

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Movement 1</p> <p>11:30 Shaving Cream Drawing</p> <p>2:30 Sing - A - Long and Nut Sampling in AL Activities Room</p> <p>May Day</p>	<p>10:00 Dance to the Beat 2</p> <p>11:30 Watering Plants</p> <p>1:50 Room Visits</p> <p>2:30 Nails and Hair</p> <p>3:00 Brain Healthy Snack Veggie and Pesto</p>	<p>10:00 Movement w/ Rainbow Colored Scarves 3</p> <p>11:30 Fine Motor Work</p> <p>1:50 Room Visits</p> <p>2:30 Hand Massages</p> <p>3:00 Tea Time - Turmeric Tea in AL Activities Room</p> <p>4:00 Classical Music in the Memory Care Lounge</p>	<p>10:00 Slow Stretches 4</p> <p>11:30 Magazine Collages</p> <p>1:50 Room Visits</p> <p>2:30 Expressions with a Mirror</p> <p>3:00 Blueberries and Coconut Whipped Cream</p>	<p>10:00 Belly Breathing 5</p> <p>11:30 Matching Shapes</p> <p>1:50 Room Visits</p> <p>2:30 Flower Arranging</p> <p>3:00 Brain Healthy Snack - Beets and Plantains in AL Activities Room</p> <p>Cinco de Mayo</p>	<p>10:00 Chair Yoga in AL 6</p> <p>1:50 Room Visits</p> <p>3:15 Kombucha Mocktails in AL</p> <p>4:00 pm Movie - he Wedding Planner in Assisted Living Lounge</p>	<p>7</p> <p>Enjoy some sunshine outside!</p>
<p>10:00 Walk in the Courtyard Look for signs of spring! 8</p> <p>11:30 Color Sorting</p> <p>Brain Healthy Snack - Pears and Cheese</p> <p>4:00 Community Connect outside courtyard</p> <p>Mother's Day</p>	<p>10:00 Dance to Music of the 60's 9</p> <p>11:30 Aromatherapy</p> <p>1:50 Room Visits</p> <p>2:30 Squeezing Lemons</p> <p>3:00 Brain Healthy Snack</p> <p>Dark Chocolate Sampling</p>	<p>10:00 Join Assisted Living for Exercise Class 10</p> <p>11:30 Dog Picture Books</p> <p>1:50 Room Visits</p> <p>2:30 Picture Book</p> <p>3:00 Nut Sampling in AL</p> <p>4:00 Community Connect outside in courtyard</p>	<p>10:00 Move to the Drum Beat 11</p> <p>11:30 Stringing Beads</p> <p>2:00 Cruciferous Vegetables & Pesto Dip</p> <p>2:30 Sing - A - Long</p>	<p>10:00 Animal Moves 12</p> <p>11:30 Playdough Shapes</p> <p>2:30 Cutting Banana's</p> <p>3:00 Chocolate Avocado Pudding demonstration in AL</p>	<p>3:15 Pomegranate juice Mocktails 13</p> <p>4:00 Movie</p> <p>Big Fat Greek Wedding in Assisted Living Lounge</p>	<p>14</p> <p>Connect with Nature!</p>
<p>10:00 Movement 15</p> <p>11:30 Pouring and Stirring with water</p> <p>2:00 Brain Healthy Snack Apples with Sunflower Butter</p>	<p>10:00 Movement 16</p> <p>Hokey Pokey</p> <p>11:30 Bubbles</p> <p>2:30 Flower Arranging</p> <p>3:00 Berry Smoothies in AL</p>	<p>10:00 Dance 17</p> <p>Music of the 50's</p> <p>11:30 Feather Craft</p> <p>2:00 Gospel Music w/ Carol Ferber</p> <p>4:00 Community Connect outside courtyard</p>	<p>10:00 Take a Walk on the Wild Side (courtyard stroll) 18</p> <p>11:30 Folding Activity</p> <p>2:30 Aromatherapy</p> <p>3:00 Green Juicing in AL</p>	<p>10:00 Bouncing Balls 19</p> <p>11:30 Sorting Cotton Balls</p> <p>2:30 Sponging Table Activity</p> <p>3:00 Dog Therapy in outside courtyard</p>	<p>20</p> <p>Independent Activities available</p> <p>4:00 Movie Hitch</p>	<p>Take a walk in the courtyard! 21</p> <p>Armed Forces Day</p>
<p>10:00 Movement- Bunny Hop song 22</p> <p>11:30 Large Puzzles</p> <p>2:00 Grapes and Cheese in AL</p> <p>4:00 Community Connect in outside courtyard</p>	<p>10:00 Arm Stretches 23</p> <p>11:30 Throw the Chicken Game</p> <p>1:50 Room Visits</p> <p>2:30 Board Erasing</p> <p>3:00 Brain Healthy Snack Olive Tasting</p> <p>Victoria Day (Canada)</p>	<p>10:00 Courtyard Stroll 24</p> <p>11:30 Water Bottle Spray</p> <p>1:50 Room Visits</p> <p>2:30 Surprise Craft</p> <p>4:00 Community Connect outside in courtyard</p>	<p>10:00 Move with Balloons 25</p> <p>11:30 Mass in AL Lounge</p> <p>1:50 Room Visits</p> <p>2:30 Nails and Hair</p> <p>3:00 Brain Healthy Brazil Nuts</p>	<p>10:00 Chair Stretches 26</p> <p>11:30 Tissue Paper Flowers</p> <p>1:50 Sing Happy Birthday to Jim</p> <p>3:00 Frozen Yogurt Party in outside courtyard</p> <p>Happy 100th B-Day Jim!</p>	<p>Independent Activities 27</p> <p>4:00 Movie</p> <p>The Notebook with popcorn</p>	<p>28</p> <p>Happy Birthday to Jim Danaher!!</p> <p>100 years old on May 26th!!</p>
<p>10:00 Courtyard Stroll 29</p> <p>11:30 Plant Care/Watering</p> <p>2:30 Assorted Teas and Tea Sandwiches</p> <p>4:00 Community Connect outside in courtyard</p>	<p>10:00 Clap to the Beat 30</p> <p>11:30 Large Puzzles</p> <p>1:50 Room Visits</p> <p>2:00 Bean Bag Toss in AL</p> <p>3:00 Lemonade sweetened w/ monk fruit</p> <p>4:00 Resident Council - family members are encouraged to attend</p> <p>Memorial Day</p>	<p>10:00 Exercise 31</p> <p>11:00 Flower Pressing in AL</p> <p>4:00 Community Connect outside in courtyard</p>	<h1>May 2022</h1>			