

# 2022 May Activity Calendar



| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|---|--|--|--|--|--|--|
| <p>10:30 Tell Me a Joke <b>1</b><br/>11:00 Sunday Mass<br/>1:30 Frisbee Toss<br/>2:30 Cheerio Taste Test<br/>3:30 May Trivia<br/>4:00 What's in the Bag?</p>                              | <p>10:00 Ping Pong <b>2</b><br/>11:00 Create-a-Craft<br/>1:30 Walking Group or iN2L Game of Choice<br/>2:00 <b>Pet Therapy with Delta</b><br/>3:30 Daily Chronicle<br/>4:00 <b>Golden Years Chair Yoga</b></p>   | <p>10:00 Barre Class <b>3</b><br/>11:00 <b>Outing</b> or Barre Class<br/>1:30 <b>Guitar with Bill</b> or Feed the Birds<br/>2:30 3 of a Kind<br/>3:30 Card Club or Knitting<br/>4:15 Armchair Travel<br/>6:00 Resident Choice Movie</p>                              | <p>10:00 Barre Class <b>4</b><br/>11:00 <b>Walking Group with Susan</b><br/>1:30 <b>Rosary with Jenn</b> or Squeegie Art<br/>2:30 Matchup Famous Duos<br/>3:30 Making Orange juice<br/>4:15 Would You Rather?<br/>6:00 I Spy Bottles</p>             | <p>10:00 Pin the Tail on the Donkey <b>5</b><br/>11:00 <b>Outing</b> or Making Salsa<br/>1:30 Walking Group or Homemade Pinatas<br/>2:00 <b>Drumming with Tim</b><br/>3:30 Cinco De Mayo Trivia<br/>4:15 Salsa Dancing with iN2L<br/>6:00 Therapeutic Coloring</p> | <p>8:30 <b>Naldo's Mother's Day Breakfast</b> <b>6</b><br/>10:00 Seated Soccer<br/>11:00 <b>Piano with Billy</b><br/>1:30 Bubble Art<br/>2:30 Thank You Nurses!<br/>3:30 <b>Ingenuity at Work</b> or Hangman<br/>4:00 Bingo!<br/>6:00 Nat Geo Learning</p>                             | <p>10:30 Inspirational Kids <b>7</b><br/>11:00 Mom, I Love You Because...<br/>1:30 Floor Hockey<br/>2:30 Making Mint Juleps<br/>3:30 Card Club or Collages<br/>4:00 Kentucky Derby Racing</p>                            |
| <p>10:30 The Daily Chronicle <b>8</b><br/>11:00 Sunday Mass<br/>1:30 Mother's Day Tea Party<br/>2:30 Courtyard Walks<br/>3:30 Charades<br/>4:00 Short Stories with</p>                    | <p>10:00 <b>Morning Manicures</b> <b>9</b><br/>1:30 <b>Afternoon Manicures</b> or Walking Group<br/>2:00 <b>Pet Therapy with Delta</b><br/>3:30 Striped Art<br/>4:15 First Political Cartoons<br/>6:00 Mind Scent</p>  | <p>10:00 Barre Class <b>10</b><br/>11:00 Slow Cooker Party Mix<br/>1:30 <b>Outing</b> or <b>Chair Yoga with Anne</b><br/>2:30 Afternoon Hand Massages<br/>3:30 Card Club or Family Feud<br/>4:15 Bingo!<br/>6:00 <i>Plant Earth: Ocean Deep</i></p>                  | <p>10:00 Barre Class <b>11</b><br/>11:00 <b>Outing</b> or <b>Singing Lessons with Rosemary</b><br/>1:00 <b>Communion with Jenn</b><br/>2:00 <b>Steps in Time</b><br/>3:30 Name That Tune<br/>4:15 Knitting or Puzzling<br/>6:00 Broadway on iN2L</p> | <p>10:00 Wheel of Fortune Exercise <b>12</b><br/>11:00 <b>Piano with Mel</b> or <b>Art with Andrea</b><br/>1:30 Walking Group or Museum Traveling<br/>2:30 Feed the Birds<br/>3:30 Matchup Food Pairs<br/>4:15 What's Your 2 cents?<br/>6:00 Poetry Hour</p>       | <p>10:00 Sit &amp; Be Fit <b>13</b><br/>11:00 <b>Singing with Denise</b><br/>1:30 Handprint Calla Lilies<br/>2:30 Find the Leprechaun<br/>3:30 <b>Ingenuity at Work</b> or Homemade Hummus<br/>4:00 <b>Golden Years Tai Chi</b><br/>6:00 Audio Book of Choice</p>                      | <p>10:30 Laughter Therapy <b>14</b><br/>11:00 Tulip Fork Art<br/>1:30 <b>Chair Dance with Nanci</b><br/>2:30 Shark Candy Sushi<br/>3:30 Card Club or Name the Bird<br/>4:00 Price is Right</p>                           |
