

# 2024 May Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Happy Birthday:</b></p> <p>Joe H. 5/3 Elaine P. 5/5 Toni T. 5/16 Helen A. 5/23 Lib B. 5/26</p>		<p><b>Bridges by EPOCH at Hingham for photos, videos and more!</b></p>	<p>9:30 Daily Chronicle 10:30 <b>Live Entertainment: "Frank Ryan Performs"</b> 1 1:30 Walking for Wellness 2:00 Crafters Corner: "Summer Suncatchers" 2:30 Toss &amp; Chat Trivia 3:00 Armchair Travel w/Rick Steves 3:30 Chair Tai Chi Exercise 4:30 Poetry Reading Hour 7:10 Watch Live: Red Sox vs. Giants</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 2 10:00 Outing: Spring Plant Shopping 11:00 Morning Gathering 1:30 Walking for Wellness 2:00 Movie Matinee: "Barbara" 2:30 Tabletop Games &amp; Fun 3:00 Reminiscing Session 3:30 Chair Dance Exercise 4:30 Coffee &amp; Chit Chat 6:30 Aromatherapy &amp; Relaxation</p>	<p>9:30 Daily Chronicle 10:00 <b>Barre Balance Fitness Class</b> 3 11:00 Who? What? Where? 1:30 Community Walking Club 2:00 <b>Cinco De Mayo Social</b> 2:30 Movement Made Fun 3:00 <b>Courtyard Games &amp; Fun</b> 3:30 <b>Cinco De Mayo Fun Facts</b> 4:30 <b>Card Player's Club</b> 7:10 Watch Live: Red Sox vs. Twins</p>	<p>9:30 Daily Chronicle 10:00 Morning Stretches 4 11:00 Lifeloop Explorations 1:10 Watch Live: Red Sox vs. Twins 1:30 Walking for Wellness 2:00 <b>Kentucky Derby Day Social</b> 2:30 Lifelong Learners 3:00 <b>Manicures &amp; Hand Massages</b> 3:30 Chair Yoga Exercise 4:30 <b>Puzzle Enthusiasts Club</b> 6:30 Rest &amp; Relaxation Hour</p>
<p>9:30 Daily Chronicle 10:00 <b>Live Entertainment: "Haven Veraguas on Piano"</b> 5 11:00 Sunday Mass Service 1:30 Community Walking Club 2:00 <b>Lemonade Social</b> 2:30 Adult Coloring Group 3:00 Bridges Bowlers Club 3:30 Afternoon Stretches 4:30 Short Stories Session 6:30 Nighttime Teatime</p>	<p>9:30 Daily Chronicle 10:00 Morning Gathering 6 10:30 <b>Yoga with Suzanne</b> 1:30 Community Walking Club 2:00 <b>Communion Distribution</b> 2:30 Tabletop Games &amp; Fun 3:00 Bridges Bakers Club: "Oreo Trifle" 4:00 Bakers Club Taste Test 4:30 Velvet Art Class 6:30 Card Player's Club</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 7 11:00 <b>Art Class with Mary</b> 1:30 Walking for Wellness 2:00 <b>Live Entertainment: "Mark Davis on the Piano"</b> 2:30 Bucket Ball Toss 3:00 <b>Outdoor Gardeners Club</b> 3:30 Movement Made Fun 4:30 Coffee &amp; Chit Chat 7:20 Watch Live: Red Sox vs.</p>	<p>9:30 Daily Chronicle 10:00 <b>Drum Circle w/Ed Sorrentino</b> 8 1:30 Walking for Wellness 2:00 Crafters Corner: "Summer Door Hangings" 2:30 History Session 3:00 Armchair Travel w/Rick Steves 3:30 Chair Tai Chi Exercise 4:30 Jewelry Making Hour 7:20 Watch Live: Red Sox vs.</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 9 10:00 Outing: Barecove Park Walk 11:00 <b>Red Hat Society Meeting</b> 1:30 Resident Council Meeting 2:00 Movie Matinee: "Flower Drum Song" 2:30 Puzzle Enthusiasts Club 3:00 Reminiscing Session 4:30 Poetry Reading Hour 6:30 Aromatherapy &amp; Relaxation</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 10 11:00 Memory Joggers Trivia 12:00 <b>Mother's Day Brunch</b> 1:30 Community Walking Club 2:00 <b>Apps &amp; Mocktails Social</b> 2:30 Working with Watercolors 3:00 <b>Courtyard Games &amp; Fun</b> 3:30 Movement Made Fun 4:30 Sing Along with Suzie Q. 7:10 Watch Live: Red Sox vs. Nationals</p>	<p>9:30 Daily Chronicle 10:00 Morning Stretches 11 11:00 Lifeloop: "Piggy Bankers" 1:30 Walking for Wellness 2:00 <b>Afternoon Bingo Hour</b> 2:30 Tabletop Games &amp; Fun 3:00 <b>Manicures &amp; Hand Massages</b> 3:30 Sit &amp; Be Fit Exercise 4:10 Watch Live: Red Sox vs. Nationals 4:30 Lifelong Learners 6:30 Rest &amp; Relaxation Hour</p>
