

# 2024 May Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Outings:</b></p> <p>5/7 Panera Coffee &amp; Pastries 5/15 Butterfly Palace 5/20 Valley Wild Book Store 5/31 Kimball Farms</p>		<p><i>Happy Birthday</i></p> <p>Andrew H. 5/5 Patrie W. 5/7 John C. 5/7 Gloria L. 5/23 Anne M. 5/24 Barbara F. 5/30</p>	<p>10:30 Good News &amp; Happenings 10:45 <b>Meal for A Mission w/ Chef Tom</b> 11:00 <b>Live Entertainment: "Peter Previte Performs"</b></p> <p>1:30 Friendship Circle 2:00 Adult Coloring Group 2:30 <b>Lifeloop: Word Games</b> 4:00 <b>Fun and Table Games</b> 7:00 Way Back Movie Choice</p>	<p>10:30 The Daily Scoop 10:45 Lifeloop Explorations: "Armchair Travel" 11:00 <b>Drum Fit w/ Gretchen</b> 1:30 Relaxation Hour 2:00 Spring Forward Walking Club 2:30 <b>Garden Gurus Club</b> 4:00 <b>Puzzlers Corner</b> 6:00 Netflix Series Night</p>	<p>10:30 NVHS Students Visit 10:45 DIY Bird Feeders 11:45 <b>Engage Fitness Fun with Meg</b> 1:30 Body Clock Boost 2:30 Special Event Set Up Crew 3:30 <b>Cinco De Mayo Happy Hour</b> 4:00 Table Mural Creation 7:00 Friday Friendship Flix</p>	<p>10:30 The Daily Scoop 10:45 Lighthearted Discussions 11:00 <b>Weekend Warrior Workout</b> 1:30 <b>Courtyard Connections</b> 2:30 <b>Lifeloop Explorations: "Kentucky Derby Bingo"</b> 4:00 Aces Alliance Card Club 6:00 Saturday Night Cinema</p>
<p>10:30 Religious Fellowship 10:45 Hymn's for The Soul 11:00 <b>Exploring Lifeloop</b> 1:30 Talk of The Town 2:30 Silver Strength Stretch 4:00 May Flower Mandalas 6:00 Hulu Happenings</p>	<p>10:30 This Day in History 10:45 Lifeloop Explorations: "This or That" 11:45 <b>Engage Fitness Fun with Meg</b> 1:30 Conversation Card Ques 2:00 Body Clock Boost 2:30 <b>Live Entertainment: "Eric Baldwin Duo Performs"</b> 4:00 <b>Afternoon Bingo Hour</b></p>	<p>10:30 The Daily Chronicle 10:45 Lifeloop: Name That Tune 11:00 <b>Praying the Rosary with Blessed Trinity</b> 1:30 Friendship Circle 2:00 <b>Outing: Iced Coffee &amp; Pastries</b> 2:30 <b>Zumba Exercise Class with Carol</b> 4:00 <b>Karaoke Hour with Cindy</b> 6:00 Wind Down with Alexis 7:00 Netflix Presents: Romcom Film</p>	<p>10:30 Good News &amp; Happenings 10:45 Morning Stretch 11:00 <b>Live Entertainment: "Denise Doucette"</b> 1:30 Walking Club 2:00 Lifeloop Explorations 2:30 <b>Chair Yoga Class with Nancy</b> 4:00 <b>Fun and Table Games</b> 7:00 Way Back Movie Choice</p>	<p>10:30 <b>Mother's Day Brunch</b> 11:30 <b>Honoring Our Mothers</b> 1:30 Relaxation Hour 2:00 <b>Light Stretch and Catch</b> 2:30 <b>Live Entertainment: "Jim Porcella Performs"</b> 4:00 <b>Card Game: Higher or Lower</b> 6:00 Netflix Series Night</p>	<p>10:30 NVHS Students Visit 10:45 Spring Sports Tourney 11:45 <b>Engage Fitness Fun with Meg</b> 2:00 Body Clock Boost 2:30 <b>Live Entertainment: "Marti Sawyer Performs"</b> 3:30 <b>Guys and Dolls Happy Hour</b> 4:00 <b>Watercolor Works</b> 7:00 Friday Friendship Flix</p>	<p>10:30 The Daily Scoop 10:45 Meaningful Conversation 11:00 <b>Golden Notes Rehearsal</b> 1:30 <b>Courtyard Connections</b> 2:30 <b>Lifeloop Explorations: "Afternoon Bingo Hour"</b> 4:00 Polished Perfection 6:00 Saturday Night Cinema</p>
