

# 2024 May Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Peggy G. 5/3</b> <b>Sue C. 5/4</b> <b>Elaine T. 5/5</b> <b>Ron R. 5/14</b></p>	<p><b>Carol F. 5/15</b> <b>Maria P. 5/24</b> <b>Jewel K. 5/26</b> <b>Janet R. 5/28</b></p>		<p>10:00 Daily Chronicles &amp; News 10:30 Zumba Chair Exercise <b>11:15 Music Therapy with Steve Gintz</b> 1:00 Walking for Wellness 2:00 Afternoon Bingo Hour 2:30 Mindful Mandalas 3:00 Pita Chips &amp; Dip Refreshments 4:00 Courtyard Social 6:00 Evening Sing Along w Paula 7:10 MLB: Red Sox vs Giants</p>	<p>10:00 Learn Something New 10:30 Morning Stretch Session <b>11:00 Kentucky Derby Horse Racing</b> 2:00 Crafting Corner: "Kentucky Derby Hats" 2:30 MET Opera with Karen Anne 3:00 Yogurt &amp; Granola Refreshments 4:00 Kentucky Derby Coloring Group 6:00 YouTube Presents: "Seabiscuit: America's Legendary Racehorse"</p>	<p>10:30 Daily Chronicles &amp; Exercise <b>11:00 Teacher Appreciation Cards</b> 1:00 Courtyard Walking Club 2:00 Lifeloop Explorations 3:00 Peggy's Birthday Bash 4:00 YouTube Presents: "Sing Along with Brad" 6:00 Live Streaming Shabbat Temple Service 7:00 Game Show Night: "Family Feud"</p>	<p>10:00 Sit &amp; Be Fit Exercise 10:30 All About Kentucky Derby <b>11:00 Art Therapy with Bella</b> 1:00 Walking for Wellness 2:00 Live Performance: "Brian Kane on Saxophone" 2:30 Easy Listening: Glenn Miller 3:00 Sue's Birthday Bash 4:00 Kentucky Derby Coloring 6:45 Tune In: 2024 Kentucky Derby Race</p>
<p>10:00 Learn Something New <b>5</b> 10:30 Moving to Music Exercise 11:00 Live Streaming Catholic Mass 1:00 Courtyard Strolls 2:00 Cinco De Mayo Fiesta 2:30 Easy Listening: Doris Day 3:00 Elaine's Birthday Bash 4:00 Bridges Garden Club 6:00 Sunday Cinema 7:00 Evening Coloring Group</p>	<p>10:00 Daily Chronicles &amp; News 10:30 Zumba Chair Exercise <b>11:00 Music Therapy with Linda LaSalle</b> 1:00 Walking for Wellness 2:00 Crafting Corner: "Beaded Fairy Garden Stakes" 2:30 Relax &amp; Reminisce Hour 3:00 Orange Slice Refreshment Social 4:00 Manicures &amp; Nail Care 6:00 Mindful Mandalas with Melissa 7:00 YouTube Presents: "Road to Bali"</p>	<p>10:00 This Day in History 10:30 Moving to Music Exercise <b>11:00 Live Entertainment: "Joe Malone Presents"</b> 1:30 Harvard Alpaca Ranch Visits 2:30 Adult Coloring Group 3:00 Trail Mix Refreshments 4:00 Word Searches &amp; Crosswords 6:00 Evening Sing Along with Sharon 7:20 MLB: Red Sox vs Braves</p>	<p>10:00 A Visit from Golden Moment's Golden Retrievers <b>8</b> 11:30 Daily Chronicles &amp; Exercise 1:00 Outing: Scavenger Hunt Drive 2:00 Long Word Short Word 2:30 Easy Listening: Patsy Cline 3:00 Pita Chips &amp; Dip Refreshments 4:00 Uno with Emily 6:00 Netflix Presents: "The Hidden Lives of Pets" 7:00 Evening Word Searches</p>	<p>10:30 Learn Something New <b>11:00 Music Therapy Session with Linda LaSalle</b> <b>9</b> 11:15 Exercise with Engage 1:00 PBS Presents: Wild Yosemite 2:00 Bridges Cooking Club: "English Muffin Pizzas" 2:30 MET Opera with Karen Anne 3:00 Yogurt &amp; Granola Refreshments 4:00 Finish the Expression 6:00 YouTube Presents: "Mrs. Doubtfire"</p>	<p>10:00 Daily Chronicles &amp; News 10:30 Zumba Chair Exercise <b>11:00 Around the Clock Dice Game</b> 1:00 Walking for Wellness 2:00 Mother's Day Tea Party 3:00 Appetizers &amp; Mocktail Social 4:00 Word Searches &amp; Crosswords 6:00 Live Streaming Shabbat Temple Service 7:10 MLB: Red Sox vs Nationals</p>	<p>10:00 Daily Chronicles &amp; News 10:30 Chair Yoga Class <b>11:00 Parachute Volleyball</b> <b>11</b> 1:00 Courtyard Social 2:00 Afternoon Bingo with Bella 2:30 Relax &amp; Reminisce Hour 3:00 Music Therapy Club with Lexington High Students 4:10 MLB: Red Sox vs Nationals 6:00 Saturday Cinema</p>
