



2024 May Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><i>Happy Mother's Day</i></p>	<p><i>Happy Birthday</i></p> <p>Helen P. May 15th</p>		<p>1</p> <p>10:00 Holy Communion 10:30 Chair Dancing Exercise 11:00 Mindful Meditation 11:15 Lifeloop Explorations: May Day 1:30 Bridges Open Golf 2:30 <i>Apps & Mocktails Social Hour</i> 3:00 <i>Porch Side Stories</i> 4:00 Manicures and Massages 6:00 The Best of The Lucy Show 7:10 MLB: Red Sox vs. The Giants</p>	<p>2</p> <p>10:15 Chair Fitness Exercise 10:30 Music Therapy w/Linda 11:00 <i>Good News Gathering</i> 11:15 Lifeloop Explorations: "Decades Trivia - 1970" 1:30 Bingo with Gary 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Joggin' the Noggin' Trivia</i> 4:00 Bird Feeding Brigade 6:00 Classic TV: The Golden Girls</p>	<p>3</p> <p>10:15 Lengthen & Tone Exercise 10:30 The Daily Chronicle 11:15 Lifeloop Explorations: "Name That Sound" 1:00 <i>Van Outing: Fire Department</i> 1:30 <i>Drum Ball Exercise Class</i> 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Riddles and Mysteries</i> 4:00 Bananagrams Game 6:00 Netflix Movie Special</p>	<p>4</p> <p>10:15 Be Well Fitness Class 11:00 This Day in History 11:15 Lifeloop Learning Series: "History of the Derby" 1:30 Kentucky Derby Day 2:10 MLB: Red Sox vs The Twins 2:30 <i>Mocktail Social Hour</i> 3:00 Large Crossword Puzzle 4:00 <i>Manicures and Mandalas</i> 6:00 Game Show Gathering</p>
<p>5</p> <p>10:30 <i>Live Entertainment: "Brian Kane On the Sax"</i> 11:30 Walking for Wellness 1:30 <i>Cinco De Mayo Celebration</i> 2:10 MLB: Red Sox vs Twins 2:30 <i>Light Refreshments Social</i> 3:00 <i>Porch Side Trivia</i> 3:15 <i>Short Story Sessions</i> 4:00 Manicures and Mandalas 6:00 Game Show Gathering</p>	<p>6</p> <p>10:15 Move and Groove Fitness 11:00 <i>Pet Therapy with Bella</i> 11:30 Lifeloop Explorations: "Guided Armchair Travel" 1:00 <i>Van Outing: Plant Shopping</i> 1:30 Men's Only Club 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Spa Lovers Hour</i> 4:00 <i>Tabletop Fun & Games</i> 6:00 Coffee and Conversation</p>	<p>7</p> <p>10:15 Sit and Be Fit Exercise 11:15 This Day in History 11:30 Teaching Tuesday: "Giraffes" 1:30 <i>Live Entertainment: "Valery the Tap Dancer"</i> 2:30 <i>Light Refreshments Social</i> 3:00 Bridges Book Club 4:00 Manicures and Massages 6:00 Coffee and Conversation 7:20 MLB: Red Sox @ Braves</p>	<p>8</p> <p>10:00 Holy Communion 10:30 Chair Dancing Exercise 11:00 Mindful Meditation 1:30 <i>Live Entertainment: "Jazz with the Rob Natoli Trio"</i> 2:30 <i>Apps & Mocktails Social Hour</i> 3:00 <i>Porch Side Trivia</i> 4:00 Walking for Wellness 6:00 The Best of Dick Van Dyke 7:20 MLB: Red Sox @ Braves</p>	<p>9</p> <p>10:30 – 11:45 <i>Mother's Day Brunch Family and Friends Event</i> 11:30 Walking for Wellness 1:30 Bingo with Gary 2:30 <i>Mocktail Social Hour</i> 3:00 Long Word Short Word 3:15 <i>Short Story Sessions</i> 4:00 Bird Feeding Brigade 6:00 Classic TV: The Lucy Show</p>	<p>10</p> <p>10:15 Lengthen & Tone Exercise 10:30 The Daily Chronicle 11:15 Lifeloop Explorations: "Rebus Puzzles" 1:30 <i>Live Entertainment: "Music with Violynne"</i> 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Shabbat with Rabbi Freeman</i> 4:00 Adult Coloring Group 6:00 Friday Netflix Special 7:10 MLB: Red Sox vs. Nationals</p>	<p>11</p> <p>10:15 Be Well Fitness Class 11:00 This Day in History 11:15 Lifeloop Learning Series: "First Ladies & Presidents" 1:45 <i>Live Entertainment: "Michael Leidig on Piano"</i> 2:30 <i>Mocktail Social Hour</i> 3:00 Bird Feeding Brigade 4:00 Short Story Sessions 6:00 The Best of Dick Van Dyke</p>
