


# 2024 May Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Community Outings:</b></p> <p>Open Door Tea 5/6</p> <p>Harborview Market 5/14</p> <p>Main Street Creamery 5/16</p> <p>Beach Lunch at Garys 5/21</p> <p>Twin Brooks Park 5/28</p>	<p><b>Community Outings:</b></p> <p>Open Door Tea 5/6</p> <p>Harborview Market 5/14</p> <p>Main Street Creamery 5/16</p> <p>Beach Lunch at Garys 5/21</p> <p>Twin Brooks Park 5/28</p>	<p><b>Save the Date and Join Us:</b></p> <p>Kentucky Derby Party 5/2</p> <p>Cinco de Mayo Happy Hour 5/3</p> <p>Mother's Day Portraits 5/10</p> <p>Mother's Day Lunch 5/12</p> <p>Memorial Day BBQ 5/23</p>	<p>10:00 Verse of The Day</p> <p>10:45 <b>Art Therapy with Sophie</b> 1</p> <p>11:15 May Day with Lifeloop</p> <p>1:00 May Fitbit Challenge</p> <p>2:00 <b>Live Entertainment:</b> "Violin Renditions with Albert"</p> <p>2:15 Classical Music Playlist</p> <p>4:00 <b>Be Well Fitness Class</b></p> <p>6:35 MLB: Yankees vs Orioles</p>	<p><b>Happy Birthday Gelsomina</b></p> <p>10:30 <b>Creative Arts Class:</b> "DIY Derby Hats" 2</p> <p>11:15 Puzzle Enthusiast Group</p> <p>1:00 MLB: Yankees vs Orioles</p> <p>1:45 <b>Live Entertainment:</b> "Music with Nick Fradiani"</p> <p>3:00 <b>Birthdays Celebration</b> 5:00 – 7:00 <b>Kentucky Derby Party with Live Entertainment: Duo Billy &amp; Doug</b></p>	<p>10:00 Morning Gathering</p> <p>11:00 <b>Bridges Book Club</b> 3</p> <p>11:15 Wild Koala Day with Lifeloop</p> <p>1:30 <b>Balance Barre Fitness Class</b></p> <p>2:00 Tune in: Aussie Animals</p> <p>2:45 <b>Cinco de Mayo Fiesta with Live Mariachi Band:</b> "Perla de Michoacan"</p> <p>4:00 Courtyard Stroll</p> <p>6:00 May IQ Quiz</p>	<p>10:00 Morning Horoscopes</p> <p>11:00 <b>Live Entertainment:</b> "The Sedgwick Sisters" 4</p> <p>11:15 Pastimes: Firehouses</p> <p>1:00 May Fitbit Challenge</p> <p>2:00 <b>Lifeloop Trivia Collection:</b> "Aquatic Animals"</p> <p>2:30 150<sup>th</sup> Kentucky Derby</p> <p>4:00 <b>Sit and Stretch Exercises</b></p> <p>6:00 Saturday Cinema</p>
<p>10:00 Sunday Service</p> <p>11:00 <b>Live Entertainment:</b> "SBW Cello Studio" 5</p> <p>11:15 Spiritual Hymns Sing Along</p> <p>1:00 Walking for Wellness</p> <p>2:00 <b>Afternoon Bingo Hour</b></p> <p>2:15 Latin Jukebox Session</p> <p>4:00 <b>Be Well Fitness Class</b></p> <p>6:00 Card Player's Club</p>	<p>10:00 Morning Affirmations</p> <p>11:00 <b>Resistance Band Exercises</b> 6</p> <p>11:15 National Nurses Day</p> <p>1:00 May Fitbit Challenge</p> <p>1:45 <b>Live Entertainment:</b> "Tunes with Tony V."