| <p>10:30 The Daily Chronicle <b>15</b><br/>11:00 Sunday Mass<br/>1:30 <b>Singing with Adam</b><br/>2:30 Bocce Ball<br/>3:30 Baking Banana Chocolate Chip Cookies<br/>4:00 Family Talk</p> | <p>10:00 Inflated Ring Toss <b>16</b><br/>11:00 Free Draw<br/>1:30 Walking Group or Sorting and Folding<br/>2:30 Ocean Floats<br/>3:30 Excavating Fossils<br/>4:00 <b>Golden Years Chair Yoga</b><br/>6:00 <i>Won't You Be My</i></p>                        | <p>10:00 <b>Golden Years Chair Plates</b> <b>17</b><br/>11:00 <b>Outing</b> or <b>Lawn Games with Bob</b><br/>1:30 Sea Glass Canvas<br/>2:30 Berry Fruit Salads<br/>3:30 Card Club or 5 Minute Science<br/>4:15 Spot the Difference<br/>6:00 Calm with Chamomile</p> | <p>10:00 Target Practice <b>18</b><br/>11:00 <b>Singing with Ted</b><br/>1:30 Walking Group or <b>Book Club with Reshma</b><br/>2:30 Watermelon "Fries"<br/>3:30 Bingo!<br/>4:15 Travel to a Virtual Museum<br/>6:10 Red Sox vs. Astros!</p>         | <p>10:00 <b>Morning Manicures</b> <b>19</b><br/>11:00 <b>Art with Andrea</b><br/>1:30 <b>Sing Like a Bird</b> or <b>Afternoon Manicures</b><br/>2:30 Courtyard Walks<br/>3:30 Charades<br/>4:15 History of Postcards<br/>6:00 Table Topics</p>                     | <p>10:00 Shuffle Toss <b>20</b><br/>10:30 <b>Pet Therapy with Logan</b><br/>11:00 <b>Singing with Josef</b><br/>1:30 <b>Outing</b> or Feed the Birds<br/>2:30 Armchair Travel<br/>3:30 <b>Ingenuity at Work</b> or Magic Beans<br/>4:15 Norman Rockwell's Learning<br/>6:00 Name 5</p> | <p>10:30 Inspirational Seniors <b>21</b><br/>11:00 <b>Singing with Jen &amp; Pete</b><br/>1:30 Bowling<br/>2:30 Homemade Ice Cream<br/>3:30 Card Club or Matchup Lyrics<br/>4:00 Pictionary or Red Sox Vs. Mariners!</p> |
| <p>10:30 Tell Me a Joke <b>22</b><br/>11:00 Sunday Mass<br/>1:30 <b>Chair Dance with Nanci</b><br/>2:30 Homemade Vanilla Pudding<br/>3:30 Bingo!<br/>4:00 Getting to Know You</p>         | <p>10:00 Exercise with Hand Weigh <b>23</b><br/>11:00 <b>Guitar with Doug</b><br/>1:30 Walking Group or Egg Carton Turtles<br/>2:30 Afternoon Hand Massages<br/>3:30 Homemade Donuts<br/>4:15 South Carolina Trivia<br/>6:00 Crosswords or Word Searches</p> | <p>10:00 Cornhole <b>24</b><br/>11:00 <b>Guitar with Mike</b><br/>1:30 <b>Outing</b> or <b>Fairy Gardens with Mikeila</b><br/>2:30 Fondue Frenzy<br/>3:30 Card Club or Name That Tune<br/>4:15 Hangman<br/>6:00 Resident Choice Movie</p>                            | <p>10:00 Barre Class <b>25</b><br/>11:00 <b>Bird Houses with Selena</b><br/>1:30 <b>Music &amp; Movement with Steve</b><br/>2:30 Smoothie Cart<br/>3:30 Famous People in History<br/>4:15 Family Feud<br/>6:00 Dance with iN2L</p>                   | <p>10:00 Ladder Ball <b>26</b><br/>11:00 <b>Outing</b> or Paper Bridge Competition<br/>1:30 <b>Dixieland Duo</b> or Walking Group<br/>2:30 Gummy Bears<br/>3:30 Name that Tune<br/>4:15 Knitting or Puzzling<br/>6:00 Therapeutic Coloring</p>                     | <p>10:00 Barre Class <b>27</b><br/>11:00 Homemade Grape Popsicles<br/>1:30 Tulip Straws<br/>2:30 <b>Resident Council</b><br/>3:30 <b>Ingenuity at Work</b> or Sorting and Folding<br/>4:15 <b>Golden Years Tai Chi</b><br/>6:00 Tea &amp; Coffee Chats</p>                             | <p>10:30 The Good News <b>28</b><br/>11:00 Croquet<br/>1:30 Inspiration Bracelets<br/>2:30 Would You Rather?<br/>3:30 Card Club or Maintaining our Gardens<br/>4:00 What's in the Bag?</p>                               |
| <p>10:30 Positive Affirmations <b>29</b><br/>11:00 Sunday Mass<br/>1:30 Water Balloon Toss<br/>2:30 Campbell's Soup Matching<br/>3:30 What's Your 2 cents?<br/>4:00 Armchair Travel</p>   | <p>10:00 <b>Morning Manicures</b> <b>30</b><br/>1:30 <b>Afternoon Manicures</b> or Patriotic Floral Arrangements<br/>2:30 Walking Group or Cross Stitching<br/>3:30 5 Minute Science<br/>4:15 Memorial Day Trivia</p>  | <p>10:00 Barre Class <b>31</b><br/>11:00 Slow Cooker Loaded Potato Soup<br/>1:30 <b>Outing</b> or Flip Flop Wreath<br/>2:30 Bingo!<br/>3:30 Card Club or Feed the Birds<br/>4:15 Afternoon Hand Massages<br/>6:00 Resident Choice Movie</p>                          |  |  | <p>Red = Indoor or Virtual Entertainment<br/>Purple = Entertainment by a Bridges by EPOCH at Andover Director<br/>Green = Household Specific Program<br/>Blue = Van Outing (indicates van departure time)</p>  | <p><b>Please note that the Monthly Activity Calendar is subject to change.</b></p>   |