



May 2025

Monday, May19th

9:30AM Exercise

10:00: Smoothies OUTSIDE



11:30Am Snack and Hydration

12:00 Lunch

1:00 PM Balloon Ball



2:00 PM Snack and Hydration

3:00PM Coloring Sheets

4:30 Set tables and fill drinks

6:00 Easy Music Listening

7:30 Puzzles

Friday, May23rd

10:00 Seat Exercise

10:30AM: Seated Yoga with Elaine



11:15AM Coloring Sheets

11:30AM Manicures & Music

12:00 Lunch



1:00 SLIME



2:00 PM Snack

2:30 Coloring Sheets

4:00 Walking Club

4:30 Set tables and fill drinks

5:00: Dinner

Tuesday, May20th

10:00AM Exercise

10:30AM Coffee Talk & Music

11:00AM Music Therapy with Felicia



12:00 Lunch

1:00PM: Manicures & Music



2:00PM Music/Refreshments

3:15 PM Snack and Hydration

4:30 Set tables and fill drinks

6:00 Cards



Saturday, May24th

9:30Exercise Class

10:00 AM Snack and Hydration

11:00 Daily Chronicles and

Today in History

11:15 (Golden Girls 1985)



12:00 Lunch

2:00 Exercise and Movement

2:45 PM Snack and Hydration

3:00:Coloring Sheets

4:30 Set tables and fill drinks

6:00 Movie Night:

(Back to the Future 1985)



Wednesday, May21st

9:30 Seated Exercise Class

10:00-11:45: Scenic Drive



12:00 LUNCH

2pm: Happy Hour in AL
Jerry Stingley



4:30 Set tables and fill drinks

5:00 Dinner

6:00 Balloon exercise

Sunday, May25th



9:30 Exercise Class

10:00 Mass on TV-Channel 9

11:00 Watering Plantes



11:45 Set tables and fill drinks

12:00 LUNCH

1:00 Puzzles and Cards

2:00 Hand Massages and Manicures

3:00 PM Snack and Hydration

3:30 Walking Club

4:30 Set Tables and fill drinks

5:30 BINGO

6:00 Ice Cream Bars

7:30 Lawrence Welk



Thursday, May 22nd

9:00am Exercise

9:30am Gardening/Water Plates



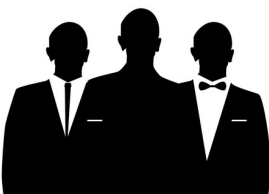
10:30am Snack and Hydration

11:00Am Coloring Sheets

12:00 Lunch

2:00 Man's Club: at Sterling Ridge

Men's club



3:30 Sing-Along

4:30 Puzzles

6:15 Pick a Stick

7:30 Playing Cards



All Activities are Subject to Change !!