<p>10:00 Daily Chronicles &amp; News 10:30 Moving to Music Exercise 11:00 Live Streaming Catholic Mass 1:35 MLB: Red Sox vs Nationals 2:00 Crafting Corner: "Mother's Day Art Hour" 3:00 Live Performance: "Valery The Tap Dancer" 4:00 Riddles &amp; Brain Teasers 6:00 Sunday Cinema 7:00 Evening Word Searches</p>	<p>10:00 Cardio Class with Ramon 11:00 Good News Network 1:00 Walking for Wellness 2:00 Bridges Cooking Club: "Sour Patch Grapes" 2:30 Adult Coloring Group 3:00 Apple &amp; Peanut Butter Social 4:00 Manicures &amp; Nail Care 6:00 Chats &amp; Check Ins with Melissa 7:00 Netflix Presents: "I Wanna Dance with Somebody"</p>	<p>10:00 Learn Something New 10:30 Daily Horoscopes <b>11:15 Exercise with Engage</b> <b>14</b> 1:00 Outing: Coffee at Paneras 2:00 Lifeloop Explorations 2:30 Easy Listening: The Rat Pack 3:00 Ron's Birthday Bash 4:00 Cranium Crunches 6:00 Courtyard Strolls with Sharon 7:10 MLB: Red Sox vs Rays</p>	<p>10:00 This Day in History 10:30 Moving to Music Exercise <b>11:15 Music Therapy with Steve Gintz</b> <b>15</b> 1:00 Bridges Gardening Group 2:00 Crafting Corner: "Decoupage Session" 2:30 Mindful Mandalas 3:00 Carol's Birthday Bash 4:00 Finish the Expression 6:00 Family Feud Game 7:00 Netflix Presents: "Life in Color"</p>	<p>10:00 Daily Chronicles &amp; News 10:30 Good News Network <b>11:15 Exercise with Engage</b> <b>16</b> 1:30 Communion with Kelly 2:00 Grab Your Ticket: "Movie Matinee" 3:00 Yogurt &amp; Granola Refreshments 4:00 You Be the Judge 6:00 Broadway Classics 7:00 Card Player's Club</p>	<p>10:00 This Day in History 10:30 Zumba Chair Exercise <b>11:00 Lifeloop Explorations</b> <b>17</b> 1:00 Biography on Betty White 2:00 Live Entertainment: "Denise Doucette Performs" 3:00 Appetizers &amp; Mocktail Social 4:00 Jumping Frogs Game 6:00 Live Streaming Shabbat Temple Service 7:00 Netflix Presents: "Greater"</p>	<p>10:00 Daily Chronicles &amp; News 10:30 Sit &amp; Be Fit Exercise <b>11:00 Armchair Travels: "The World's Hidden Gems"</b> <b>18</b> 1:00 Walking for Wellness 2:00 Jewelry Making Session 2:30 Adult Coloring Group 3:00 Cheese &amp; Cracker Refreshments 4:00 Courtyard Music Social 6:00 Saturday Cinema 7:15 MLB: Red Sox vs Cardinals</p>
<p>10:00 This Day in History 10:30 Moving to Music Exercise 11:00 Live Streaming Catholic Mass 1:00 Courtyard Strolls 2:00 Parachute Volleyball 2:30 Relax &amp; Reminisce Hour 3:00 Hummus &amp; Pita Bread Social 4:00 Finish the Expression 6:00 Sunday Cinema 7:00 One to One Connections</p>	<p>10:00 Daily Chronicles &amp; News 10:30 Zumba Chair Exercise <b>11:00 Bridges Bowling Hour</b> <b>20</b> 1:00 Walking for Wellness 2:00 Courtyard Gardening Club 2:30 Mindful Mandala's 3:00 Orange Slice Refreshment Social 4:00 Manicures &amp; Nail Care 6:00 Jewelry Making Session w/Melissa 7:00 Netflix Presents: "The Conners"</p>	<p>10:30 Daily Chronicles &amp; News <b>11:15 Exercise with Engage</b> <b>21</b> 1:00 PBS Presents: