



# 2024 May Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>Happy Mother's Day!</b> 10:15 Morning News 10:30 Religious Services <b>5</b> 10:30 Fitness & Balance 2:00 MLB: Red Sox vs Twins 2:30 Live Entertainment: "Dave A. Plays Guitar" 3:30 Puzzle Enthusiasts Group 4:00 Walkers Group 6:00 Netflix Movie	<b>Community Outings:</b>  Highfield Halls & Gardens 5/1 Cape Beach Excursion 5/8 Falmouth Lighthouse 5/15 Dowse's Beach 5/22 Cape Cod Canal Walk 5/29	 <b>Happy Birthday Marie E.</b> Marie E. 5/7 Carol S. 5/17 Pamela C. 5/24 Mardi S. 5/30	10:15 Morning News 10:30 Fitness & Balance <b>1</b> 10:30 Lifeloop: Music w/Mary 1:00 Outing: Highfield Halls 2:30 Afternoon Bingo Hour 3:30 Refreshments & Social 4:00 Lifeloop Tablet Games 7:00 MLB: Red Sox vs Giants	10:15 Daily Chronicle News 10:30 Morning Chair Yoga <b>2</b> 10:30 Eversound Music Favorites 1:30 MLB: Red Sox vs Giants 2:30 Travel the World: Europe with Chocolate Croissants 4:00 Eversound - Frank Sinatra 6:00 Documentary: "Bob Hope"	10:15 Morning News 10:30 Fitness Made Fun <b>3</b> 10:30 Lifeloop: Music Classics 1:00 Nail Care & Hand Massages 2:30 Cinco De Mayo Fiesta 3:30 Punch & Chips Social 4:00 Puzzle Enthusiasts Group 6:00 Evening Entertainment: "Dave V. Sings"	10:15 Morning News 10:30 Stretch & Move <b>4</b> 10:30 Lifeloop: Broadway Tunes 2:00 MLB: Red Sox vs Twins 2:30 Live Entertainment: "Rick Walsh Sings" 3:30 Scrabble Player's Group 4:00 Afternoon Walkers Group 6:00 Movie Night: Oklahoma
10:15 Morning News 10:30 Religious Services <b>5</b> 10:30 Fitness & Balance 2:00 MLB: Red Sox vs Twins 2:30 Live Entertainment: "Dave A. Plays Guitar" 3:30 Puzzle Enthusiasts Group 4:00 Walkers Group 6:00 Netflix Movie	10:15 Morning News 10:30 Chair Volley Fitness <b>6</b> w/Upper Cape Students 1:00 Afternoon Walking Club 2:30 Live Entertainment: "Ken Badger Plays Piano" 3:30 Eversound Elvis Music 4:00 Twist-Text Computer Game 6:00 Movie Night	<b>Happy Birthday Marie E.</b> 10:15 Daily News <b>7</b> 10:30 Fitness & Trivia 10:30 Lifeloop 50's Music 1:00 Visit w/Sparky the Golden 2:30 Expressive Arts Class 3:30 Refreshments & Social 4:00 Tablet Games	10:15 Daily News 10:30 Fitness & Songs <b>8</b> 10:30 Lifeloop: Broadway Tunes 1:00 Outing: Cape Beach 2:00 Relaxing Massages w/Susan 2:30 Afternoon Bingo Hour 3:30 Puzzle Enthusiasts Group 4:00 Uno Card Games 6:00 Documentary: Planet Earth	10:00 Art with Wendi 10:30 Morning Chair Yoga <b>9</b> 10:30 Lifeloop Explorations 1:00 Poems & Stories w/Mimi 2:00 Live Entertainment: "Judy & Barry Sing" 3:30 Refreshments & Social 4:00 Trivia Knowledge 6:00 Concert: "Andre' Rui"	10:15 Morning News 10:00 Crafting Hour with <b>10</b> Upper Cape Students 1:00 Scrabble Player's Group 2:30 Travel the World with Homemade Cookies 4:00 Afternoon Walkers Group 7:00 MLB: Red Sox vs Nationals	10:15 Morning News 10:30 Stretch & Move <b>11</b> 10:30 Lifeloop Explorations: "Oldies Songs" 1:00 Nail Care & Hand Massages 2:30 Fun and Table Games 4:00 MLB: Red Sox vs Nationals 6:00 Netflix Movie
<b>Happy Mother's Day!</b> 10:30 Religious Services <b>12</b> 10:30 Fitness & Trivia 1:00 Walk for Wellness 2:00 Live Entertainment: "Manny Linda Sing" 3:00 Mother's Day Desserts 4:00 Doris Day Classics 6:00 Concert Series: Barbara S.	10:15 Morning News 10:30 Fitness & Trivia <b>13</b> 10:30 Lifeloop Music Classics 1:00 Adult Coloring Group 2:00 Live Entertainment: "Mark Plays Piano" 3:30 Hummus & Crackers Social 4:00 Walk for Wellness 7:00 MLB: Red Sox vs Rays	10:15 Daily News 10:30 Fitness & Songs <b>14</b> 10:30 Lifeloop Broadway Tunes 1:00 Wellness Chat w/Chris 2:30 Spring Crafting Hour 3:30 Adult Coloring Group 4:00 Eversound Tony Bennett 7:00 MLB: Red Sox vs Rays	10:15 Daily Chronicle News 10:30 Fitness & Balance <b>15</b> 10:30 Lifeloop: Karaoke Favorites 1:00 Outing: Falmouth Lighthouse 2:30 Live Entertainment: "Julie Charland Sings" 3:30 Puzzle Enthusiasts Group 4:00 Walking for Wellness 7:00 MLB: Red Sox vs Rays	10:15 Chronicle News 10:30 Barre Fitness & Yoga <b>16</b> 10:30 Fitness & Balance Exercise 1:00 Poems & Stories w/Mimi 2:30 Live Entertainment: "Tony Rocks Plays Guitar" 4:00 Afternoon Walkers Group 7:00 MLB: Red Sox vs Rays	<b>Happy Birthday Carol S.