

**Dominoes with Arlene**  
M-W-F in the Blue Room



**The Month of Mexico & Israel**

Tuesdays at 1:00  
Go Around the World with Rachel as we celebrate new countries!



**Special Events**

**May Birthday Celebration**  
Wednesday, May 31 at 2:30



**Special Events & More**

Check the calendar for our performers, parties, and other special events to look out for, **highlighted in bold** on the calendar!

\*Italics notes activities running concurrently.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00-May Current Events 10:30-Naam Yoga - Thea Or <i>Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making - Jasmine 2:45-Poetry Reading - Arlene	<b>2</b> 9:30-Mexico Trivia Q & A 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 2:45-Floor Games	<b>3</b> 10:00-History of Cinco de Mayo 10:30-Naam Yoga - Thea Or <i>Chef's Corner BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 1:30-Word Within a Word 2:45-Person, Place, or Thing? - Arlene	<b>4</b> 10:00-Kentucky Derby Trivia 10:30-Balance /Strength Training Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- <b>Nina &amp; Friends Performance</b> 2:45-Mexican Food Hangman Game	<b>5</b> 10:00-Cinco de Mayo Trivia 10:30-Naam Yoga - Thea Or <i>Discussion Group BR</i> 11:30-Daily Chronicle 1:30- <b>Music &amp; Mental Fitness - Bob and Cinco de Mayo Celebration</b> 2:45-Prayer Service - Arlene
<b>8</b> 10:00-Month of May Trivia 10:30-Naam Yoga - Thea Or <i>Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making - Jasmine 2:45-A Glimpse of Civil War From TV News	<b>9</b> 10:00- <b>Pancake Breakfast - Eva</b>  10:30-Balance /Strength Training 11:30-Daily Chronicle 1:00-Cranium Crunches 1:15- <b>Music Therapy - Irby</b> 2:45-Casino Royale	<b>10</b> 10:00-Guess the Year...1980 10:30-Naam Yoga - Thea Or <i>Chef's Corner BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- <b>Musician Singer Peter &amp; Friend</b> 2:45-Beverly Sills Biography - Arlene	<b>11</b> 10:00-TV Moms Trivia 10:30-Balance /Strength Training 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Mother's Day Word Jumble 2:45-Hand Massage / Manicure <i>Puzzles &amp; Ponderings - Tamie</i>	<b>12</b> 10:00-Mother's Day History 10:30-Naam Yoga - Thea Or <i>Discussion Group BR</i> 11:30-Daily Chronicle 1:30- <b>Mother's Day Celebration</b> 2:30-Prayer Service - Arlene 3:00-Brain Games - Arlene
<b>15</b> 10:00-Famous Mothers Facts 10:30-Naam Yoga - Thea Or <i>Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- <b>Music Therapy - Irby</b> 2:45-Mother's Day History - Arlene	<b>16</b> 9:30-May - Fun Facts 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Around the World - Rachel 2:00-Cranium Crunches 2:45-Floor Games	<b>17</b> 10:00-May Trivia 10:30-Naam Yoga - Thea Or <i>Chef's Corner BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Bingo Game with Prizes 2:45-May In History - Arlene	<b>18</b> 10:00-Slogans 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- Art-Memories in the Making- Jasmine 2:45-Hangman Game	<b>19</b> 10:00-Military History Trivia 10:30-Naam Yoga - Thea Or <i>Discussion Group BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- <b>Music &amp; Mental Fitness - Bob</b> 2:30-Prayer Service - Arlene 3:00-Brain Games - Arlene
<b>22</b> 10:00-Canada Trivia Q & A 10:30-Naam Yoga - Thea Or <i>Reminiscence BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Art-Memories in the Making - Jasmine 2:45-British Royal Trivia - Arlene	<b>23</b> 10:00-The Carson Trivia 10:30-Balance /Strength Training - Don 11:45-Daily Chronicle 1:00-Around the World - Rachel 2:00-Cranium Crunches 2:45-Dancing with your Favorite Music	<b>24</b> 10:00-Jazz Trivia Q & A 10:30-Naam Yoga - Thea Or <i>Chef's Corner BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- <b>Nina &amp; Friends Performance</b> 2:45-Memorial Day History - Arlene	<b>25</b> 10:00-Memorial Day Q & A 10:30-Balance /Strength Training - Don 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30- <b>Music Therapy - Irby</b> 2:45-Hand Massage / Manicure <i>Puzzles &amp; Ponderings - Tamie</i>	<b>26</b> 10:00-Memorial Day Trivia 10:30-Naam Yoga - Thea Or <i>Discussion Group BR</i> 11:30-Daily Chronicle 1:30- <b>Musician Singer Peter &amp; Friend</b> 2:30-Prayer Service - Arlene 3:00-Brain Games - Arlene
<b>29</b> <b>CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY HOLIDAY</b>	<b>30</b> 10:00-British Royalty Facts 10:30-Balance /Strength Training - Don 11:45-Daily Chronicle 1:00-Around the World - Rachel 2:00-Cranium Crunches 2:45-Floor Games	<b>31</b> 10:00-Mint Facts 10:30-Naam Yoga - Thea Or <i>Chef's Corner BR</i> 11:30-Daily Chronicle 1:00-Cranium Crunches 1:30-Pet Therapy Len-a-Paw - Lisa 2:30-May Birthday Celebration 2:45-May Birthday Facts - Arlene	<b>Ongoing Daily Activities:</b> 9:00-9:30-Current Events & Conversation 9:30-10:00-Morning Stretch 1:00-1:30-Outdoor Relaxation <i>Cranium Crunches</i> 4:00-6:00-Break-out Groups: Board games, puzzles, ongoing socialization	<b>Lunch: 12:00-1:00 pm</b> <b>Afternoon snack: 2:30</b> <b>Note:</b> <b>Activities subject to change without notice</b>

