












May 2019



Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Morning Walk 3:00 Coloring 7:00 YouTube Brain Game	2 10:00 Music Stretch 3:00 Table Games 7:00 Ice Cream Social 	3 10:00 Tai Chi 3:00 YouTube Brain Game 7:00 Western Movie Night 	4 10:00 Workout to Oldies 3:00 Touch Therapy 7:00 Social Night
5 10:00 Morning Gospel 3:00 Cinco De Mayo Social 7:00 Domino Night  	6 10:00 Excercise Video 3:00 Range of Motion 7:00 Bingo 	7 10:00 Balloon Volleyball 3:00 Aroma Therapy 7:00 Sit and Stand	8 10:00 Sandy's Country Junction 3:00 Gardening 7:00 Evening Stroll	9 10:00:00 Morning Walk 3:00 Music and More 7:00 Touch Therapy	10 10:00 Exercise Video 3:00 Painting 7:00 Movie Night	11 10:00 Sit and Fit Stretches 3:00 Smoothie Social 7:00 Dance Night
12 10:00 Morning Gospel 3:00 Gardening 7:00 Paint Night	13 10:00 Exercise Video 3:00 Fun with Food 7:00 Music and More	14 10:00 Chair Yoga 3:00 Table Games 7:00 Coffee social	15 10:00 Morning Stretch 3:00 Range of Motion 7:00 Step	16 10:00 Wii Exercise 3:00 Aroma Therapy 7:00 YouTube Brain Game	17 10:00 Sit and Stretch 3:00 Arts and Crafts 7:00 Evening Walk	18 10:00 Community Walk 3:00 Color Me Wow 7:00 Touch Therapy
19 10:00 Morning Gospel 3:00 Outside Activities 7:00 Hallmark & Popcorn	20 10:00 Morning Stretches 3:00 Bingo 7:00 Aroma Therapy	21 10:00 sit and fit stretches 3:00 Color Me Calm 7:00 Painting	22 10:00 Group Exercise 3:00 Reminising 7:00 Bingo 	23 10:00 Ball Toss Work Out 3:00 Smoothie Social 7:00 Ice Cream Social 	24 10:00 Exercise Video 3:00 Touch Therapy 7:00 Hallmark & Popcorn 	25 10:00 Community walk 3:00 Checkers 7:00 Coffee social
26 10:00 Morning Glam 2:00 Outside Watering 7:00 Paint Night	27 10:00 Balloon Toss 3:00 YouTube Brain Game 7:00 Coloring night	28 10:00 Community Walk 3:00 Reminising 7:00 Scensory Making	29 10:00 Morning Stretch 3:00 Fun with Food 7:00 Evening Stroll	30 10:00 Range of Motion 3:00 Aroma Therapy 7:00 Sit and Stand	31 10:00 Morning Walk 3:00 Coloring 7:00 YouTube Brain Game	