

## MAY 2024 Calendar

Facilitator: Miriam Caiden MSG PhD



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>April 30</b> 10:00-Coffee and Icebreaker <b>SM, So</b> 10:30-Where in the World? <b>CT, RO, E</b> 11:00-Move and Stretch 1:00-Tai Chi Tuesday with Master George <b>P</b> 1:30-Origami Bookmarks <b>E, VS</b> and Tangram Challenge <b>VS, E</b> 2:30-Word Game Country Roads, Take Us Home! <b>V, R</b>	<b>1</b>	<b>2</b> 10:00-Coffee and Icebreaker <b>SM, So</b> 10:30-Where in the World? <b>CT, RO, E</b> 11:00-Music Therapy with Irby <b>P</b> 1:00-Dice Bingo <b>Ca, A, E</b> 1:30-Food For Thought: Home Made Salsa (and Chips!) <b>N, E</b> 2:30-Quick Patio Walk <b>P</b> 2:45-Wordle <b>V, Lo</b> and Country Roads, Take Us Home! <b>R</b>	<b>3</b>
<b>6</b>	<b>7</b> 10:00-Coffee and Icebreaker <b>SM, So</b> 10:30-Where in the World? <b>CT, RO, E</b> 11:00-Move and Stretch 1:00-Guided Autobiography <b>LM, V</b> 1:30-Baking Project:Cupcakes for Family & Friends Tea <b>E, Se,Ca</b> 2:30-Tai Chi Tuesday with Master George 2:45- Country Roads, Take Us Home! <b>R</b>	<b>8</b>	<b>9 Family and Friends May Tea</b> 10:00- <b>Special Guest: Josh's Functional Fitness! Please arrive at 9:45</b> 11:00-Coffee Break and Brain Games 1:00-Paper Rose Decorations for Family and Friends Tea <b>C, E, A</b> 2:00- <b>Family and Friends May Tea</b> 2:30- Country Roads, Take Us Home! <b>R</b>	<b>10</b>
<b>13</b>	<b>14</b> 10:00-Coffee and Icebreaker <b>SM, So</b> 10:30-Where in the World? <b>CT, RO, E</b> 11:00-Move and Stretch <b>P</b> 1:00-WISE Minds Code of Conduct Planning Session 1:30-Origami Napkins for Intergenerational Program <b>E</b> 2:00- <b>Quills to Connect Intergenerational Program V, I, So, LM</b> 2:45-Country Roads, Take Us Home! <b>R</b>	<b>15</b>	<b>16</b> 10:00-Coffee and Icebreaker <b>SM, So</b> 10:30-Where in the World? <b>CT, RO, E</b> 11:00-Move and Stretch 1:00-WISE Minds Code of Conduct Planning Session 1:30-Easter Egg Challenge <b>CA, CT</b> 2:30-Wordle and Country Roads Take Us Home <b>V, R</b>	<b>17</b>
<b>20</b>	<b>21</b> 10:00-Coffee and Icebreaker <b>SM, So</b> 10:30-Where in the World? <b>CT, RO, E</b> 11:00-Move and Stretch <b>P</b> 1:00-Idiom Improv <b>CT, A, V</b> 1:30-Chinese Calligraphy Practice: Spring <b>C, VS, E</b> 2:30- Tai Chi Tuesday with Master George <b>P, A, R</b> 2:45-Country Roads, Take Us Home! <b>R</b>	<b>22</b>	<b>23 FIELD TRIP! Broad Stage</b> 10:00-Assemble at WISE & Healthy Aging 10:15- <b>LEAVE FOR BROAD</b> 11:15-SMC Guitar Showcase 12:45-Lunch (Bring sack lunch) 2:00-Return to WISE & Healthy Aging 2:30-Word Game Country Roads, Take Us Home! <b>V, R</b>	<b>24</b>
<b>27 MEMORIAL DAY!</b>	<b>28 FIELD TRIP! Rose Garden</b> 10:00-Assemble at WISE & Healthy Aging 10:30- <b>Leave for Rose Garden</b> 11:00-Arrive at Rose Garden for Activity and Lunch 1:30-Leave Rose Garden 2:00-Arrive at WISE & Healthy Aging 2:30-Word Game and Country Roads, Take Us Home! <b>V, R</b>	<b>29</b>	<b>30</b> 10:00-Coffee and Icebreaker <b>SM, So</b> 10:30-Where in the World? <b>CT, RO, E</b> 11:00-Move and Stretch 1:00-Toothpick Problem Challenge <b>VS, Lo</b> 1:30-Music Appreciation with Pianist Janice Feinstein <b>I, Se</b> 2:30-Wordle and Country Roads, Take Us Home! <b>V, R</b>	<b>31</b>

Key to activities:

- So- Social interaction
- RO- Reality Orientation
- C- Creativity
- Ca- Calculation
- CT- Critical Thinking
- A – Attention
- SM – Short Term Memory
- LM – Long Term Memory
- SE – Sensory
- E- Executive Function
- P- Physical Activity
- V- Verbal
- VS – Visual-Spatial
- R – Relaxation and Mindfulness
- I- Intellectual Content

**Lunch served daily at 12:00 pm**

**\* Please remember your weekly COVID test!\***

**\*Activities are subject to change\***