















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Della Knutson - May 5th Alpha Knott - May 10th Donne Fisher - May 24th</p>		<p>Ruth Albert - May 7th Lyman McKee - May 17th Carol Arnold - May 29th</p>			<p>1</p> <p>9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:15 Music & Movement Yoga ♥ 2:00 Crafts: Bird Feeders 3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 3:30 Shabbat Services (MC) 4:15 Fact Finders Club: Trivia</p>	<p>2 KENTUCKY DERBY</p> <p>9:30 Chair Dancing (LL) ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Craft: Derby Hats & Bistro Bites/Refreshments 1:15 Saturday Short Stories 2:00 Kentucky Derby Party (BIS) 2:00 Documentary: Run for the Roses 3:30 Wii Bowling ♥ 4:15 Sing-Along Soirée!</p>
<p>3 National Lemonade Day!</p> <p>9:00 Catholic Sunday Mass 10:00 Sit & Stretch Exercise! ♥ 10:30 Memory Magic 11:15 Sunday Morning Coffee & Lucky Dabbers BINGO 1:00 Armchair Travelogue! The Philippines 2:00 Marker Art: "Tea Time" 3:00 Ice Cream Social (BIS) 3:30 The Mindful Meanders Walking Club ♥ 4:15 Senior Sing-Along</p>	<p>4</p> <p>9:30 Chair Yoga (LL) ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Wheel of Fortune (LL) & Bistro Bites/Refreshments 11:15 SingFit 1:00 Music with Kiemel 2:00 Creative Crafts: Maracas 3:30 Motion Magic! Hallway Bowling ♥ 4:15 Fact Finders Club: Trivia!</p>	<p>5 Happy Birthday Della!</p> <p>9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Exercise with Terri (Gym) 10:30 Travelogue Tuesday: "Mexico" & Bistro Bites! 11:00 Catholic Communion (TH) 1:30 Sensory Outings Co 2:30 Birthday Party for Della! 3:00 Balloon Volleyball ♥ 4:15 Tickle Me Tuesday! Cinema Silliness!</p>	<p>6</p> <p>9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Curious Dragonfly 11:30 Story Time with Molly 1:15 Documentary: "Cat Tales" 2:00 Clay Creations: Handcrafted Vases 3:30 Mocktail Musical Hour 4:30 Pitch Perfect Fun Sing-Along!</p>	<p>7 Happy Birthday Ruth!</p> <p>9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics 1:00 Wheelchair & Walker Wash 1:15 Documentary Europe's Biggest Cake Factory 2:00 Birthday Party for Ruth! 2:45 Happy Hour (BIS) 3:00 Classic Music Videos 4:15 Sing-Along Soirée!</p>	<p>8</p> <p>9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:15 Music & Movement ♥ DrumFit to the 70s! 2:00 Creative Crafting: Barnyard Brushstrokes 3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivia!</p>	<p>9</p> <p>9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:15 Saturday Short Stories and Smiles 2:00 Creative Crafts: Lanterns 3:30 Documentary: Lanterns & Lighting in 18th Century 3:30 Hand Massages 4:15 Sing-Along Soirée!</p>
<p>10 Happy Birthday Alpha!</p> <p>9:00 Catholic Sunday Mass 10:00 Sit & Stretch Exercise! ♥ 10:30 Mother's Day Mock MOMosas and Muffins 11:00 Sunday Morning Coffee & Lucky Dabbers BINGO 1:00 Travelogue! Portugal 2:00 Birthday Party for Alpha! 3:00 Ice Cream Social (BIS) 3:30 The Mindful Meanders Walking Club ♥ 4:15 Sing-Along Soirée!</p>	<p>11</p> <p>9:30 Chair Pilates (LL) ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Wheel of Fortune (LL) & Bistro Bites/Refreshments 11:15 SingFit 1:00 Music with Kiemel 2:00 Creative Crafting: Tissue Paper Tulips 3:30 Motion Magic! Balloon Noodle Ball ♥ 4:15 Fact Finders Club: Trivia!</p>	<p>12</p> <p>9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Exercise with Terri (Gym) ♥ 10:30 Travelogue: "Ireland" 11:00 Lunch Outing: Zanes Italian Bistro 1:30 Tactile Time! Sensory Games 2:30 Mugs N Muffins 3:00 Corn Hole Game ♥ 4:15 Cinema Silliness!</p>	<p>13 National Apple Pie Day!</p> <p>9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics 11:00 Story Time with Molly 1:15 Documentary: "Jane Austen" 2:00 Creative Crafting: 3D Wood Flower Painting 3:00 Apple Pie Social 3:30 Mocktail Musical Hour 4:30 Senior Sing-Along</p>	<p>14</p> <p>9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics 1:15 Documentary: "Dogs of Service" 1:15 Soothing Soles: Foot Soaks & Paint N Polish Manicures 2:45 Happy Hour (BIS) 3:00 Classic Music Videos 4:15 Sing-Along Soirée!</p>	<p>15</p> <p>9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Curious Dragonfly 1:15 Music & Movement: DrumFit 60's Edition ♥ 2:00 Creative Crafting: Garden Pot Painting 3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivia!</p>	<p>16 National Love A Tree Day!</p> <p>9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:15 Saturday Short Stories and Smiles 2:00 Creative Crafting: Whimsical Tree Collage 3:30 Motion Magic! Beach Ball Banter ♥ 4:15 Sing-Along Soirée!</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 Happy Birthday Lyman!  