

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|--|--|--|
| | Morning: 10:00 This Week in History (MR) Monday Stretch and Tone (AR) Afternoon: 1:30 W.U. Fox Rehab Presentation (MR) 2:30 Water Balloon Games! (Front Courtyard) Karaoke Time (AR) 1 | Morning: Sit and Be Fit Exercise (AR) 11:00 Bible Study (CH) Afternoon: 2:30 Tech Tuesday with Matt (MR) Meditation and Zen (AR) 6:15 Tuesday Night Mysteries (MR) 2 | Morning: Zumba Fitness (AR) Are You Smarter Than a 5th Grader? (AR) Afternoon: 1:30 Bingo Bash (CR) 2:30 Coffee and Cookies Social (Café) Thrive by Music (SR) 3 | Morning: Chair Aerobics (AR) V.R. Social (AR) Afternoon: 1:30 Bible Study with Pastor Jack (CH) 2:30 Pet Visit with Tug (MR) 4 | Morning: Gratitude Circle (MR) Silver Sneaker Exercise (AR) Afternoon: 2:30 Happy Cinco De Mayo Social (AR) <i>2:30 Music Sing Along with Nick (AR)</i> Friday Night Movie Night (AR) 5 | Morning: Morning HasFit Exercise (AR) Cranium Crunches- Riddles (AR) Afternoon: 1:30 Front Desk Social (Front Desk) Thrive By Music (SR) Saturday Afternoon Matinee (AR) 6 |
| Morning: Weighted Exercise (MR) 10:30 Sunday Mass (CH) Afternoon: 1:30 Bingo Bash (CR) Table Top Puzzle Social (AR) Sunday Funday Trivia (AR) 7 | Morning: 10:00 This Week in History (MR) Monday Stretch and Tone (AR) Afternoon: Biking Through Maine (AR) Ice Tea and Patio Social (GCY) 8 | Morning: Sit and Be Fit Exercise (AR) Garden Baking Club with Matt (AR) Afternoon: <u>1:30 Bus Outing to Highland Park Lilac Fest (Front Lobby)</u> 3:30 Yoga/Meditation Outside (Front Courtyard) 6:15 Tuesday Night Mysteries (MR) 9 | Morning: Zumba Fitness (AR) 11:00 W.U. Learning Tai Chai (MR) Afternoon: 1:30 Bingo Bash (CR) V.R. Social (AR) Wii Sports (AR) 10 | Morning: Chair Aerobics (AR) Who wants to be a millionaire? (AR) Afternoon: 1:30 W.U. MAY Better Sleep Month (MR) 1:30 W.U. Art Class with Diana (AS) 11 | Morning: Gratitude Circle (MR) Silver Sneaker Exercise (AR) Afternoon: 2:30 Happy Friday, Lets have a Root beer Float (AR) <i>2:30 Music Sing Along with Nick (AR)</i> Friday Night Movie Night (AR) 12 | Morning: Morning HasFit Exercise (AR) Cranberry Landing Walking Club (AR) Afternoon: 1:30 Front Desk Social (Front Desk) Spa Session (AR) Saturday Afternoon Matinee (AR) 13 |
| Morning: Weighted Exercise (MR) 10:30 Sunday Mass (CH) Afternoon: 1:30 Bingo Bash (CR) 2:45 Mother Day Tea Party (BGL) Sunday Funday Trivia (AR) 14 | Morning: 10:00 This Week in History (MR) Monday Stretch and Tone (AR) Afternoon: 2:30 W.U. Fire Safety With Matt (MR) Name that Tune (AR) 15 | Morning: Sit and Be Fit Exercise (AR) 11:00 Bible Study (CH) Afternoon: <i>2:30 Tom Dunn Musical Entertainer (LR)</i> Bean Bag Toss (AR) 6:15 Tuesday Night Mysteries (MR) 16 | Morning: Zumba Fitness (AR) Cranium Crunches- Riddles (AR) Afternoon: 1:30 Bingo Bash (CR) 2:30 Coffee and Savoias Cookies Social (Café) Name that Tune (AR) 17 | Morning: Chair Aerobics (AR) 10:30 Ascension Holyday Mass (CH) Afternoon: Aging Support Group