<p>9:30 Daily Chronicle 10:00 Sunday Mass Service 12 10:30 Guided Meditation 1:30 <b>Live Entertainment: "Ted Powers Performs"</b> 2:00 Spring Bird Watching 2:30 <b>Mother's Day Tea Party</b> 3:00 History of Baseball 3:30 Jewelry Making Hour 4:30 Poetry Reading Session 6:30 Nighttime Teatime</p>	<p>9:30 Daily Chronicle 10:00 Morning Gathering 13 10:30 <b>Yoga with Suzanne</b> 1:30 Community Walking Club 2:00 <b>Communion Distribution</b> 2:30 Puzzle Enthusiasts Club 3:00 Bridges Bakers Club: "National Apple Pie Day" 4:00 Bakers Club Taste Test 4:30 Velvet Art Class 7:10 Watch Live: Red Sox vs. Rays</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 14 11:00 <b>Art Class with Mary</b> 1:30 Walking for Wellness 2:00 <b>Chaboom Exercise Class</b> 2:30 Toss &amp; Chat Trivia 3:00 <b>Outdoor Gardeners Club</b> 3:30 Courtyard Games &amp; Fun 4:30 Coffee &amp; Chit Chat 6:30 Card Player's Club 7:10 Watch Live: Red Sox vs. Rays</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 15 10:30 <b>Triva &amp; Tunes with John Fachy</b> 1:30 Walking for Wellness 2:00 Crafters Corner: "Canning Ring Suncatchers" 2:30 Giant Crossword Puzzles 3:00 Armchair Travel w/Rick Steves 3:30 Chair Tai Chi Exercise 4:30 Poetry Reading Hour 7:10 Watch Live: Red Sox vs. Rays</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 16 10:00 Outing: Coffee &amp; Donuts 11:00 <b>Live Entertainment: "Montello North Performing"</b> 1:30 Walking for Wellness 2:00 Movie Matinee: "An American in Paris" 3:00 Reminiscing Session 4:30 Coffee &amp; Chit Chat 7:10 Watch Live: Red Sox vs. Rays</p>	<p>9:30 Daily Chronicle 10:00 <b>Barre Balance Fitness Class</b> 17 11:00 Finish the Phrase 1:30 Community Walking Club 2:00 <b>Apps &amp; Mocktails Social</b> 3:00 Lifeloop: "Piggy Bankers" 3:30 Chair Dance Class 4:30 Tabletop Games &amp; Fun 6:30 Virtual Concert Series 7:15 Watch Live: Red Sox vs. Cardinals</p>	<p>9:30 Daily Chronicle 10:00 Morning Stretches 18 11:00 Lifeloop: "Trivia Challenge" 1:30 Walking for Wellness 2:00 <b>Afternoon Bingo Hour</b> 2:30 Adult Coloring Group 3:00 <b>Manicures &amp; Hand Massages</b> 3:30 Sit &amp; Be Fit Exercise 4:30 Lifelong Learners 6:15 Watch Live: Red Sox vs. Cardinals 6:30 Rest &amp; Relaxation Hour</p>
<p>9:30 Daily Chronicle 10:00 Sunday Mass Service 19 10:30 Guided Meditation 1:30 <b>Live Entertainment: "Paul &amp; Kelsey Perform"</b> 2:00 Spring Bird Watching 2:30 <b>Iced Tea Social</b> 3:00 Bridges Bowlers Club 3:30 Afternoon Stretches 4:30 Short Stories Sessions 6:30 Nighttime Teatime</p>	<p>9:30 Daily Chronicle 10:00 Morning Gathering 20 10:30 <b>Yoga with Suzanne</b> 1:30 Community Walking Club 2:00 <b>Communion Distribution</b> 2:30 Tabletop Games &amp; Fun 3:00 Bridges Bakers Club: "Strawberries &amp; Cream" 4:00 Bakers Club Taste Test 4:30 America's Funniest Home Videos 6:50 Watch Live: Red Sox vs. Rays</p>	<p>9:30 Daily Chronicle 10:00 <b>Catholic Mass w/Fr. Tom</b> 21 10:30 Bridges Fitness Class 11:00 <b>Art Class with Mary</b> 1:30 Walking for Wellness 