

# 2024 May Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Happy Birthday:</b>  <b>Bob B.</b> 5/4  <b>Marcia M.</b> 5/5  <b>David M.</b> 5/6  <b>Demmy P.</b> 5/13  <b>Ann H.</b> 5/17  <b>Richard P.</b> 5/25  <b>Jack F.</b> 5/26  <b>Dick S.</b> 5/27  <b>Dimitrios K.</b> 5/28</p>		<p><b>Community Outings:</b>  <b>Andover School of Montessori</b> 5/7  <b>Shopping for Our Gardens</b> 5/15  <b>Picnic in the Park</b> 5/21  <b>Iron Stone Farm</b> 5/28</p>	<p>10:30 Sit &amp; Be Fit Exercises  <b>11:00 Lifeloop Explorations: "Family Feud"</b> 1  1:30 Walking for Wellness  <b>2:00 Holy Rosary</b>  <b>Service with Jenn</b>  3:30 <i>Manicures &amp; Hand Massages</i>  <b>4:00 This or That</b>  6:00 Craninum Crunches  7:00 How It's Made Series</p>	<p>10:30 Morning Gathering  <b>11:00 Lifeloop Trivia Collection</b> 2  1:30 Community Walking Club  <b>2:00 Crafters Corner: "DIY Kentucky Derby Caps"</b>  <b>3:00 Pet Therapy Session w/Jasper</b>  3:30 <i>Reminisce: Famous Dous</i>  <b>4:00 List It Game</b>  6:00 Tea &amp; Table Talks  7:00 Live in Concert: The Rat Pack</p>	<p><b>10:30 Fitness &amp; Fun with Meg</b> 3  <b>11:00 Live Entertainment: "Singing with Josef"</b>  1:30 <i>Walking for Wellness</i>  <b>2:00 Cinco De Mayo Social</b>  3:30 <i>Aromatherapy Session</i>  <b>4:00 Household Helpers</b>  6:00 Finishing Lines  7:00 Friday Night Flick: Resident's Choice</p>	<p>10:30 Balance Barre Fitness Class  <b>11:00 Lifeloop Explorations</b> 4  1:30 Board Game Classics  <b>2:00 Bridges Downs Horse Racing</b>  3:30 <i>Fun Facts About the Kentucky Derby</i>  4:00 Creative Coloring Group  <b>6:30 Kentucky Derby Race</b>  7:00 Music &amp; Relaxation Hour</p>
<p>10:30 Sunday Stretch  <b>11:00 Sunday Mass Service</b> 5  <b>2:00 Live Entertainment: "Gary on the Piano"</b>  2:30 <i>Walking for Wellness</i>  <b>3:30 Discussion Group: The History of Cinco De Mayo</b>  4:00 <i>Adult Coloring Group</i>  6:00 Coffee &amp; Conversation  7:00 Reading &amp; Relaxation Hour</p>	<p><b>10:30 Animal World Experience Show with Matt</b> 6  <b>11:30 LifeLoop Trivia Collection</b>  <b>2:00 Crafters Corner: "Teacher Appreciation Cards"</b>  3:00 <i>Mindful Mandalas</i>  <b>3:30 Scent Detective Challenge</b>  4:00 <i>May Monthly Gazette</i>  6:00 Word Searches  7:00 Movie Night: Residents Choice</p>	<p>10:30 Dumbbell Work Out  11:00 Lifeloop Travel Log &amp; Discussion 7  <b>1:30 Bridges Cooking Club: "Mixed Fruit Cups"</b> 7  <b>2:30 Mother's Day Centerpieces</b>  3:30 Can You Picture This?  <b>4:00 Chicken Soup for the Soul</b>  5:30 The Hidden Lives of Pets Series  6:00 People &amp; Puzzles  7:00 Getting to Know Your Neighbors</p>	<p>10:30 Lifeloop Fitness  <b>11:00 Live Entertainment: "Billy on the Piano"</b> 8  1:30 Walking for Wellness  <b>2:00 Holy Communion</b>  <b>Service with Jenn</b>  3:30 <i>Manicures &amp; Hand Massages</i>  <b>4:00 What's in the Bag?</b>  6:00 Brain Fitness Group  7:00 Game Show Gathering</p>	<p>10:30 Morning Gathering  <b>11:00 Bucket Ball Toss</b> 9  1:30 Community Walking Club  <b>2:00 Chair Dance Yoga with Nanci</b>  <b>3:00 Pet Therapy Session w/Jasper</b>  3:30 <i>Women's Group with Robin</i>  <b>4:00 Match It Up</b>  6:00 Sing Along with Mary Sue  7:00 Armchair Travel w/Rick Steves</p>	<p>10:30 Sit &amp; Stretch Exercises  <b>11:00 Mother's Day Brunch</b> 10  1:30 <i>Walking for Wellness</i>  <b>2:00 Afternoon Bingo Hour</b>  3:30 <i>Aromatherapy Session</i>  <b>4:00 Inflatable Ring Toss</b>  6:00 Name That Tune  7:00 Friday Night Flick: Resident's Choice</p>	<p>10:30 Balance Barre Fitness Class  <b>11:00 Lifeloop Fun &amp; Games</b> 11  1:30 Board Game Classics  <b>2:00 Crafters Corner: "DIY Sand Art"</b>  3:30 <i>Name 5 Game</i>  <b>4:00 Courtyard Stroll</b>  6:00 Classic TV Series  7:00 Music &amp; Relaxation Hour</p>