</b> 10:00 Art w/Wendi <b>17</b> 10:30 Fitness Made Fun 10:30 Lifeloop: Easy Listening 1:00 Scrabble Player's Group 2:30 Afternoon Bingo Hour 3:30 Eversound Easy Listening 4:00 Uno Card Games 6:00 Resident Movie Choice	10:15 Morning News 10:30 Stretch & Move <b>18</b> 10:30 Lifeloop: Tablet Music 1:00 Game of Checkers 2:00 Live Entertainment: "Gary Honky Tonk Paino" 3:30 Refreshments & Social 4:00 Ring Toss Game 7:00 MLB: Red Sox vs Cardinals
10:15 Morning News 10:30 Religious Services <b>19</b> 10:30 Fitness Fun & Songs 2:00 MLB: Red Sox vs Cardinals 2:30 Afternoon Bingo Hour 3:30 Social & Refreshments 4:00 Adult Coloring Group 6:00 Family Feud Game Night	10:15 Daily News 10:30 Fitness & Songs <b>20</b> 10:30 Lifeloop Fitness w/Mary 1:00 Scrabble Player's Group 2:30 Travel & Trivia: Tropics with Fresh Fruit Tarts 4:00 Walking for Wellness 7:00 MLB: Red Sox vs Rays	10:15 Daily News 10:30 Fitness Made Fun <b>21</b> 10:30 Lifeloop Chair Exercises 1:00 Catholic Mass w/Deacon 1:15 Visit w/Sparky the Golden 2:30 Expressive Arts Class 3:30 Adult Coloring Group 4:00 Concert: Andre' Rui 7:00 MLB: Red Sox vs Rays	10:15 Daily Chronicle News 10:30 Fitness & Trivia <b>22</b> 10:30 Lifeloop: 1940's Music 1:00 Outing: Dowse's Beach Trip 2:30 Live Entertainment: "Dave V. on Keyboards" 3:30 Refreshments & Social 4:00 Nail Care & Hand Massages	10:15 Morning News 10:30 Morning Chair Yoga <b>23</b> 10:30 Lifeloop: Oldies Sing Along 1:00 Nail Care & Hand Massages 2:00 Mashpee Singing Group 3:30 Walking for Wellness 4:00 Nancy Plays the Harp 6:00 Netflix Movie	<b>Happy Birthday Pamela C.</b> 10:30 Fitness & Balance <b>24</b> 10:30 Lifeloop: Country Classics 1:00 Scrabble Player's Group 2:00 Live Entertainment: "Rob & Marco Play Piano" 3:30 Fresh Fruit Trifle Social 4:00 Chair Volleyball 7:00 MLB: Red Sox vs Brewers	10:15 Morning News 10:30 Stretch & Move <b>25</b> 10:30 Lifeloop Explorations 1:00 Walking for Wellness 2:30 Afternoon Bingo Hour 3:30 Adult Coloring Group 4:00 MLB: Red Sox vs Brewers 6:00 Netflix Movie
10:15 Morning News 10:30 Religious Services <b>26</b> 10:30 Fitness Made Fun 1:30 MLB: Red Sox vs Brewers 2:30 Variety of Games 3:30 Eversound Easy Listening 4:00 Ring Toss Game 6:00 Wheel of Fortune	<b>Memorial Day!</b> 10:15 Morning News <b>27</b> 10:30 Fitness & Balance 10:30 Lifeloop: Patriotic Songs 1:00 MLB: Red Sox vs Orioles 2:30 Travel & Trivia with Patriotic Songs & Cupcakes 4:00 Virtual Concert: "Yankee Doodle Dandy" 6:00 Resident Choice Movie	10:15 Daily Chronicle 10:30 Chair Volleyball <b>28</b> 10:30 Lifeloop Songs w/Mary 1:00 Resident Council Meeting 2:30 Afternoon Bingo Hour 3:30 Puzzle Enthusiasts Group 4:00 Walking for Wellness 6:30 MLB: Red Sox vs Orioles	10:15 Daily Chronicle 10:30 Fitness Made Fun <b>29</b> 10:30 Lifeloop Chair Fitness 1:00 Outing: Cape Cod Canal 2:30 Travel the World with Strawberry Short Cake 4:00 Walking for Wellness 6:00 MLB: Red Sox vs Orioles	<b>Happy Birthday Mardi S.</b> 10:15 Daily News <b>30</b> 10:30 Morning Chair Yoga 10:30 Lifeloop: Oldies Sing Along 1:00 Nail Care & Hand Massages 2:30 Karaoke Sing Along 4:00 Afternoon Walkers Group 7:00 MLB: Red Sox vs Tigers	10:15 Daily Chronicle 10:30 Balance & Fitness <b>31</b> 10:30 Eversound Dean Martin 1:00 Scrabble Player's Group 2:30 Planting Seeds for Gardens 4:00 Nok Hockey Tabletop Game 7:00 MLB: Red Sox vs Tigers	



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