<p>10:30 Religious Fellowship 10:45 Hymn's for The Soul 11:00 <b>Exploring Lifeloop</b> 1:30 Watch Live: Red Sox vs Nationals 2:30 Weekend Warrior Workout 4:00 Teacup Mandalas 6:00 Hulu Happenings</p>	<p>10:30 This Day in History 10:45 Lifeloop Explorations: "Word Games" 11:45 <b>Engage Fitness Fun with Meg</b> 1:00 <b>Golden Moments Dog Visits</b> 2:00 Spring Forward Walking Club 2:30 <b>Craft Class with Amy</b> 4:00 <b>Afternoon Bingo Hour</b> 6:00 Monday Night Musical</p>	<p>10:30 The Daily Chronicle 10:45 Lifeloop: Objects in Room 11:00 <b>Blessed Trinity Mass w/ Communion</b> 1:30 Friendship Circle 2:00 Lifeloop: Weather Trivia 2:30 <b>Zumba Exercise Class with Carol</b> 4:00 <b>Tie Dye in Jays Way for Charity</b> 6:00 Wind Down with Alexis 7:00 Netflix Presents: Romcom Film</p>	<p>10:30 Good News &amp; Happenings 10:45 <b>Outing: Butterfly Palace</b> 11:00 <b>Live Entertainment: "The Nature Connection Visits"</b> 1:30 Walking Club 2:00 Lifeloop Explorations 2:30 <b>Live Entertainment "Mark Tavenner The Tie Guy"</b> 4:00 <b>Fun and Table Games</b> 7:00 Way Back Movie Choice</p>	<p>10:30 The Daily Scoop 10:45 Lifeloop Explorations: "Armchair Travel" 11:00 <b>Flying High Dog Show</b> 1:30 Relaxation Hour 2:00 <b>Chair Volley Challenge</b> 2:30 <b>Live Entertainment: "Brian Kane Performs"</b> 4:00 <b>Card Game: Higher or Lower</b> 6:00 Netflix Series Night</p>	<p>10:30 NVHS Students Visit 10:45 Creative Artists Class 11:45 <b>Engage Fitness Fun with Meg</b> 1:45 Body Clock Boost 2:30 <b>Live Entertainment: "Marianne Talty"</b> 3:30 <b>TGIF Happy Hour</b> 4:00 Pencil Drawings 7:00 Friday Friendship Flix</p>	<p>10:30 The Daily Scoop 10:45 Meaningful Conversations 11:00 <b>Golden Notes Rehearsal</b> 1:30 <b>Courtyard Connections</b> 2:30 <b>Lifeloop Explorations: "Afternoon Bingo Hour"</b> 4:00 Aces Alliance Card Club 6:00 Saturday Night Cinema</p>
<p>10:30 Religious Fellowship 10:45 Hymn's for The Soul 11:00 <b>Exploring Lifeloop</b> 1:30 Talk of The Town 2:30 Silver Strength Stretch 4:00 Automobile Mandalas 6:00 Hulu Happenings</p>	<p>10:30 This Day in History 10:45 Lifeloop Explorations: "Match Up Game" 11:00 <b>Golden Notes Patriotic Concert</b> 1:30 Conversation Card Ques 2:00 <b>Outing: Valley Wild Book &amp; Coffee</b> 2:30 <b>Silver Foxes Men's Club w/ Dan</b> 4:00 <b>Afternoon Bingo Hour</b> 6:00 Monday Night Musical</p>	<p>10:30 The Daily Chronicle 10:45 Lifeloop: Family Feud 11:00 <b>Praying the Rosary with Blessed Trinity</b> 1:30 Friendship Circle 2:00 Spring Forward Walking Club 2:30 <b>Zumba Exercise Class with Carol</b> 4:00 <b>Tuesday Trivia Hour</b> 6:00 Wind