2:00 <b>Senior Citizen Day Sundae Social</b> with Mark Davis on Piano 3:00 Courtyard Games &amp; Fun 3:30 <b>Outdoor Gardeners Club</b> 4:30 Coffee &amp; Chit Chat 6:50 Watch Live: Red Sox vs. Rays</p>	<p>9:30 Daily Chronicle 10:30 <b>Live Entertainment: "Mark West Pianist Performs"</b> 22 12:00 <b>Men's Luncheon with Kevin</b> 1:30 Walking for Wellness 2:00 Crafters Corner: "Painted Garden Rocks" 2:30 Penny Anty Game 3:00 Armchair Travel w/Rick Steves 4:00 Working with Watercolors 6:50 Watch Live: Red Sox vs. Rays</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 23 10:00 Outing: Nantasket Beach 11:00 <b>May Trivia Collection</b> 1:30 <b>May Birthday Party with Bill Burke Performing</b> 2:30 Sing Along w/ Suzie Q. 3:00 Reminiscing Session 3:30 Chair Dance Exercise 4:30 Poetry Reading Hour 6:30 Aromatherapy &amp; Relaxation</p>	<p>9:30 Daily Chronicle 10:00 <b>Barre Balance Fitness Class</b> 24 11:00 Tell Me a Joke 12:00 Memorial Day Cookout 2:00 <b>Apps &amp; Mocktails Social</b> 3:00 Lifeloop Explorations 3:30 Chair Yoga Class 4:30 Coffee &amp; Chit Chat 6:30 Virtual Concert Series 7:10 Watch Live: Red Sox vs. Brewers</p>	<p>9:30 Daily Chronicle 10:00 Morning Stretches 25 11:00 Lifeloop: "Ludacris Laws" 1:30 Walking for Wellness 2:00 <b>Afternoon Bingo Hour</b> 2:30 Adult Coloring Group 3:00 <b>Manicures &amp; Hand Massages</b> 3:30 Sit &amp; Be Fit Exercise 4:10 Watch Live: Red Sox vs. Brewers 4:30 Lifelong Learners 6:30 Rest &amp; Relaxation Hour</p>
<p>9:30 Daily Chronicle 10:00 Sunday Mass Service 26 10:30 Guided Meditation 1:30 Community Walking Club 2:00 <b>Lemonade Social</b> 2:30 Spring Bird Watching 3:00 Bridges Bowlers Club 3:30 <b>Live Entertainment: "Michael Leidig on the Piano"</b> 4:30 Documentary Hour</p>	<p>9:30 Daily Chronicle 10:00 Morning Gathering 27 10:30 <b>Yoga with Suzanne</b> 1:30 Community Walking Club 2:00 <b>Communion Distribution</b> 2:30 Giant Crossword Puzzles 3:00 Bridges Bakers Club: "Homemade Apple Dip" 4:00 Bakers Club Taste Test 4:30 Tabletop Games &amp; Fun 6:30 Card Player's Club</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 28 11:00 <b>Art Class with Mary</b> 1:30 Walking for Wellness 2:00 <b>Chaboom Exercise Class</b> 2:30 Toss &amp; Chat Trivia 3:00 <b>Outdoor Gardeners Club</b> 3:30 Courtyard Games &amp; Fun 4:30 Coffee &amp; Chit Chat 6:30 Aromatherapy &amp; Relaxation 6:35 Watch Live: Red Sox vs. Orioles</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 29 11:00 <b>Lifeloop: May Trivia Collection</b> 1:30 Walking for Wellness 2:00 Crafters Corner: "DIY Wooden Crafts" 2:30 History Session 3:00 Armchair Travel w/Rick Steves 3:30 Chair Tai Chi Exercise 4:30 Poetry Reading Hour 6:35 Watch Live: Red Sox vs. Orioles</p>	<p>9:30 Daily Chronicle 10:00 Bridges Fitness Class 30 11:00 <b>Live Entertainment: "Montello North Performing"</b> 1:30 Walking for Wellness 2:00 Movie Matinee: "Carousel" 2:00 Outing: Wildlife Center Tour 3:00 Reminiscing Session 3:30 Chair Yoga Exercise 4:30 Velvet Art Class 7:10 Watch Live: Red Sox vs. Tigers</p>	<p>9:30 Daily Chronicle 10:00 <b>Barre Balance Fitness Class</b> 31 11:00 Finish the Lyrics 1:30 Community Walking Club 2:00 <b>Apps &amp; Mocktails Social</b> 3:00 Lifeloop: "This is Jeopardy" 3:30 Chair Dance Exercise 4:30 Lifelong Learners 6:30 Virtual Concert Series 7:10 Watch Live: Red Sox vs. Tigers</p>	