<p>12</p> <p>10:30 <i>Mother's Day Special: "Pat Hoye on the Guitar"</i> 11:30 <i>Carnations for the Moms</i> 1:30 <i>Mother's Day Spa Afternoon</i> 1:35 MLB: Red Sox vs. Nationals 2:30 <i>Light Refreshments Social</i> 3:00 <i>Riddles and Brain Teasers</i> 3:15 <i>Trivia lovers Hour</i> 4:00 <i>Spa Lovers Hour</i> 6:00 The Price is Right Episodes</p>	<p>13</p> <p>10:15 Move and Groove Fitness 11:00 <i>Pet Therapy with Bella</i> 11:30 Lifeloop Explorations 1:30 <i>Live Entertainment: "Mark West on Piano"</i> 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Porch Side Trivia</i> 4:00 Bird Feeding Brigade 6:00 Coffee and Conversation 7:10 MLB: Red Sox vs. Rays</p>	<p>14</p> <p>10:15 Sit and Be Fit Exercise 11:15 This Day in History 11:30 Teaching Tuesday: "Friendly Predators" 1:30 Ballet Barre Class with Starr 2:30 <i>Light Refreshments Social</i> 3:00 <i>Cocktail Hour Entertainment: "Music with Violynne"</i> 4:00 Manicures and Massages 7:10 MLB: Red Sox vs. Rays</p>	<p>15</p> <p>10:00 Holy Communion 10:30 Chair Dancing Exercise 11:00 Mindful Meditation 1:30 <i>May Birthday Bash: "Music by Patrick Durkin"</i> 2:30 <i>Apps & Mocktails Social Hour</i> 3:00 <i>Armchair Travel: NYC</i> 4:00 Bird Feeding Brigade 6:00 The Best of The Golden Girls 7:10 MLB: Red Sox vs. Rays</p>	<p>16</p> <p>10:15 Chair Fitness Exercise 10:30 Music Therapy w/Linda 11:15 Lifeloop Explorations: "Decades Trivia - 1960" 1:30 Bingo with Gary 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Biography Hour: "Frank Sinatra"</i> 4:00 <i>Porch Side Trivia</i> 6:00 Classic TV: The Golden Girls 7:10 MLB: Red Sox vs. Rays</p>	<p>17</p> <p>10:15 Lengthen & Tone Exercise 10:30 The Daily Chronicle 11:15 Lifeloop Explorations: "Spot the Difference" 1:30 Raised Garden Bed Planting 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Porch Side Stories</i> 3:15 <i>Cranium Crunch Trivia</i> 4:00 Mindful Mandalas 6:00 Coffee and Conversation</p>	<p>18</p> <p>10:15 Be Well Fitness Class 11:00 This Day in History 11:15 Lifeloop Learning Series: "Great Arts Explained" 1:30 Cornhole Tournament 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Porch Side Trivia</i> 3:15 <i>Joggin' the Noggin' Trivia</i> 4:00 Manicures and Mandalas 7:15 MLB: Red Sox @ Cardinals</p>
<p>19</p> <p>10:30 <i>Live Entertainment: "Bill Shontz Performs"</i> 11:30 Walking for Wellness 1:30 <i>Painting for a Cause "Longest Day Hiking Program"</i> 2:15 MLB: Red Sox @ Cardinals 2:30 <i>Light Refreshments Social</i> 3:15 <i>Manicures and Massages</i> 4:00 Courtyard Walking Group 6:00 Family Feud Episodes</p>	<p>20</p> <p>10:15 Move and Groove Fitness 11:00 <i>Pet Therapy with Bella</i> 11:30 Lifeloop Explorations: Armchair Travel: "Mykonos" 1:30 <i>Live Entertainment: "Dave Andrews on the Guitar"</i> 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Porch Side Stories</i> 3:15 <i>Long Word Short Word</i> 4:00 <i>Drama Lovers Club</i></p>	<p>21</p> <p>10:15 Sit and Be Fit Exercise 11:15 This Day in History 11:30 Teaching Tuesday: "Underwater Creatures" 1:30 International Tea Day: "Tea Party and Tasting" 2:30 <i>Light Refreshments Social</i> 3:00 Bridges