9:00 Catholic Sunday Mass 10:00 Sit & Stretch Exercise! ♥ 10:30 Memory Magic 11:00 Sunday Morning Coffee, Lucky Dabbers BINGO & Conversation! 1:00 Armchair Travelogue! Wonders of Canada  2:00 Birthday Party for Lyman! 3:00 Ice Cream Social (BIS) 3:30 The Mindful Meanders Walking Club ♥ 4:15 Sing-Along Soirée!	18 9:30 Plates in Hand Stretch (LL) ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Wheel of Fortune (LL) & Bistro Bites/Refreshments 11:15 SingFit  1:00 Music with Kiemel  2:00 Creative Marker Art: Stained Glass Flowers 3:00 MH Neighborhood Meeting 3:30 Motion Magic! Noodle Ball Hockey ♥ 4:15 Fact Finders Club: Trivia!	19 9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Exercise with Terri (Gym) 10:30 Travelogue: Romania Bistro Bites/Refreshments 11:00 Catholic Communion (TH) 1:30 Sensory Outings Co 2:30 Cookies & Cocoa Social 3:00 Motion Magic!  Indoor Bocce Ball ♥ 4:15 Tickle Me Tuesday! Cinema Silliness!	20 9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Story Time with Molly 11:00 Outing with AL/IL: Rockies Ball Game 1:15 Documentary: "Wild Savannah" 2:00 Creative Crafting: Pin Wheels 3:30 Mocktail Musical Hour 4:30 Senior Sing-Along	21 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cooking in the Kitchen! No Bake  Haystack Cookies! 1:00 Wheelchair & Walker Wash 1:15 Documentary: Jane Goodall "The Hope" 2:45 Happy Hour (BIS) 3:00 Classic Music Videos: Sinatra in Palm Springs 4:15 Sing-Along Soirée!	22 9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:15 Music & Movement: ♥ Chair Dancing to the 70s 2:00 Creative Crafting: Doorknob Hangers  3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivia!	23 World Turtle Day! 9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:15 Saturday Short Stories and Smiles 2:00 Creative Crafting: Turtle Door Decor 3:30 Motion Magic! Volleyball Toss ♥ 4:15 Pitch Perfect Fun Sing-Along!
24 Happy Birthday Donne!  9:00 Catholic Sunday Mass 10:00 Sit & Stretch Exercise! ♥ 10:30 Memory Magic 11:00 Sunday Morning Coffee, Lucky Dabbers BINGO & Conversation! 1:00 Armchair Travelogue! Wonders of Argentina  2:00 Birthday Party for Donne! 3:00 Ice Cream Social (BIS) 3:30 The Mindful Meanders Walking Club ♥ 4:15 Senior Sing-Along	25 MEMORIAL DAY  9:30 Flex & Posture Exercise (LL) ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Wheel of Fortune (LL) & Bistro Bites/Refreshments 11:15 SingFit  1:15 Motion Magic! Beach Ball Banter ♥ 2:00 Creative Crafting: Paper Poppy Traditions 3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivia!	26 National Paper Airplane Day! 9:30 Sit & Stretch Exercise! ♥ 9:30 Outing: Denver Zoo ♥ 10:30 Exercise with Terri (Gym) ♥ 10:30 Travelogue: Kenya Bistro Bites/Refreshments 11:00 Catholic Communion (TH) 12:00 Monarch Pizza Party! 1:15 Tactile Time! Sensory Games  2:30 Ice Cream Social 3:00 Craft: Paper Airplanes & Hula Hoop Flight Testing! 4:15 Tickle Me Tuesday! Cinema Silliness!	27 National Grape Popsicle Day! 9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 11:00 Story Time with Molly 1:15 Documentary: "Why We Dream" 2:00 Creative Crafting: Bird House Painting 2:30 Sweet Treat Social: Grap Popsicles! 3:30 Mocktail Musical Hour 4:30 Senior Sing-Along	28 9:30 Exercise with Terri (Gym) ♥ 9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Giggles & Gestures "Charades" & Bistro Bites 1:15 Documentary: "Stone Age Temple Mystery" 1:15 Soothing Soles: Foot Soaks & Paint N Polish Manicures 2:45 Happy Hour (BIS) 3:00 Classic Music Videos 4:15 Sing-Along Soirée!	29 Happy Birthday Carol A.!  9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:15 Music & Movement: ♥  Scarf Dancing 2:30 Birthday Party for Carol! 3:30 Tovertafel, Tabletop Games & Puzzle Palooza! 4:15 Fact Finders Club: Trivia!	30 9:30 Sit & Stretch Exercise! ♥ 10:00 Aromatherapy, Daily Chronicle & Reminisce 10:30 Cognitive Calisthenics & Bistro Bites/Refreshments 1:15 Saturday Short Stories and Smiles 2:00 Creative Crafting: Flower Canvas Painting 3:30 Motion Magic! Bat The Balloon ♥ 4:15 Sing-Along Soirée!

31 9:00 Catholic Sunday Mass 10:00 Sit & Stretch Exercise! ♥ 10:30 Memory Magic 11:00 Sunday Morning Coffee, Lucky Dabbers BINGO & Conversation! 1:00 Armchair Travelogue! Wonders of South Africa 2:00 Art: Doodle Cubes 3:00 Ice Cream Social (BIS) 3:30 The Mindful Meanders Walking Club ♥ 4:15 Senior Sing-Along
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Quote of the Month:

"Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow."

- Mary Anne Radmacher

Calendar Key:
 PDR – Private Dining Room
 BIS – Bistro
 LL – LifeLoop App

♥ Indicates Physical Exercise Or A Movement Based Physical Activity.

Red – Arts & Crafts
Blue – Outdoor Excursions
Green – Outside Guests
Purple – Documentary
Orange – Travelogue