Hummingbirds 2:00 Live Performance: "Bill Seguin on Guitar" 2:30 Easy Listening: The Chordettes 3:00 Trail Mix Refreshments 4:00 Word Searches &amp; Crosswords 6:00 Chats &amp; Check Ins with Sharon 6:50 MLB: Red Sox vs Rays</p>	<p>10:00 Learn Something New 10:30 Zumba Chair Exercise <b>11:00 Lifeloop Explorations: "So Expensive"</b> <b>22</b> 1:00 Outing: Hasting's Park 2:00 Crafting Corner: "Clay Pinch Pots" 2:30 Relax &amp; Reminisce Hour 3:00 Pita Chips &amp; Dip Refreshments 4:00 Kid's Say the Darndest Things 6:00 Evening Sing Along with Paula</p>	<p>10:00 This Day in History 10:30 World's Weirdest: Foods <b>11:00 Music Therapy Session with Linda LaSalle</b> <b>23</b> 11:15 Exercise with Engage 1:00 Bridges Garden Club 2:00 May Birthday Celebration 2:30 MET Opera with Karen Anne 3:00 Yogurt &amp; Granola Refreshments 4:00 Courtyard Social 6:00 Netflix Presents: "Cats"</p>	<p>10:00 Daily Chronicles &amp; News 10:30 Zumba Chair Exercise <b>11:00 Live Karaoke &amp; Dance</b> <b>24</b> 1:00 Walking for Wellness 2:00 Bridges Cooking Club: "Apple Nachos" 3:00 Maria's Birthday Bash 4:00 Word Searches &amp; Crosswords 6:00 Live Streaming Shabbat Temple Service 7:10 MLB: Red Sox vs Brewers</p>	<p>10:00 Daily Chronicles &amp; News 10:30 Chair Yoga Class <b>11:00 Working with Watercolors</b> <b>25</b> 1:00 YouTube Presents: Bob Ross 2:00 Live Performance: "Mark Tavenner on Piano" 3:00 Cheese &amp; Cracker Social 4:10 MLB: Red Sox Brewers 6:00 Saturday Cinema 7:00 One to One Connections</p>
<p>10:00 Daily Chronicles &amp; News 10:30 Moving to Music Exercise 11:00 Live Streaming Catholic Mass 1:00 Courtyard Strolls 2:00 Live Entertainment: "Dan Kirouac Performs" 3:00 Jewel's Birthday Bash 4:00 Bridges Garden Club 6:00 Sunday Cinema 7:00 Easy Listening: Tony Bennett</p>	<p>10:00 This Day in History 10:30 Zumba Chair Exercise <b>11:00 Live Entertainment: "Josef Nocera Performs"</b> <b>27</b> 12:00 Memorial Day Barbecue 1:05 MLB: Red Sox vs Orioles 2:00 Memorial Day Crafting Corner 2:30 Mindful Mandalas 3:00 Apple &amp; Peanut Butter Social 4:00 Manicures &amp; Nail Care 6:00 Chats &amp; Check Ins with Melissa</p>	<p>10:00 Learn Something New 10:30 How It's Made <b>11:15 Exercise with Engage</b> <b>28</b> 1:00 Walking for Wellness 2:00 Live Performance: "Mark West on Piano" 3:00 Janet's Birthday Bash 4:00 Cranium Crunches 6:00 Courtyard Strolls with Sharon 7:00 Broadway Classics</p>	<p>10:00 Daily Chronicles &amp; News 10:30 Zumba Chair Exercise <b>11:00 Bingo Hour</b> <b>29</b> 1:00 Bridges Gardening Group 2:00 Mad Hatter Afternoon Tea Party 2:30 Adult Coloring Group 3:00 Pita Chips &amp; Dip Refreshments 4:00 Uno with Melissa &amp; Sharon 6:00 Evening Sing Along with Paula 7:00 Netflix Presents: "Legal Eagles"</p>	<p>10:00 This Day in History 10:30 Daily Horoscopes <b>11:15 Exercise with Engage</b> <b>30</b> 1:00 Courtyard Strolls 2:00 Crafting Corner: "Unique Garden Markers" 2:30 MET Opera with Karen Anne 3:00 Resident Council Meeting 4:00 Riddles &amp; Brain Teasers 6:00 Game Show Night</p>	<p>10:00 Cardio Class with Ramon 11:00 Daily Chronicles &amp; News 1:00 Outing: Bowling Tournament At Bridges Sudbury 2:00 Long Word Short Word 3:00 Appetizers &amp; Mocktail Social 4:00 Courtyard Social 6:00 Live Streaming Shabbat Temple Service 7:00 Netflix Presents: "Parenthood"</p>	