</p> <p>2:15 Jazz &amp; Blues Jukebox</p> <p>4:00 <b>Trivia Collection:</b> "Pouched Animals"</p> <p>6:00 Five Trivia Challenge</p>	<p>10:00 Quote of The Day</p> <p>11:00 <b>Creative Arts Class:</b> "DIY Bird Houses" 7</p> <p>11:15 Susie Q: School Days</p> <p>1:00 Courtyard Stroll</p> <p>1:30 <b>Balance Fitness Agility Class</b></p> <p>2:15 Board Game Classics</p> <p>4:00 <b>Rosary with Becky</b></p> <p>6:00 Famous May Birthdays Word Search Group</p>	<p>10:00 Morning Toss and Chat</p> <p>11:00 <b>Seated Fitness Class</b> 8</p> <p>11:15 Pastimes: Baking</p> <p>1:00 Walking for Wellness</p> <p>2:00 <b>Cooking with Gary</b></p> <p>2:15 Lifeloop Tablet Freestyle</p> <p>3:30 Adult Coloring Group</p> <p>4:00 <b>Chair Travel: Mexico</b></p> <p>6:00 Card Player's Group</p>	<p>10:00 On This Day</p> <p>11:00 <b>Mother's Day Brunch</b> 9</p> <p>11:15 Music &amp; Relaxation Hour</p> <p>1:00 May Fitbit Challenge</p> <p>2:00 <b>Tai Chi Exercises with Ann</b></p> <p>2:15 Moscato Day with Lifeloop</p> <p>4:00 <b>Afternoon Bingo Hour</b></p> <p>6:00 Therapeutic Coloring Pages</p>	<p>10:00 Morning Music Motivation</p> <p>11:00 <b>Virtual Concert Series:</b> "The Rat Pack" 10</p> <p>11:15 Therapeutic Coloring Pages</p> <p>1:30 <b>Balance Barre Fitness Class</b></p> <p>2:00 Reminisce: House Pets</p> <p>2:45 <b>Happy Hour with Live Entertainment: "Bob G."</b></p> <p>4:00 Courtyard Stroll</p> <p>6:00 Haiti Word Search</p>	<p>10:00 Verse of The Day</p> <p>11:00 <b>Raquet Ball Session</b> 11</p> <p>11:15 Tune in: Golf Tournaments</p> <p>1:00 May Fitbit Challenge</p> <p>2:00 <b>Mother's Day Bingo</b></p> <p>2:15 Chair Travel: "Hiking Vlogs"</p> <p>4:00 <b>Lifeloop Trivia Collection: May</b></p> <p>6:00 Bridges Reader's Group</p>
<p><b>Happy Mother's Day</b> 12</p> <p>10:00 Sunday Service</p> <p>11:00 <b>Spiritual Hymns Sing Along</b></p> <p>12:00 <b>Mother's Day Luncheon</b></p> <p>1:00 Tune In: MLB Games</p> <p>1:30 <b>Afternoon Spa Day</b></p> <p>2:15 Music and Relaxation Hour</p> <p>4:00 <b>Be Well Fitness Class</b></p> <p>6:00 Katherine Hepburn Word Search</p>	<p>10:00 On This Day</p> <p>11:00 <b>A Visit From</b> 13 <i>The Little Petting Zoo</i></p> <p>11:15 Live Webcams: Kitty Cam</p> <p>1:00 Walking for Wellness</p> <p>1:45 <b>Live Entertainment:</b> "Karaoke with Leigh"</p> <p>2:15 Lifeloop Tablet Freestyle</p> <p>4:00 <b>Afternoon Bingo Hour</b></p> <p>6:00 Therapeutic Coloring Pages</p>	<p>10:00 Self Love Affirmations</p> <p>10:30 <b>Live Entertainment:</b> 14 "Song Favorites with Fred"</p> <p>11:15 WAAC Day with Lifeloop</p> <p>1:00 Outing: Harborview Market</p> <p>1:30 <b>Balance Fitness Agility Class</b></p> <p>2:15 Word Search and Puzzles</p> <p>4:00 <b>Rosary with Becky</b></p> <p>6:00 Rhode Island Word Search</p>	<p>10:00 Quote of The Day</p> <p>11:00 <b>Sit and Be Fit Exercises</b> 15</p> <p>11:15 Comedy Corner: Funny Pets</p> <p>1:00 Afternoon Courtyard Stroll</p> <p>1:45 <b>Live Entertainment:</b> "The Occasional Players"</p> <p>2:15 Board Game Classics</p> <p>4:00 <b>Lifeloop