


MAY 2023 CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 May Day 10:00 Bingo 1:30 Picture Match 3:00 Thera Band Exercise	2 10:00 Let's Go Fishing! 1:30 Manicure Day 3:00 Chair Zumba	3 10:00 BINGO! 1:30 Mini-Games 3:00 Toss Ball	4 10:00 Arts & Crafts 11:00 Resident Council 1:30 Movie Day 3:00 Afternoon Stretch	5 Boy's Day Cinco De Mayo 10:00 BINGO! 1:30 Hanafuda Club 3:00 Silver Sneakers	6 10:00 Sing-along 10:30 Bowling 1:30 Trivia 3:00 Dancercise
7 10:00 Karaoke Time 10:30 Let's Talk Stories 1:30 Black Jack Club 3:00 Chair Yoga	8 10:00 BINGO! 1:30 Casino Games 3:00 Thera Band Exercise	9 10:00 Gardening 1:30 Color Therapy 3:00 Chair Zumba	10 10:00 BINGO! 1:30 Mini-Games 3:00 Toss Ball	11 10:00 Floral Arrangements 1:00 Art & Crafts 3:00 Afternoon Stretch	12 10:00 BINGO! 1:30 Card Games 3:00 Silver Sneakers	13 10:00 Sing-along 10:30 Bean Bag Toss 1:30 Puzzles 3:00 Dancesrcise
14 Mother's Day 10:00 Let's Celebrate MOM 11:00 Toss Ball 1:30 Music Therapy 3:30 Chair Yoga	15 10:00 BINGO! 1:30 Puzzles 3:00 Thera Band Exercise	16 10:00 Buddhist Service 1:30 Manicure Day 3:00 Chair Zumba	17 10:00 BINGO! 1:30 Word Find 3:00 Toss Ball	18 10:00 BINGO! 1:30 Massage Therapy 3:00 Afternoon Stretch	19 10:00 Music with Roy 1:30 Mini Games 3:00 Thera Band Exercise	20 10:00 Karaoke 10:30 Bullseye Toss 1:30 Arts & Crafts 3:00 Dancercise
21 10:00 Virtual Catholic Svc. 11:00 Picture Match 1:30 Mini Games 3:00 Chair Yoga	22 10:00 BINGO! 1:30 Movie Day 3:30 Thera Band Exercise	23 10:00 Painting Class 1:30 Word Find 3:00 Chair Zumba	24 10:00 BINGO! 1:30 Watercolors 3:00 Toss Ball	25 10:00 Birthday Party! 11:00 Toss Ball 1:30 Movie Day 3:00 Afternoon Stretch	26 10:00 BINGO! 1:30 Clay Art 3:00 Thera Band Exercise	27 10:00 Sing-along 11:00 Ring Toss 1:30 Card Games 3:00 Dancercise
28 10:00 Karaoke Time 11:00 Let's Talk Stories 1:30 Color Therapy 3:00 Chair Yoga	29 MEMORIAL DAY! 10:00 BINGO! 1:30 Arts & Crafts 3:00 Thera Band Exercise	30 10:00 Food Demo 1:30 Manicure Day 3:00 Chair Zumba	31 10:00 BINGO! 1:30 Puzzles 3:00 Toss Ball	DAILY ACTIVITIES 9:00 Morning Exercise 9:30 Morning Social & Headlines/News 1:30 to 2:30 In-room Visits/1:1 Bedside Activities 10:00 & 2:00 Snack Time 10:00 to 3:00 Please refer to this calendar		