



# Activities Calendar

May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Balloon Volleyball <b>1</b> 10:00 Make a May Day Door Hanger 1:00 Catholic Mass 1:45 Sow Seeds 3:15 Bingo	9:30 Chair Zumba <b>2</b> 10:00 Culinary Arts: Banana Bread 1:30 Food Forum (L) 2:15 Scattegories 3:00 Comfort Cart	9:30 Move It or Lose It <b>3</b> 10:15 History of Milkweed for Monarchs 1:30 Dandelion Dance 2:15 Choice 3:00 Pokeno	9:30 Seated Cardio Boxing <b>4</b> 10:15 Dandelion Facts & Trivia 1:30 Resident Council (L) 2:15 Tulip Toss 3:00 Bunco 4:00 Comfort Cart	9:30 Friday Fitness <b>5</b> 10:00 Bible Study 10:15 Family Feud: Flowers 2:00 Music with Dean	9:30 Noodle Ball <b>6</b> 10:00 Make 3D Paper Flowers 1:00 What Am I? Mexican Jumping Bean 3:00 Bingo
National Wildflower Week	May Day					Cinco de Mayo
9:30 Sunday Stretch <b>7</b> 10:00 Bible Study 1:00 Decorate a Lucky Horse Shoe 3:00 Travelogue: Saratoga Race Track	9:30 Move It or Lose It <b>8</b> 10:00 Make a Derby Hat 1:00 Catholic Mass 2:15 Horse Shoe Competition 3:00 Bingo	9:30 Noodle Ball <b>9</b> 10:00 Culinary Arts: No Bake Peppermint Treats 1:15 Make a Derby Horse 2:15 Scattegories 3:00 Comfort Cart	9:30 Cardio Drumming <b>10</b> 10:15 Table Top Trot Competition 1:30 Line Dancing 2:15 Horse Sense Trivia 3:00 Pokeno	9:30 Balloon Volleyball <b>11</b> 10:15 History of Kentucky Derby 1:30 Saratoga Spa 2:15 Men's Club & Coffee 3:00 Bunco 4:00 Comfort Cart	9:30 Friday Fitness <b>12</b> 10:00 Bible Study 10:15 Board Games 1:30 Table Top Trot Finals 3:00 Family Feud: Horsing Around	9:30 Sweating to the Oldies <b>13</b> 10:00 Current Events & Tea 1:00 Movie: A Champion Heart 3:00 Bingo
Horsing Around in May						
9:30 Sunday Sit & Be Fit <b>14</b> 10:00 Bible Study 1:00 Make Can Tab Containers 2:00 Mother's Day Tea 4:00 Comfort Cart	9:30 Balloon Volleyball <b>15</b> 10:00 Cards of Hope Program 1:00 Catholic Mass 1:45 Chair Yoga 3:15 Bingo	9:30 Chair Zumba <b>16</b> 10:00 Culinary Arts: Molasses Cookies 1:30 Paint Kindness Rocks 2:15 Scattegories 3:00 Comfort Cart	9:30 Move It or Lose It <b>17</b> 10:15 Fun Facts & Trivia 1:30 Kick the Can 2:15 Tea & Cookies Social 3:00 Pokeno	9:30 Seated Cardio Boxing <b>18</b> 10:15 Make Meals On Wheels Grab Bags 1:30 Noodle Ball 2:15 Would You Rather? 