

"Music To Your Years"

MAY 2023

*All activities/times are subject to change at any time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Dining Schedule</p> <p>Breakfast Served 8AM- 9AM</p> <p>Lunch Served 12PM-1PM</p> <p>Dinner Served 4:30PM- 5:30PM</p>	1 9:30AM Chair Exercise 10:15AM Daily News 11AM Kickball 1:30PM Lunch Laps 2PM Bakery Break 3PM Ring Toss 4PM Move & Groove 7PM Evening Art	2 9:30AM Chair Yoga 10:15AM Daily Horoscopes 11AM Trivia 1:30PM Afternoon Stretch 2PM Bakery Break 3PM Shoot Hoops 4PM Mix & Mingle 7PM Puzzles	3 9:30AM Sit and Stretch 10:15AM Dog Therapy 11AM Guess How Many Gumballs 1:30PM Lunch Laps 2PM Bakery Break 3PM Arts & Crafts 4PM Scrabble 7PM Board Games	4 9:30AM Chair Exercise 10:15AM Trivia 11AM Conversation Starters 1:30PM Balloon Volleyball 2PM Bakery Break- Root Beer Floats 3PM Hand Massage & Manicures 4PM Hang Man 7PM Card Games	5 Cinco De Mayo 9:30AM Chair Yoga 10:15AM Arts & Crafts 11AM Dog Therapy 1:30PM Lunch Laps 2PM Cinco De Mayo Celebración 3PM Bingo 4PM Move & Groove 7PM Count Stars in Courtyard	6 9:30AM Sit and Stretch 10:15AM Daily Horoscopes 11AM Hand Massage & Manicures 1:30PM Fly with Me-Parachute 2PM Bakery Break 3PM Ball Toss 4PM Knock- Knock Jokes 7PM Puzzles
7 9:30AM Sit and Stretch 10:15AM Trivia 11AM Bowling 1:30PM Afternoon Stretch 2PM Sunday Sundaes 3PM Bingo 4PM Nail Care 7PM Courtyard Walk	8 Golf Day 9:30AM Chair Exercise 10:15AM Trivia 11AM Mini Golf 1:30PM Music Appreciation 2PM Bakery Break 3PM Arts & Crafts 4PM Move & Groove 7PM Evening Art	9 9:30AM Chair Yoga 10:15AM Scenic Tour- Lake Las Vegas 11AM The Price is Right 1:30PM Afternoon Stretch 2PM Bakery Break- Tea & Cookies 3PM Seated Tai Chi 4PM Nail Care 7PM Board Games	10 9:30AM Sit and Stretch 10:15AM Scrabble 11AM Jeanne's 100 th Birthday Bash 1:30PM Courtyard Music 2PM Arts & Crafts 3PM Bingo 4PM Bowling 7PM Count Stars in Courtyard	11 9:30AM Chair Exercise 10:15AM Scenic Tour-Lake Las Vegas 11AM Aromatherapy 1:30PM Finish the Phrase 2PM Bakery Break 3PM Popcorn & Movie 7PM Evening Art	12 9:30AM Chair Yoga 10:15AM Dog Therapy 11AM Arts & Crafts 1:30PM Courtyard Music 2PM Bakery Break 3PM Scrabble 4PM Bean Bag Toss 7PM Puzzles	13 9:30AM Sit and Stretch 10:15AM Arts & Crafts 11AM Trivia 1:30PM Water Balloon Toss 2PM Bakery Break 3PM Bingo 4PM Mix & Mingle 7PM Nail Care