Explorations:</b> "Endangered Species"</p> <p>6:00 Working with Watercolors</p>	<p>10:00 Walking for Wellness</p> <p>11:00 <b>Garden Club with Meliz</b> 16</p> <p>11:15 Morning Music Motivation</p> <p>1:00 MLB: Yankees vs Twins</p> <p>1:15 Outing: Main Street Creamery</p> <p>2:00 <b>Rhythm in Motion with Kristie</b></p> <p>2:15 Throwback Thursday: "Film Favorites"</p> <p>4:00 <b>Creative Arts: Spring Scenes</b></p> <p>6:00 Twin Word Challenge</p>	<p>10:00 On This Day</p> <p>10:30 Resident Council Meeting</p> <p>11:00 <b>Bridges Book Club</b> 17</p> <p>1:30 <b>Balance Barre Fitness Class</b></p> <p>2:00 LGBTQ+ History</p> <p>2:45 <b>Happy Hour with Live Entertainment: Double Vision</b></p> <p>4:00 Music and Relaxation Hour</p> <p>6:00 Friday Night Movie Marathon</p>	<p><b>Happy Birthday Bernadette</b> 18</p> <p>10:00 Morning Courtyard Stroll</p> <p>10:45 <b>Live Entertainment:</b> "Larry Batter on the Keys"</p> <p>11:15 Patriotic Sing Along</p> <p>1:00 MLB: Yankees vs White Sox</p> <p>2:00 <b>Afternoon Bingo Hour</b></p> <p>3:00 <b>Birthdays Celebration</b></p> <p>4:00 Chair Fitness Exercise</p> <p>6:00 Mindful Mandalas</p>
<p>10:00 Sunday Service</p> <p>11:00 <b>Spiritual Hymns Sing Along</b> 19</p> <p>11:15 Tennis Month with Lifeloop</p> <p>1:00 Tune In: MLB Games</p> <p>2:00 <b>Trivia Collection:</b> "Sports and Leisure"</p> <p>2:15 Sunday at the Memories</p> <p>4:00 <b>Be Well Fitness Class</b></p> <p>6:00 Sunday Cinema: Netflix</p>	<p><b>Happy Birthday Judy S.</b> 20</p> <p>10:00 Morning Gathering</p> <p>11:00 <b>Seated Volleyball</b></p> <p>11:15 Animal Rescue Webcam</p> <p>1:00 May Fitbit Challenge</p> <p>1:45 <b>Live Entertainment:</b> "Sing Along with Jack"</p> <p>3:00 <b>Birthdays Celebration</b></p> <p>4:00 <b>Afternoon Bingo Hour</b></p> <p>6:00 Pacific Northwest Trail Search</p>	<p>10:00 On This Day</p> <p>11:00 <b>Creative Arts Class:</b> 21 "DIY Bird Feeders"</p> <p>11:15 Beach Music Playlist</p> <p>1:00 Outing: Beach Lunch at Gary's</p> <p>1:30 <b>Balance Fitness Agility Class</b></p> <p>2:15 Card Player's Group</p> <p>4:00 <b>Rosary with Becky</b></p> <p>6:00 Music &amp; Relaxation Hour</p>	<p>10:00 Today's News</p> <p>11:00 <b>Parachute Arm Exercises</b> 22</p> <p>11:15 Lifeloop Tablet Freestyle</p> <p>1:00 Walking for Wellness</p> <p>2:00 <b>Afternoon Bingo Hour</b></p> <p>2:15 Mindful Mandalas</p> <p>4:00 <b>Lifeloop Explorations:</b> "Victoria Day"</p> <p>6:00 Board Game Classics</p>	<p>10:00 Walking for Wellness</p> <p>11:00 <b>Garden Club</b> 23</p> <p>11:15 World Turtle Day</p> <p>12:00 <b>Memorial Day BBQ with Live Entertainment: "Jim S."