Spanish Calendar see back

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<b>1</b>  <b>Nota:</b> <b>Las actividades sujetas a cambios sin previo aviso</b>	<b>2</b> 10:00-La crónica cotidiana 10:30-Ejercicios con Eva 11:30-Deletreando palabras 1:30-Proyecto de arte 2:30-Aperitivo / bocadillo 2:45-Recordando a los maestros	<b>3</b> <b>Almuerzo: 12:00-1:00 pm</b>	<b>4</b>	<b>5</b> 10:00-La noticia del día 10:30-Ejercicios - Eva 11:30-Historia del cinco de mayo 1:30-Celebración del cinco de mayo 2:30-Aperitivo / bocadillo 2:45-Deletrear palabras de cinco letras
<b>8</b>	<b>9</b> 10:00-Desayuno de panqueques  10:30-Ejercicios - Eva 11:30-Las flores y su significado 1:30-Terapia musical con Irby 2:30-Aperitivo / bocadillo 2:45-Proyecto de arte	<b>10</b>	<b>11</b>	<b>12</b> 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-¿Qué fecha celebras a la madre en tu país de origen? 1:30-Celebración del día de las madres 2:30-Aperitivo / bocadillo 2:45-Leer poemas
<b>15</b>	<b>16</b> 10:00-La crónica cotidiana 10:30-Ejercicios con Eva 11:30-La tecnología de hoy 1:30-Juego de bingo con premios 2:30-Aperitivo / bocadillo 2:45-Juego de matemáticas	<b>17</b>	<b>18</b>	<b>19</b> 10:00-La crónica cotidiana 10:30-Ejercicios - Eva 11:30-Trivialidades de las flores 1:30-La música y la aptitud mental - Bob 2:30-Aperitivo / bocadillo 2:45-Pinturas y dibujos
<b>22</b>	<b>23</b> 10:00-La noticia del día 10:30-Ejercicios con Eva 11:30-Chistes y refranes 1:30-Jugar boliche 2:30-Aperitivo / bocadillo 2:45-Crucigrama	<b>24</b>	<b>25</b>	<b>26</b> 10:00-Conversación en grupo 10:30-Ejercicios - Eva 11:30-Palabras con acento 1:30-Juego de lotería - Socorro 2:30-Aperitivo / bocadillo 2:45-Recordando a nuestros héroes militares caídos
<b>29</b>	<b>30</b> 10:00-La crónica cotidiana 10:30-Ejercicios con Eva 11:30-Datos de la realeza británica 1:30-Juego de domino 2:30-Aperitivo / bocadillo 2:45-Trivialidades del sonido de la polka	<b>31</b>		