<p>10:30 Sunday Stretch  <b>11:00 Sunday Mass Service</b> 12  <b>1:30 Live Entertainment: "Adam on the Guitar"</b>  2:30 <i>Walking for Wellness</i>  <b>3:30 Reminiscing Group: Mother's Day Memories</b>  4:00 <i>Adult Coloring Group</i>  6:00 Coffee &amp; Conversation  7:00 Reading &amp; Relaxation Hour</p>	<p><b>10:30 Fitness &amp; Fun with Meg</b> 13  <b>11:00 Live Entertainment: "Mel on the Piano"</b> 13  <b>2:00 Bridges Bakers Club: "Apple Pie"</b>  2:30 <i>Mindful Mandalas</i>  <b>3:30 Going Down Memory Lane</b>  4:00 <i>Fun &amp; Table Games</i>  6:00 Crossword Puzzles  7:00 Movie Night: Resident's Choice</p>	<p>10:30 Stretch &amp; Tone Workout  <b>11:00 Live Entertainment: "Denise on the Guitar"</b> 14  <b>2:30 Creative Arts Class: "Painting with Robin"</b>  3:30 Inspirational Stories  <b>4:00 Hymns &amp; Sing with Thalia</b>  5:30 Movie Musical  6:00 Card Player's Club  7:00 Fluff &amp; Folders Club</p>	<p>10:30 Sit &amp; Be Fit Exercises  <b>11:00 Live Entertainment: "Singing with Mark"</b> 15  1:30 Walking for Wellness  <b>2:00 Jewelry Making Hour</b>  3:30 <i>Manicures &amp; Hand Massages</i>  <b>4:00 Tabletop Scrabble</b>  6:00 Cranium Crunches  7:00 How It's Made Series</p>	<p>10:30 Morning Gathering  <b>11:00 Chair Volleyball</b> 16  1:30 Community Walking Club  <b>2:00 Live Entertainment: "Andy on the Guitar"</b>  <b>3:00 Pet Therapy Session w/Jasper</b>  3:30 <i>Gardening Club</i>  <b>4:00 Can You Picture This?</b>  6:00 Tea &amp; Table Talks  7:00 Live in Concert: Elvis Presley</p>	<p><b>10:30 Fitness &amp; Fun with Meg</b> 17  <b>11:00 Lifeloop Explorations: "Cognitive Challenge"</b> 17  <b>2:00 Afternoon Bingo Hour</b>  3:30 <i>Aromatherapy Session</i>  <b>4:00 Household Helpers</b>  6:00 Bananagrams  7:00 Friday Night Flick: Resident's Choice</p>	<p>10:30 Balance Barre Fitness Class  <b>11:00 Lifeloop Explorations</b> 18  1:30 Board Game Classics  <b>2:00 Crafters Corner: "Crystal Sun Catchers"</b>  3:30 <i>Outdoor Rhyme Time Game</i>  <b>4:00 Creative Coloring Group</b>  6:00 Classic TV Series  7:00 Music &amp; Relaxation Hour</p>
<p>10:30 Sunday Stretch  <b>11:00 Sunday Mass Service</b> 19  <b>1:30 Afternoon Bingo</b>  2:30 <i>Walking for Wellness</i>  <b>3:30 Discussion Group: The Meaning &amp; History of Pentecost</b>  4:00 <i>Adult Coloring Group</i>  6:00 Coffee &amp; Conversation  7:00 Reading &amp; Relaxation Hour</p>	<p><b>10:30 Fitness &amp; Fun with Meg</b> 20  <b>11:00 Live Entertainment: "Singing with Doug"</b> 20  <b>2:00 Creamsicle Float Social</b>  3:00 <i>Mindful Mandalas</i>  <b>3:30 Guess That State Game</b>  4:00 <i>The Great Book of Am. Heros</i>  6:00 Word Searches  7:00 Movie Night: Residents Choice</p>	<p>10:30 Game of Horseshoes  <b>11:00 A Joe Malone Presentation: "The Beatles"</b> 21  <b>2:00 Live Entertainment: "Sing Like a Bird Performs"</b>  3:30 Manicures &amp; Hand Massages  <b>4:00 Chicken Soup for the Soul</b>  5:30 The Hidden Lives of Pets Series  6:00 People &amp; Puzzles  7:00 Getting to Know Your Neighbors</p>	<p>10:30 Lifeloop Fitness  <b>11:00 Live Entertainment: "Mike on the Guitar"</b> 22  1:30 Walking for Wellness  <b>2:00 Kitchen Creations with Robin</b>  3:30 <i>Star of the Month: Katherine Hepburn</i>  <b>4:00 Who, What, When, Where?