3:00 Bunco 4:00 Comfort Cart	9:30 Friday Fitness <b>19</b> 10:00 Bible Study 10:15 Wheel of Fortune: Kindness 2:00 Music with Mark	9:30 Chair Zumba <b>20</b> 10:00 Secret Forces Puzzle Quote 1:00 Limbo Card Game 2:00 Armed Forces Day: Fun Facts 3:00 Bingo
Cultivating Kindness Week Mother's Day						Armed Forces Day
9:30 Sweating to the Oldies <b>21</b> 10:00 Bible Study 1:00 Safari Stretch 2:00 Travelogue: Safari Adventures 3:00 Drinks & Dominoes	9:30 Move It or Lose It <b>22</b> 10:00 Jungle Craft 1:00 Catholic Mass 1:45 Chair Yoga 3:00 Bingo	9:30 Noodle Ball <b>23</b> 10:00 Culinary Arts: Safari Salad 1:30 What is your favorite Safari Animal 2:15 Scattegories 3:00 Comfort Cart	9:30 Seated Cardio Boxing <b>24</b> 10:15 Name That Animal 1:30 Chicken Dance 2:15 Safari Social 3:00 Pokeno	9:30 Balloon Volleyball <b>25</b> 10:15 Paint the Parrot 1:30 Pictionary: In the Wild 2:15 Red Hat Society 3:00 Bunco 4:00 Comfort Cart	9:30 Friday Fitness <b>26</b> 10:00 Bible Study 10:15 Family Feud: Safari 2:00 Music with Dean	9:30 Chair Yoga <b>27</b> 10:00 Wheel of Fortune: Armed Forces 1:00 Crack The Code 3:00 Bingo
Safari Week	Victoria Day			Shavuot Begins		
9:30 Sunday Sit & Be Fit <b>28</b> 10:00 Bible Study 1:00 Patriotic Luminaries 3:00 Poppies and Patriotism	9:30 Balloon Volleyball <b>29</b> 10:00 Popsicle Flags 1:00 Catholic Mass 1:30 Chair Yoga 2:00 Ice Cream Sundae Social 3:15 Bingo	9:30 Chair Zumba <b>30</b> 10:00 Culinary Arts: Baked Beans & Kielbasa 1:30 Pom Pom Flag Painting 2:15 Scattegories 3:00 Comfort Cart	9:30 Move It or Lose It <b>31</b> 10:00 Armed Forces Match 10:15 History of Memorial Day 1:30 Memorial March 2:15 Frank & Bean Social 3:00 Pokeno	<b>LOCATION KEY</b>  MDR = Main Dining Room ADK = Adirondack P = Patriot AR = Activity Room L = Library		
Remembering Our Heroes	Memorial Day					