Book Club 4:00 Manicures and Massages 6:50 MLB: Red Sox vs. Rays</p>	<p>22</p> <p>10:00 Holy Communion 10:30 Chair Dancing Exercise 11:00 Mindful Meditation 1:30 <i>Live Entertainment: "P.E. James Performs"</i> 2:30 <i>Apps & Mocktails Social Hour</i> 3:00 <i>Biography: "Liam Neeson"</i> 4:00 Bananagrams Game 6:00 The Best of The Lucy Show 6:50 MLB: Red Sox vs. Rays</p>	<p>23</p> <p>10:15 Chair Fitness Exercise 11:00 <i>Good News Gathering</i> 11:15 Lifeloop Explorations: "What Did It Cost?" 1:30 Bingo with Gary 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Biography: "Rex Harrison"</i> 3:15 <i>Porch Side Stories</i> 4:00 <i>Tabletop Fun & Games</i> 6:00 Classic TV: Mary Tyler Moore</p>	<p>24</p> <p>10:15 Lengthen & Tone Exercise 10:30 The Daily Chronicle 11:15 Lifeloop Explorations: "Fun with Idioms" 1:30 <i>Live Entertainment: "Patrick Hoye on Guitar"</i> 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Shabbat with Rabbi Freeman</i> 4:00 Mindful Mandalas 6:50 MLB: Red Sox vs. Brewers</p>	<p>25</p> <p>10:15 Be Well Fitness Class 11:00 This Day in History 11:15 Lifeloop Learning Series: "Armchair Travel: Asia" 1:30 <i>Live Entertainment: "Jeff Thomas Sings"</i> 2:30 <i>Mocktail Social Hour</i> 3:00 Large Crossword Puzzle 3:15 <i>Drama Lovers Club</i> 4:00 Fun and Table Games 6:00 The Best of Dick Van Dyke</p>
<p>26</p> <p>10:15 Sit and Be Fit Exercise 11:00 Quote of the Day 11:15 Lifeloop Explorations: "Word Grid Game" 1:30 Sunday Movie Matinee: "Mrs. Doubtfire" 1:35 MLB: Red Sox vs. Brewers 2:30 <i>Light Refreshments Social</i> 3:00 <i>Manicures and Massages</i> 4:00 Lifeloop Word Games 6:00 Game Show Gathering</p>	<p>27</p> <p>10:00 <i>Coffee and Groove Fitness</i> 11:00 <i>Pet Therapy with Bella</i> 11:30 Lifeloop Explorations: "Memorial Day Reflections" 1:30 <i>Memorial Day Entertainment: "Piano with Jack Coleman"</i> 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Short Story Sessions</i> 4:00 <i>Tabletop Fun & Games</i> 6:00 Coffee and Conversation</p>	<p>28</p> <p>10:15 Sit and Be Fit Exercise 11:15 This Day in History 11:30 Teaching Tuesday: "African Animals" 1:30 <i>Live Entertainment: "Ballroom Dancing w/Michael"</i> 2:30 <i>Light Refreshments Social</i> 3:00 <i>Armchair Travel: "Hotel Safari in Africa"</i> 4:00 Manicures and Massages 6:35 MLB: Red Sox vs. Orioles</p>	<p>29</p> <p>10:00 Holy Communion 10:30 Chair Dancing Exercise 11:00 Mindful Meditation 11:15 Resident Council Meeting 1:30 <i>Animal Therapy Adventures: "Harvard Alpaca Visit"</i> 2:30 <i>Apps & Mocktails Social Hour</i> 3:00 <i>Porch Side Stories</i> 4:00 Bird Watching Brigade 6:00 <i>The Best of The Lucy Show</i> 6:35 MLB: Red Sox vs. Orioles</p>	<p>30</p> <p>10:15 Chair Fitness Exercise 10:30 Music Therapy Session with Linda 11:00 <i>Good News Gathering</i> 11:15 Lifeloop Explorations: "Hidden Object" 1:30 Bingo with Gary 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Biography: "Clark Gable"</i> 4:00 Manicures and Massages 6:00 Classic TV: The Golden Girls</p>	<p>31</p> <p>10:15 Lengthen & Tone Exercise 10:30 The Daily Chronicle 11:15 Lifeloop Explorations: "Rebus Puzzles" 2:00 Bridges Bowling Tournament: "Sudbury vs. Lexington" 2:30 <i>Mocktail Social Hour</i> 3:00 <i>Porch Side Reminiscing</i> 4:00 Courtyard Walking Group 6:00 Friday Night Flick</p>	



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