Game 2:00 Balloon Badminton 3:00 Movie with Snack 3:00 Walking Club 3:30 Drum Fit, Lobby 30	10:00 Current News 10:30 IN2L Exercise 11:00 IN2L Trivia 1:00 Tai Chi Class, Lobby 1:30 IN2L Music or Game 2:00 IN2L BINGO 3:00 Live Music: TBS, Lobby 31 3:00 Movie with Snack 31			
		ACTIVITY LOCATOR KEY			THRIVING THROUGH MUSIC: Sunday - Thursday 10:30am-12:00pm 2:30pm-4:00pm	
MAY 2023 The Gardens						