

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|---|---|--|--|--|--|--|
|   | 10:00 This Week in History (MR)<br>10:45 Active Yoga (MR)<br><b>1:30 W.U. Healthy Teeth with Matt (MR)</b><br>2:30 Water Balloon Games! (Front Courtyard)<br>2:45 Church Service (MR)<br>3:30 Music Karaoke Time (MR)<br>6:15 Monday Night Movie Adventures! (MR) | 10:00 Sit and Be Fit Exercise (MR)<br>10:30 Brain Cafe (MR)<br>11:00 Bible Study (CH)<br><b>11:00 Picnic Lunch Outing to Charlotte Beach (Front Lobby)</b><br>1:30 Resident Dining Meeting with John (IDR)<br>2:30 Tech Tuesday with Matt (MR)<br>3:30 Yoga/Meditation Outside (Front Courtyard)<br>6:15 Tuesday Night Mysteries (MR)  | 10:00 Zumba Fitness (MR)<br>10:30 Cranium Crunches- Riddles (MR)<br>1:30 Bingo Bash (CR)<br>2:30 Coffee and Cookies Social (Cafe)<br><b>3:30 W.U. May National Events (MR)</b><br>6:15 Jogging the Noggins! (CR)                   | 10:00 Chair Aerobics (MR)<br>10:30 Spring Trivia (MR)<br>11:00 V.R. Gathering (MR)<br>1:30 Bible Study with Pastor Jack (CH)<br>2:00 W.U. Healthy Living Speech with Fox Rehab (LR)<br>2:30 Toss and Talk Gathering (MR)<br>3:15 Happy Hour Gathering (BGL)<br>6:15 Thursday Movie Night (MR)  | 10:00 Gratitude Circle (MR)<br>10:45 Silver Sneaker Exercise (MR)<br>1:30 Resident Council for Independent residents (LR)<br>2:30 Happy Cinco De Mayo Social (BGL)<br>3:30 <i>Music Sing A long with Nick (LR)</i><br>6:15 Friday Night Positive Videos! (MR)  | 10:00 Morning Exercise with Shannon (MR)<br>10:45 Pool Table Gathering (Pool Table)<br>1:30 Front Desk Social (Front Desk)<br>2:30 Chicken Soup for the Soul (MR)<br>3:00 Cranberry Landing Walking Club (Front Lobby)<br>6:15 Saturday Night Matinee (MR) |
| 9:45 Weighted Exercise (MR)<br>10:30 Catholic Mass (CH)<br>11:00 Cranium Crunches- Spring Trivia (CR)<br>1:30 Bingo Bash (CR)<br>2:45 Art Painting (AS)<br>6:15 Sunday Night Jogging the Noggin worksheets (CR)       | 10:00 This Week in History (MR)<br>10:45 Active Yoga (MR)<br>1:30 Drum Fitness (MR)<br><b>2:30 W.U. EMT Safety with Matt (MR)</b><br>3:30 Water Gun Painting (Front Courtyard)<br>6:15 Monday Night Movie Adventures! (MR)  | 10:00 Sit and Be Fit Exercise (MR)<br>10:45 Who wants to be a Millionaire? (MR)<br>11:00 Church Service (MR)<br><b>1:30 Bus Outing to Highland Park Lilac Fest (Front Lobby)</b><br>2:30 Andy Williams Live (MR)<br>3:30 Yoga/Meditation Outside (Front Courtyard)<br>6:15 Tuesday Night Mysteries (MR)  | 10:00 Zumba Fitness (MR)<br><b>11:00 W.U. Learning Tai Chi (MR)</b><br>1:30 Bingo Bash (CR)<br>2:30 Flower Planting (Courtyard))<br>3:30 VR Social (MR)<br>4:00 Cranium Crunches- Riddles (MR)<br>6:15 Jogging the Noggins! (CR)   | 10:00 Chair Aerobics (MR)<br>10:45 Chain Reaction (MR)<br><b>1:30 W.U. MAY Better Sleep Month (MR)</b><br><b>1:30 W.U. Art Class with Diana (AS)</b><br>2:30 Pet Visit with Tug (MR)<br>2:30 The Carol Burnette Show (MR)<br>3:15 Happy Hour Gathering (BGL)<br>6:15 Thursday Movie