# Activities Calendar

## May 2023 Seasons

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Wildflower Week	10:45 Parachute Pop 1:00 Catholic Mass 2:30 Sensory Balance 4:00 Neighborhood Visits	9:45 Music & Movement 10:15 Sir La Recipe Review 10:30 Culinary Arts: Banana Muffins 1:30 Sensory Balance 2:00 Music & Aromatherapy 4:00 Read & Relax Book Club	10:00 Music & Movement 10:30 Life Skills 1:30 Tulip Toss 2:00 Travelogue: Denmark Flowers 2:30 Sensory Balance 3:30 Evening Wake Up	10:00 Wake Up Sensory 10:30 Paint A Wildflower 1:30 Cardio Drumming 2:00 Reminisce May 2:30 Sensory Balance 4:00 Dinner Time Trivia	10:45 Move N' Shake 1:30 Sensory Balance 2:00 Music with Dean	10:45 Wake Up Sensory 2:00 Sensory Balance 4:00 Neighborhood Visits  Cinco de Mayo
10:00 Bible Study 10:45 Noodle Ball 2:00 Sensory Balance 3:00 Travelogue: Wild Horses 4:00 Junk Draw Detective  Horsing Around in May	10:45 Music & Movement 1:00 Catholic Mass 2:30 Sensory Balance 4:00 Neighborhood Visits	10:00 Noodle Ball 10:15 Sir La Recipe Review 10:30 Culinary Arts: No Bake Peppermint Treats 2:00 Spectacular Spa 2:30 Sensory Balance 3:00 Music & Aromatherapy 4:00 Dinner Time Trivia	10:00 Wake Up Sensory 10:30 What's in the Bag? May 1:30 Hokey Pokey Exercise 2:30 Sensory Balance 3:00 Music & Aromatherapy 4:00 Evening Wake Up	10:00 Wake Up Sensory 10:30 Paint the Pony 1:30 Scavenger Hunt 2:00 Reminisce: Horse Racing 2:30 Sensory Balance 3:00 Music & Aromatherapy 4:00 Bubbles, Balloons & Balls	10:45 Move N' Shake 2:30 Sensory Balance 4:00 Evening Wake Up	10:45 Wake Up Sensory 2:00 Sensory Balance 4:00 Neighborhood Visits
10:00 Bible Study 10:45 Parachute Pop 2:00 Mother's Day Tea 4:00 Comfort Cart  Cultivating Kindness Week Mother's Day	10:45 Move N' Shake 1:00 Catholic Mass 2:30 Sensory Balance 4:00 Neighborhood Visits	10:00 Noodle Ball 10:15 Sir La Recipe Review 10:30 Culinary Arts: Molasses Cookies 2:00 Spectacular Spa 2:30 Sensory Balance 3:00 Music & Aromatherapy 4:00 Dinner Time Trivia	10:00 Move N' Shake 10:30 Paint Kindness Rocks 2:00 Tea & Cookies Social 2:30 Sensory Balance 3:00 Music & Aromatherapy 4:00 Dinner Time Trivia	10:00 Balloon Volleyball 10:30 Video: Finland The Happiest Country 1:30 Cardio Drumming 2:00 Sensory Balance 3:00 Music & Aromatherapy 4:00 Bubbles, Balloons & Balls	10:45 Move N' Shake 1:00 Sensory Balance 2:00 Music w/Mark	10:45 Wake Up Sensory 2:00 Sensory Balance 4:00 Neighborhood Visits  Armed Forces Day
10:00 Bible Study 10:45 Wake Up Sensory 2:00 Travelogue: Safari Adventures 4:00 Junk Drawer Detective  Safari Week	10:45 Music & Movement 1:00 Catholic Mass 2:30 Sensory Balance 4:00 Neighborhood Visits	10:00 Noodle Ball 10:15 Sir La Recipe Review 10:30 Culinary Arts: Bison Biscuits 2:00 Spectacular Spa 2:30 Sensory Balance 3:00 Music & Aromatherapy 4:00 Dinner Time Trivia	10:00 Parachute Pop 10:30 Life Skills 1:30 Chicken Dance 2:00 Sensory Balance 3:00 Music & Aromatherapy 4:00 Dinner Time Trivia	10:00 Wake Up Sensory 10:30 Paint the Parrot 1:30 Make a Hand Cheetah Animals 2:00 Reminisce: Wild Safari Animals 2:30 Sensory Balance 3:00 Music & Aromatherapy  Shavuot Begins	10:45 Wheel of Fortune: Safari 1:00 Sensory Balance 2:00 Music w/Dean	10:45 Wake Up Sensory 2:00 Sensory Balance 4:00 Neighborhood Visits
10:00 Bible Study 10:45 Noodle Ball 2:00 Sensory Balance 4:00 Evening Wake Up  Remembering Our Heroes	10:45 Parachute Pop 1:00 Catholic Mass 2:00 Ice Cream Sundae Social 4:00 Neighborhood Visits  Memorial Day	9:45 Music & Movement 10:15 Sir La Recipe Review 10:30 Culinary Arts: Fruit Salad Cups 1:30 Sensory Balance 2:00 Music & Aromatherapy 4:00 Read & Relax Book Club	10:00 Music & Movement 10:30 Life Skills 1:30 Pom Pom Flag Painting 2:15 Sensory Balance 3:00 Music & Aromatherapy 4:00 Evening Wake Up	<b>LOCATION KEY</b>  MDR = Main Dining Room ADK = Adirondack P = Patriot AR = Activity Room L = Library		