</b></p> <p>2:00 <b>Tai Chi Exercises with Ann</b></p> <p>2:15 Puzzle Enthusiast Group</p> <p>4:00 <b>Trivia Collection:</b> "Resident's Choice"</p> <p>6:00 Throwback Thursday: Music</p>	<p>10:00 Discussion Group: Spring</p> <p>11:00 <b>A Visit From</b> 24 <i>The Little Petting Zoo</i></p> <p>11:15 Karaoke Favorites</p> <p>1:00 May Fitbit Challenge</p> <p>1:30 <b>Balance Barre Fitness Class</b></p> <p>2:00 Short Story Session</p> <p>4:00 <b>Afternoon Bingo Hour</b></p> <p>6:00 Therapeutic Coloring Pages</p>	<p><b>Happy Birthday Ed</b> 25</p> <p>10:00 This Day in History</p> <p>11:00 <b>Seated Chair Fitness</b></p> <p>11:15 Tune in: Tap Dancing</p> <p>1:00 Walking for Wellness</p> <p>2:00 <b>Afternoon Bingo Hour</b></p> <p>3:00 <b>Birthdays Celebration</b></p> <p>4:00 Afternoon Courtyard Stroll</p> <p>6:00 May Word Search Group</p>
<p>10:00 Sunday Service</p> <p>11:00 <b>Indianapolis 500</b> 26</p> <p>11:15 Spiritual Hymns Sing Along</p> <p>1:00 Tune In: MLB Games</p> <p>2:00 <b>Manicures &amp; Hand Massages</b></p> <p>2:15 Sunday at the Memories</p> <p>4:00 <b>Be Well Fitness Class</b></p> <p>6:00 Sunday Cinema: "Based on True Stories"</p>	<p><b>Memorial Day</b> 27</p> <p>10:00 Memorial Day History</p> <p>11:00 <b>Seated Chair Fitness</b></p> <p>11:15 Pastimes: Memorials</p> <p>1:00 May Fitbit Challenge</p> <p>2:00 <b>Afternoon Bingo Hour</b></p> <p>2:15 Sing Along Songbook</p> <p>4:00 <b>Tune In:</b> "Holiday Movie Marathon"</p> <p>6:00 Grilling Word Challenge</p>	<p>10:00 Garden Club</p> <p>11:00 <b>Creative Arts Class:</b> 28 "Mosaic Flowerpots"</p> <p>11:15 Polka &amp; Walts Jukebox</p> <p>1:00 Outing: Twin Brooks Park</p> <p>1:30 <b>Balance Fitness Agility Class</b></p> <p>2:15 Classic Radio Show</p> <p>4:00 <b>Rosary with Becky</b></p> <p>6:00 Brain Games</p>	<p><b>Happy Birthday Ruth</b> 29</p> <p>10:00 On This Day</p> <p>11:00 <b>Move and Groove Fitness</b></p> <p>11:15 Lifeloop Tablet Freestyle</p> <p>1:00 Walking for Wellness</p> <p>2:00 <b>Live Entertainment:</b> "Music with Billy &amp; Doug"</p> <p>3:00 <b>Birthdays Celebration</b></p> <p>4:00 <b>Afternoon Bingo Hour</b></p> <p>6:00 Outdoor Crossword Search</p>	<p>10:00 Garden Club</p> <p>11:00 <b>Live Entertainment:</b> 30 "Jams with Johnny P."</p> <p>12:00 <b>Men's Club Luncheon with Gary</b></p> <p>1:00 May Fitbit Challenge</p> <p>2:00 <b>Cooking with Gary</b></p> <p>2:15 May Fitbit Challenge</p> <p>4:00 <b>Be Well Fitness Class</b></p> <p>6:00 Therapeutic Coloring Pages</p>	<p>10:00 May Fitbit Challenge</p> <p>11:00 <b>Bridges Book Club</b> 31</p> <p>11:15 Spring Humor</p> <p>1:30 <b>Balance Barre Fitness Class</b></p> <p>2:00 Comedy Corner: Funny Videos</p> <p>2:45 <b>Happy Hour with Live Entertainment:</b> "Music with Mike Nigretti"</p> <p>4:00 Courtyard Stroll</p> <p>6:00 Flashback Friday: TV Series</p>	<p><b>Facebook</b> Find us on: facebook</p> <p>Follow us on Facebook Bridges by EPOCH at Trumbull for photos, videos and more!</p>