Night (MR) | 10:00 Gratitude Circle (MR)<br>10:45 Silver Sneaker Exercise (MR)<br>1:30 Resident Council Meeting for Assisted Living Residents (BGL)<br>2:30 Happy Friday! Let's have a Milkshake (BGL)<br>3:30 <i>Music Sing A long with Nick (LR)</i><br>6:15 Friday Night Positive Videos! (MR)                       | 10:00 Morning Exercise with Shannon (MR)<br>10:45 Cranberry Landing Walking Club (Front Lobby)<br>1:30 Front Desk Social (Front Desk)<br>2:30 Spa Session with Shannon (CR)<br>3:30 Bocce Ball Gathering (MR)<br>6:15 Saturday Night Matinee (MR)          |
| 9:45 Weighted Exercise (MR)<br>10:30 Catholic Mass (CH)<br>11:00 Creative Coloring with Tunes (CR)<br>1:30 Bingo Bash (CR)<br>2:45 Mother Day Tea Party (BGL)<br>6:15 Sunday Night Jogging the Noggin worksheets (CR) | 10:00 This Week in History (MR)<br>10:45 Active Yoga (MR)<br>1:30 Extraordinary Outing Updates (LR)<br><b>2:30 W.U. Fire Safety With Matt (MR)</b><br>3:15 Travel Time Through Maine (MR)<br>6:15 Monday Night Movie Adventures! (MR)                             | 10:00 Sit and Be Fit Exercise (MR)<br><b>10:30 Bus Outing to Wegmans (Front Lobby)</b><br>11:00 Bible Study (CH)<br>11:00 Cranium Crunches- Math Time! (CR)<br>1:30 Holy Rosary (MR)<br>1:30 Resident Dining Meeting with John (IDR)<br>2:30 <i>Tom Dunn Musical Entertainer (LR)</i><br>3:30 Yoga/Meditation Outside (Front Courtyard)<br>4:00 Flower Watering (Courtyard)<br>6:15 Tuesday Night Mysteries (MR) | 10:00 Zumba Fitness (MR)<br>10:45 Brain Cafe (MR)<br>11:00 Table Top Puzzle Social (CR)<br>1:30 Bingo Bash (CR)<br>2:30 Coffee and Savoias Cookies Social (Café)<br>3:15 Word Boggle Game (CR)<br>6:15 Jogging the Noggins! (CR)   | 10:00 Chair Aerobics (MR)<br>10:30 Ascension Holyday Mass (CH)<br>10:45 Aging Support Group (LR)<br><b>1:30 W.U. Take me Out to the Ball Game (MR)</b><br>3:15 Happy Hour Social (BGL)<br>6:15 Thursday Movie Night (MR)   | 10:00 Gratitude Circle (MR)<br>10:45 Silver Sneaker Exercise (MR)<br>1:30 Card Game Gathering (CR)<br>2:30 Happy Friday! Let's have a tropical drink! (BGL)<br>3:30 <i>Music Sing A long with Nick (LR)</i><br><b>4:30 Taste of Legacy Outing (Front Lobby)</b><br>6:15 Friday Night Positive Videos! (MR) | 10:00 Morning Exercise with Shannon (MR)<br>10:45 Table Top Puzzle Social (CR)<br>1:30 Front Desk Social (Front Desk)<br><b>2:30 W.U. Mental Health Awareness Month (MR)</b><br>3:30 Ducking for Darts (CR)<br>6:15 Saturday Night Matinee (MR)            |
| 9:45 Weighted Exercise (MR)<br>10:30 Catholic Mass (CH)<br>11:00 Sunday Crosswords (CH)<br>1:30 Bingo Bash (CR)<br>2:30 Ice Cream Social (BGL)<br>6:15 Sunday Night Jogging the Noggin worksheets (CR)                | 10:00 This Week in History (MR)<br>10:45 Active Yoga (MR)<br>1:30 Shuffleboard Game (MR)<br><b>2:30 W.U. National Walking Month (MR)</b><br>3:30 Name that Tune (MR)<br>6:15 Monday Night Movie Adventures! (MR)  | 10:00 Sit and Be Fit Exercise (MR)<br><b>10:30 Bristol Mountain