14 Mother's Day 9:30AM Sit and Stretch 10:15AM Mother's Day Celebration 11AM Arts & Crafts 1:30PM Mini Golf 2PM Sunday Sundaes 3PM Bingo 4PM Move & Groove 7PM Card Games	15 9:30AM Chair Exercise 10:15AM Trivia 11AM Kickball 1:30PM Move & Groove 2PM Bakery Break 3PM Cornhole 4PM Pictionary 7PM Evening Art	16 9:30AM Chair Yoga 10:15AM Scenic Tour- Veterans Memorial 11AM Scrabble 1:30PM Checkers 2PM Bakery Break- Smoothies 3PM Arts & Crafts 4PM Hang Man 7PM Board Games	17 9:30AM Sit and Stretch 10:15AM Dog Therapy 11AM Trivia 1:30PM Floral Arrangements 2PM Bakery Break 3PM Bingo 4PM Mix & Mingle 7PM Nail Care	18 9:30AM Chair Exercise 10:15AM Scenic Tour- Veterans Memorial 11AM Finish the Phrase 1:30PM Hand Massage 2PM Water Balloon Toss 3PM Courtyard Music 4PM Ring Toss 7PM Evening Art	19 National Pizza Party Day 9:30AM Chair Yoga 10:15AM Dog Therapy 11AM Arts & Crafts 1:30PM Afternoon Stretch 2PM Bakery Break- Pizza Party 3PM Kickball 4PM Mix & Mingle 7PM Board Games	20 9:30AM Sit and Stretch 10:15AM Finish the Phrase 11AM Cornhole 1:30PM Nail Care 2PM Bakery Break 3PM Bingo 4PM Dance Party 7PM Count Stars in Courtyard
21 9:30AM Sit and Stretch 10:15AM Daily Horoscopes 11AM Conversation Starters 1:30PM Lunch Laps 2PM Sunday Sundaes 3PM Move & Groove 4PM Pictionary 7PM Crossword	22 9:30AM Chair Yoga 10:15AM Trivia 11AM Checkers 1:30PM Lunch Laps 2PM Bakery Break 3PM Bingo 4PM Kickball 7PM Mix & Mingle	23 9:30AM Chair Exercise 10:15AM Scenic Tour- Cornerstone Park 11AM Pictionary 1:30PM Floral Arrangements 2PM Bakery Break- Cider Tasting 3PM Water Balloon Toss 4PM Catch & Throw 7PM Puzzles	24 National Scavenger Hunt Day 9:30AM Sit and Stretch 10:15AM Dog Therapy 11AM Scavenger Hunt 1:30PM Play Instruments 2PM Bakery Break 3PM Trivia 4PM Balloon Volleyball 7PM Board Games	25 9:30AM Chair Yoga 10:15AM Scenic Tour- Cornerstone Park 11AM Courtyard Music 1:30PM Lunch Laps 2PM Bakery Break- Birthday Cupcakes 3PM Popcorn & Movie 7PM Evening Art	26 9:30AM Chair Exercise 10:15AM Dog Therapy 11AM Trivia 1:30PM Shoot Through Hoop 2PM Bakery Break 3PM Catch & Throw 4PM Seated Tai Chi 7PM Card Games	27 9:30AM Sit and Stretch 10:15AM Hand Massage 11AM Courtyard Music 1:30PM Afternoon Stretch 2PM Bakery Break 3PM Aromatherapy 4PM Play Instruments 7PM Puzzles
28 9:30AM Sit and Stretch 10:15AM Balloon Volleyball 11AM Bingo 1:30PM Afternoon Stretch 2PM Sunday Sundaes 3PM Bingo 4PM Music Appreciation 7PM Scrabble	29 9:30AM Chair Yoga 10:15AM Trivia 11AM Play Instruments 1:30PM Lunch Laps 2PM Bakery Break- Milk Shake Monday 3PM Checkers 4PM Hand Massage 7PM Evening Art	30 9:30AM Chair Exercise 10:15AM Daily Horoscopes 11AM Floral Arrangements 1:30PM Afternoon Stretch 2PM Bakery Break- Tea & Cookies 3PM Popcorn & Movie 7PM Nail Care	31 9:30AM Sit and Stretch 10:15AM Show and Tell 11AM Bingo 1:30PM Lunch Laps 2PM Entertainment- Dennis Cobb 3PM Courtyard Music 4PM Music Appreciation 7PM Hand Massage			