

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

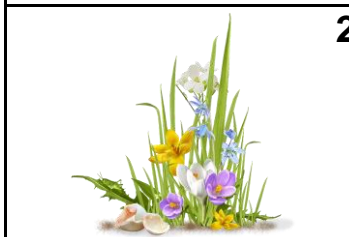
Saturday

# May 2021

Independent Living



You can sign up for 1 activities starting on Wednesday for the following week. Please see or call the front desk to do so.  
May Day



2 11:45 Chair Fitness with Tammy-**Park/ Sign Up**  
2:30 Bingo- **Park**

3 10:30 Strength & Balance- **Park/Sign Up**  
1:00 Chair Dancing w/ Sandy- **Park/Sign Up**  
2:30 Craft Hour- **Multi Room/Sign up**

4 10:30 We♥ Flowers- **Multipurpose Room/ Sign Up**  
1:00 Trivia- **Park**  
3:00 Cinco de Mayo- **Cart**  
Cinco de Mayo

5 10:30 Strength & Balance - **Park/ Sign Up**  
2:00 Cardio Drumming- **Park/ Sign Up**

6 9:00 Blood Pressure Check- **In your Apt**

7 5:30 Christine Schinker- **Park**  
8

10:30 Mother's Day Brunch- **Delivery/ Sign Up/ Please see newsletter for details.**  
Mother's Day

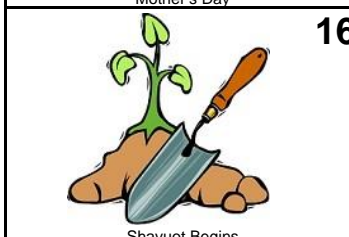
9 11:45 Chair Fitness with Tammy-**Park/ Sign Up**  
2:30 Bingo- **Park**

10 10:30 Strength & Balance - **Park/Sign Up**  
1:00 Chair Dancing w/Sandy- **Park/Sign Up**  
2:30 Craft Hour- **Multi Room/Sign up**

11 1:00 Trivia- **Park**  
12 2:30 Gardening Club Clean Up- **Sign Up/ Multipurpose Room**

13 10:30 Strength & Balance - **Park/ Sign Up**  
2:00 Cardio Drumming- **Park/ Sign Up**

14 9:00 Blood Pressure Check- **In your Apt**  
5:30 David Berriman- **Park**



16 11:45 Chair Fitness with Tammy-**Park/ Sign Up**  
2:30 Bingo- **Park**  
Shavuot Begins

17 10:30 Strength & Balance - **Park/Sign Up**  
1:00 Chair Dancing w/Sandy- **Park/Sign Up**  
2:30 Craft Hour- **Multi Room/Sign up**

18 10:30 We♥ Flowers- **Multipurpose Room/ Sign Up**  
1:00 Trivia- **Park**

19 10:30 Strength & Balance - **Park/ Sign Up**  
2:00 Cardio Drumming- **Park/ Sign Up**

20 9:00 Blood Pressure Check- **In your Apt**

21 5:30 Tony Profota- **Park**  
22

23 11:45 Chair Fitness with Tammy-**Park/ Sign Up**  
2:30 Bingo- **Park**  
Victoria Day (Canada)

24 10:30 Strength & Balance - **Park/Sign Up**  
1:00 Chair Dancing w/Sandy- **Park/Sign Up**  
2:30 Craft Hour- **Multi Room/Sign up**

25 1:00 Trivia- **Park**  
26 2:30 Gardening Club Planting Day- **Sign Up/ Multipurpose Room**

27 10:30 Strength & Balance - **Park/ Sign Up**  
1:30 Book Club- **Multipurpose Room**  
2:00 Cardio Drumming- **Park/ Sign Up**

28 9:00 Blood Pressure Check- **In your Apt**  
3:00 Memorial Day- **Cart**  
5:30 David Berriman- **Park**

29

29

30



**Café Closed**  
Memorial Day

31

**Birthdays**

Leroy Seabrooks 5/9 Oda Pendergast 5/13 Jack Huckins 5/22	Rosetta Willis 5/22 Edward Fowler 5/29 Jan Kendall 5/30
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