Extraordinary Outing (Front Lobby)</b><br>11:00 Church Service (MR)<br>11:00 Creative Coloring (CR)<br>1:30 Holy Rosary (MR)<br>2:30 Drum Fitness (MR)<br>4:00 Flower Watering (Courtyard)<br>6:15 Tuesday Night Mysteries (MR)  | 10:00 Zumba Fitness (MR)<br>10:45 Brain Cafe (MR)<br>1:30 Bingo Bash (CR)<br>2:30 Tattoo Designs with Shannon (CR)<br>3:30 Karaoke Time (MR)<br>6:15 Jogging the Noggins! (CR)   | 10:00 Chair Aerobics (MR)<br>10:45 Bring me back to the 1950's (MR)<br>1:30 Church Service (MR)<br><b>1:30 W.U. Art Class with Diana (AS)</b><br>2:30 Pet Visit with Tug (MR)<br>3:15 Happy Hour Gathering (BGL)<br>6:15 Thursday Movie Night (MR)   | 10:00 Gratitude Circle (MR)<br>10:45 Silver Sneaker Exercise (MR)<br>1:30 W.U. Memorial Day Weekend (MR)<br>2:30 Happy Friday Lets have a Slushy (BGL)<br>3:30 <i>Music Sing A long with Nick (LR)</i><br>6:15 Friday Night Positive Videos! (MR)  | 10:00 Morning Exercise with Shannon (MR)<br>10:45 Cranberry Landing Walking Club (Front Lobby)<br>1:30 Front Desk Social (Front Desk)<br>2:30 Corn Hole Game (MR)<br>3:30 Ducking for Darts (CR)<br>6:15 Saturday Night Matinee (MR)                       |
| 9:45 Weighted Exercise (MR)<br>10:30 Pentecost Sunday Mass (CH)<br>11:00 Sunday Crosswords (CH)<br>1:30 Bingo Bash (CR)<br>2:45 Shake Loose a Memory (MR)<br>6:15 Sunday Night Jogging the Noggin worksheets (CR)     | 10:00 This Week in History (MR)<br>10:45 Active Yoga (MR)<br><b>1:30 W.U. Memorial Day History (MR)</b><br>2:30 Root Beer Float Social (MR)<br>3:15 Memorial Day Parade (MR)<br>6:15 "The Best Years of Our Lives" Movie (MR)                                     | 10:00 Sit and Be Fit Exercise (MR)<br>10:30 Brain Cafe (MR)<br>11:00 Cranberry Landing Walking Club (Front Lobby)<br>1:30 Carol Burnette Tribute (MR)<br>2:30 Drum Fitness (MR)<br>4:00 Flower Watering (Courtyard)<br>6:15 Tuesday Night Mysteries (MR)   | 10:00 Zumba Fitness (MR)<br>10:45 Jeopardy Time (MR)<br>11:00 Table Top Puzzle Social (CR)<br>1:30 Bingo Bash (CR)<br>2:45 Bring me Back to 1960's (MR)<br>3:30 VR Social (MR)<br>6:30 <i>Mike Sidoti Musical Entertainer (LR)</i> | <b>All Activities are Subject to Change</b>  | Calendar Key:<br>Bus Trips: Sign up at the Front Desk for any bus outings.<br><br>W.U.: Watermark University, educational programing.<br><br>Italics: Entertainer performance  | <b>Birthdays:</b><br><b>Donna German - 05/01</b><br><b>Eunice Cowell - 05/18</b><br><b>Victor Baldo - 05/20</b><br><b>Jackie McLean - 05/28</b><br><b>Carmen Seda - 05/30</b>  |
|   |   | <div>MAY 2023</div> <div>Neighborhood</div>  |  | <b>ACTIVITY LOCATOR KEY</b><br><br>ILD- Independent Living Dining Room<br>BGL- Balcony Garden Lounge<br>CR- Card Room<br>MR- Media Room  | <b>CH- Chapel</b><br><b>AL- Activities Lounge</b><br><b>LR- Living Room</b><br><b>AS- Art Studio</b>   | <b>Matthew Bailey</b><br><b>Community Life</b><br><b>Director Legacy at Cranberry Landing 300 Cranberry Landing Drive (585) 244-3630</b>   |