</b>  6:00 Brain Fitness Group  7:00 Game Show Gathering</p>	<p><b>10:30 Power of Flowers: "Floral Arranging"</b> 23  1:30 Community Walking Club  <b>2:00 Chair Dance Yoga with Nanci</b>  <b>3:00 Pet Therapy Session w/Jasper</b>  3:30 <i>Gardening Club</i>  <b>4:00 Do You Hear What I Hear?</b>  6:00 Sing Along with Susie Q  7:00 Armchair Travel w/Rick Steves</p>	<p><b>10:30 Fitness &amp; Fun with Meg</b> 24  <b>11:00 Live Entertainment: "Singing with Ted"</b> 24  <b>12:00 Memorial Day Weekend BBQ</b>  <b>2:00 Crafters Corner: "Scented Dough"</b>  3:30 <i>Aromatherapy Session</i>  <b>4:00 Word Game Challenge</b>  6:00 Just for Laughs  7:00 Friday Night Flick: Resident's Choice</p>	<p>10:30 Balance Barre Fitness Class  <b>11:00 Lifeloop Fun &amp; Games</b> 25  1:30 Board Game Classics  <b>2:00 Creative Arts Class: "Collage Art"</b>  3:30 <i>Word in a Word Game</i>  <b>4:00 Courtyard Stroll</b>  6:00 Classic TV Series  7:00 Music &amp; Relaxation Hour</p>
<p>10:30 Sunday Stretch  <b>11:00 Sunday Mass Service</b> 26  <b>1:30 Afternoon Bingo</b>  2:30 <i>Walking for Wellness</i>  <b>3:30 Discussion Group: Learning About Trinity Sunday</b>  4:00 <i>Adult Coloring Group</i>  6:00 Coffee &amp; Conversation  7:00 Reading &amp; Relaxation Hour</p>	<p><b>10:30 Fitness &amp; Fun with Meg</b> 27  <b>11:00 Memorial Day Trivia</b> 27  <b>2:00 Sweet Guess: Can You Name the Candy?</b>  2:30 <i>Mindful Mandalas</i>  <b>3:30 The Origins of Memorial Day</b>  4:00 <i>Fun &amp; Table Games</i>  6:00 Crossword Puzzles  7:00 Movie Night: Resident's Choice</p>	<p>10:30 Stretch &amp; Tone Workout  11:00 Lifeloop Travel Log &amp; Discussion 28  <b>1:30 A Visit From Golden Moments</b>  <b>2:00 Bridges Baking Club: "Sesame Crunch Candy"</b>  3:30 101 Feel Good Stories  <b>4:00 Fitness Made Fun</b>  5:30 Movie Musical  6:00 Game of Dominoes  7:00 Fluff &amp; Folders Club</p>	<p>10:30 Sit &amp; Be Fit Exercises  <b>11:00 Lifeloop Explorations: "Reminisce Collection"</b> 29  1:30 Walking for Wellness  <b>2:00 Resident Birthday Bash with Mark on the Piano</b>  3:30 <i>Manicures &amp; Hand Massages</i>  <b>4:00 Bananagrams</b>  6:00 Cranium Crunches  7:00 How It's Made Series</p>	<p>10:30 Morning Gathering  <b>11:00 Lawn Games in the Courtyard</b> 30  1:30 Community Walking Club  <b>2:00 Chair Dance Yoga with Nanci</b>  <b>3:00 Pet Therapy Session w/Jasper</b>  3:30 <i>Gardening Club</i>  <b>4:00 Resident Council Meeting</b>  6:00 Tea &amp; Table Talks  7:00 Live in Concert: Tony Bennett</p>	<p><b>10:30 Fitness &amp; Fun with Meg</b> 31  <b>11:00 Lifeloop Explorations: "Cognitive Challenge"</b> 31  <b>2:00 Crafters Corner: "Everything Tie Dye"</b>  3:30 <i>Aromatherapy Session</i>  <b>4:00 Household Helpers</b>  6:00 Would You Rather Game  7:00 Friday Night Flick: Resident's Choice</p>	<div data-bbox="2750 1602 3030 1703">  Find us on: facebook. </div> <p>Follow us on Facebook  <b>Bridges by EPOCH</b>  at Andover  for photos, videos and more!</p>