Down with Alexis 7:00 Netflix Presents: Romcom Film</p>	<p>10:30 Good News &amp; Happenings 10:45 Morning Stretch 11:00 <b>McDonnys Farm Visits</b> 1:30 Walking Club 2:00 Lifeloop Explorations 2:30 <b>Chair Yoga Class with Nancy</b> 4:00 <b>Resident Council Meeting</b> 7:00 Way Back Movie Choice</p>	<p>10:30 The Daily Scoop 10:45 Lifeloop: "Armchair Travel" 11:00 <b>Bridges Canvas Painting</b> 1:30 Light Stretch and Catch 2:30 <b>Move and Groove with Laura</b> 4:00 <b>Fun and Table Games</b> 6:00 Netflix Series Night</p>	<p>10:30 NVHS Students Visit 10:45 Patriotic Plaque 11:45 <b>Engage Fitness Fun w/ Meg</b> 1:30 Lifeloop Explorations: "Busy Brain Trivia" 2:00 Body Clock Boost 2:30 <b>Live Entertainment "Carol Wing Performs"</b> 3:30 <b>Memorial Day Celebration</b> 4:00 Gel Pen Mandalas</p>	<p>10:30 The Daily Scoop 10:45 Meaningful Conversations 11:00 <b>Weekend Warrior Workout</b> 1:30 <b>Courtyard Connections</b> 2:30 <b>Lifeloop Explorations: "Afternoon Bingo Hour"</b> 4:00 Polished Perfection 6:00 Saturday Night Cinema</p>
<p>10:30 Religious Fellowship 10:45 Hymn's for The Soul 11:00 <b>Exploring Lifeloop</b> 1:30 Talk of The Town 2:30 Weekend Warrior Workout 4:00 Sports Mandalas 6:00 Hulu Happenings</p>	<p>10:30 This Day in History 10:45 Lifeloop Explorations: "Card Games" 11:45 <b>Engage Fitness Fun with Meg</b> 1:30 Conversation Card Ques 2:00 Spring Forward Walking Club 2:30 <b>May Birthday's Celebration</b> 4:00 <b>Afternoon Bingo Hour</b> 6:00 Monday Night Musical</p>	<p>10:00 <b>Live Entertainment "Mark West on the Piano"</b> 11:00 <b>Praying the Rosary with Blessed Trinity</b> 1:30 Friendship Circle 2:00 Household Humor 2:30 <b>Zumba Exercise Class with Carol</b> 4:00 <b>Tie Dye in Jays Way for Charity</b> 6:00 Wind Down with Alexis</p>	<p>10:30 Good News &amp; Happenings 10:45 Morning Stretch 11:00 <b>Live Entertainment: "Brian Henderson Performs"</b> 1:30 Walking Club 2:00 Lifeloop Explorations 2:30 <b>Chair Yoga Class with Nancy</b> 4:00 <b>Fun and Table Games</b> 7:00 Way Back Movie Choice</p>	<p>10:30 The Daily Scoop 10:45 Lifeloop Explorations: "Armchair Travel" 11:00 <b>Card Collections w/ Chef Tom</b> 1:30 Relaxation Hour 2:00 <b>Bridges Westford "Movie Cinema"</b> 4:00 <b>Card Game: Higher or Lower</b> 6:00 Netflix Series Night</p>	<p>10:30 NVHS Students Visit 10:45 The Nashoba Games 11:45 <b>Engage Fitness Fun with Meg</b> 1:30 Lifeloop Explorations: "Busy Brain Trivia" 2:00 Body Clock Boost 2:30 <b>Outing: Kimball Farms</b> 3:30 <b>Block Party Happy Hour</b> 4:00 Gel Pen Mandalas 7:00 Friday Friendship Flix</p>	<p>10:30 The Daily Scoop 10:45 Meaningful Conversations 11:00 <b>Weekend Warrior Workout</b> 1:30 <b>Courtyard Connections</b> 2:30 <b>Lifeloop Explorations: "Afternoon Bingo Hour"</b> 4:00 Polished Perfection 6:00 Saturday Night Cinema</p>



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