with Matt (AR) 1:30 W.U. Take me Out to the Ball Game (MR) 2:30 Pet Visit with Tug (MR) 18 | Morning: Gratitude Circle (MR) Silver Sneaker Exercise (AR) Afternoon: 2:30 Happy Friday, Lets have a Root beer Float (AR) <i>2:30 Music Sing Along with Nick (AR)</i> Friday Night Movie Night (AR) 19 | Morning: Morning HasFit Exercise (AR) Cranium Crunches- Common Sense Test (AR) Afternoon: 1:30 Front Desk Social (Front Desk) Bean Bag Toss (AR) Saturday Afternoon Matinee (AR) 20 |
| Morning: Weighted Exercise (MR) 10:30 Sunday Mass (CH) Afternoon: 1:30 Bingo Bash (CR) Bring me Back to the 1950's (AR) Sunday Funday Trivia (AR) 21 | Morning: 10:00 This Week in History (MR) Monday Stretch and Tone (AR) Afternoon: Swat a Ball (AR) 2:30 W.U. National Walking Month (MR) Ice Tea and Patio Social (GCY) 22 | Morning: Sit and Be Fit Exercise (AR) Shake Loose a Memory (AR) Afternoon: Holy Rosary (AR) 2:30 Drum Fitness (MR) 6:15 Tuesday Night Mysteries (MR) 23 | Morning: Zumba Fitness (AR) Chain Reaction with Matt (AR) Afternoon: 1:30 Bingo Bash (CR) Karaoke tine with Matt (AR) Thrive by Music Programing (AR) 24 | Morning: Chair Aerobics (AR) Outdoor Gardens Planting (Garden Patio) Afternoon: Cards Gathering (AR) Nail Session with Nayas (AR) 1:30 W.U. Art Class with Diana (AS) 25 | Morning: Gratitude Circle (MR) Silver Sneaker Exercise (AR) Afternoon: 2:30 Happy Friday Lets have a Slushy (AR) <i>2:30 Music Sing Along with Nick (AR)</i> Friday Night Movie Night (AR) 26 | Morning: Morning HasFit Exercise (AR) Table Top Puzzle Social (AR) Afternoon: 1:30 Front Desk Social (Front Desk) Wii Sports (AR) Saturday Afternoon Matinee (AR) 27 |
| Morning: Weighted Exercise (MR) 10:30 Pentecost Sunday Mass (CH) Afternoon: 1:30 Bingo Bash (CR) Biking Through the Mountains (AR) Sunday Funday Trivia (AR) 28 | Morning: 10:00 This Week in History (MR) Monday Stretch and Tone (AR) Afternoon: 1:30 W.U. Memorial Day History (MR) 2:30 Root Beer Float Social (MR) 3:15 Memorial Day Parade (MR) 6:15 "The Best Years of Our Lives" Movie (MR) 29 | Morning: Sit and Be Fit Exercise (AR) Cranberry Landing Walking Club (AR) Afternoon: Tattoo Session with Shannon (AR) 2:30 Drum Fitness (MR) 6:15 Tuesday Night Mysteries (MR) 30 | Morning: Zumba Fitness (AR) Jeopardy Time (AR) Afternoon: 1:30 Bingo Bash (CR) 2:30 Coffee Social (Gardens Patio) <i>6:30 Mike Sidoti Musical Entertainer (LR)</i> 31 | All Activities are Subject to Change | Calendar Key: Bus Trips: Sign up at the Front Desk for any bus outings. W.U.: Watermark University, educational programing. Italics: Entertainer performance | Birthdays: Donna German - 05/01 Eunice Cowell - 05/18 Victor Baldo - 05/20 Jackie McLean - 05/28 Carmen Seda - 05/30 |
| | | <div>MAY 2023</div> <div>Gardens</div> | | ACTIVITY LOCATOR KEY ILD- Independent Living Dining Room BGL- Balcony Garden Lounge CR- Card Room MR- Media Room | CH- Chapel AL- Activities Lounge LR- Living Room AS- Art Studio SR- Sensory Room AR- Activity Room GDR- Gardens Dining Room | |