


2024 May Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Happy Birthday: Jean S. 5/3 Marie M. 5/11 Charles B. 5/12 Francis S. 5/13 Patricia R. 5/14 Pamela N. 5/18</p>						
<p>10:30 This Day in History 10:45 Be Well Fitness Class 5 11:15 Live Streaming of Catholic Mass 1:30 Walking for Wellness 2:00 Lifeloop Explorations: "All About Cinco de Mayo" 2:10 Watch Live: Red Sox vs Twins 3:30 Apps & Mocktails Social Hour 4:00 Word Searches & Crosswords 6:00 Card Player's Club 7:00 Puzzle Enthusiast Group</p>	<p>10:30 Morning Gathering 10:45 Quote of the Day 6 11:15 Mobility Plus with Engage 1:30 Word Puzzles & Brain Games 2:00 Afternoon Bingo Hour 2:30 Board Game Classics 3:30 Apps & Mocktails Social Hour 4:00 Community Walking Club 6:00 Music and Relaxation Hour 7:00 Netflix Series Night</p>	<p>10:30 Morning Gathering 10:45 Learn Something New Today 7 11:15 Creative Arts Class: "A Gift for Our Teachers" 1:30 Classic Comedy Hour 2:00 Courtyard Gardening Club 2:30 Adult Coloring Group 3:30 Apps & Mocktails Social Hour 4:00 Afternoon Stroll 6:00 Fun and Table Games w/Mellisa 7:20 MLB: Red Sox vs Braves</p>	<p>10:30 This Day in History 10:45 Sit and Be Fit Exercise 1 11:15 Lifeloop Explorations: "Seasonal Trivia Collection" 1:30 Community Walking Club 2:00 Table Tennis 2:30 Backyard Bird Watching 3:30 Short Stories Session 4:00 Virtual Concert Series: "Dolly Parton" 6:00 Watercolor Wednesday with Pam</p>	<p>10:30 Learn Something New Today 10:45 Move and Groove Exercise 2 11:15 Test Your Knowledge: "Potpourri Trivia Challenge" 1:30 Green Thumbs Club 2:00 Backyard Fun and Games 2:30 Funny Jokes & Riddles 3:30 Classic TV Collection Series: "The Lucy Show" 4:00 Manicures & Hand Massages 6:00 Coffee & Chit Chat Hour w/Bekah</p>	<p>10:30 Morning Gathering 10:45 Daily Chronicle 3 11:15 Mobility Plus with Engage 1:30 Community Walking Club 2:30 Cinco de Mayo Celebration 2:30 Cinco de Mayo Fun Facts 3:30 Board Game Classics 4:00 Word Puzzles & Brain Games 6:00 Fun and Table Games 7:00 Friday Night Flick</p>	<p>10:15 Morning Gathering 10:30 Daily Chronicle 4 11:00 Chair Yoga Class with Debbie 1:30 Walking for Wellness 2:00 Collage Making Hour with Pam 2:30 Adult Coloring Group 3:30 Saturday Smoothies Social Hour 4:00 The Story of Secretariat 6:00 Watch Live: The 150th Kentucky Derby 7:00 Saturday Night Film Festival</p>
<p>10:30 Learn Something New Today 10:45 Move & Groove Exercise 12 11:15 Non-Denominational Church Service with Fern 1:35 Watch Live: Red Sox vs Nationals 2:00 Live Entertainment: "Mother's Day Special w/Marti" 2:30 Mindful Mandalas 3:30 Apps & Mocktails Social Hour 4:00 Reminisce: Life as a Mom 6:00 Short Story Session</p>	<p>10:30 Morning Gathering 10:45 Quote of the Day 13 11:15 Mobility Plus with Engage 1:30 Word Puzzles & Brain Games 2:00 In the Kitchen w/Life Enrichment: "Feta Spinach Bacon Puffs" 2:30 Board Game Classics 3:30 Apps & Mocktails Social Hour 4:00 Community Walking Club 6:00 Avid Reader's Corner 7:10 Watch Live: Red Sox vs Rays</p>	<p>10:15 Morning Gathering 10:30 Daily Chronicle 14 11:00 zClub Fitness Class with Dawn 1:30 Classic Comedy Hour 2:00 Live Entertainment: "Trivia and Tunes with Vin" 2:30 Adult Coloring Group 3:30 Apps & Mocktails Social Hour 4:00 Green Thumbs Club 6:00 Fun and Table Games w/Mellisa 7:10 Watch Live: Red Sox vs Rays</p>	<p>10:15 Morning Gathering 10:30 Learn Something New Today 15 11:00 Steps in Time Ballroom Dancing 1:30 Community Walking Club 2:00 Minute to Win It 2:30 Backyard Bird Watching 3:30 Yoga Dancing Tai Chi with Jan 4:00 Virtual Concert Series: "Shania Twain" 6:00 Watercolor Wednesday with Pam 7:10 Watch Live: Red Sox vs Rays</p>	<p>10:15 This Day in History 10:30 Chair Fitness Exercise 16 11:00 Live Entertainment: "Denise Doucette Performs" 1:30 Green Thumbs Club 2:30 Ladies Only Afternoon Tea Party 2:45 Funny Jokes & Riddles 3:30 Classic TV Collection Series: "I Dream of Jeannie" 4:00 Manicures & Hand Massages 6:00 Coffee & Chit Chat Hour w/Bekah</p>	<p>10:30 Morning Gathering 10:45 Learn Something New Today 17 11:15 Mobility Plus with Engage 1:30 Community Walking Club 2:00 Name That Tune 2:30 Men's Coffee and Candor Club 3:30 Freshly Baked Cookies Social 4:00 Word Puzzles & Brain Games 6:00 Fun and Table Games 7:00 Friday Night Flick</p>	<p>10:15 Morning Gathering 10:30 Daily Chronicle 18 11:00 Chair Yoga Class with Debbie 1:30 Walking for Wellness 2:00 Lifeloop Explorations: "Trivia of the Decades" 2:30 Adult Coloring Group 3:30 Saturday Smoothies Social Hour 4:00 Armchair Travel w/Rick Steves 6:00 Game Show Gathering 7:10 Watch Live: Red Sox vs Cardinals</p>
<p>10:30 Daily Chronicle 10:45 Move & Groove Exercise 19 11:15 Live Streaming of Catholic Mass 1:30 Walking for Wellness 2:00 Working with Watercolors 2:30 Mindful Mandalas 3:30 Apps & Mocktails Social Hour 4:00 Scrabble Player's Group 6:00 Great Works of Art 7:00 Puzzle Enthusiast Group</p>	<p>10:30 Morning Gathering 10:45 This Day in History 20 11:15 Mobility Plus with Engage 1:30 Word Puzzles & Brain Games 2:00 Live Entertainment: "On the Piano with Nancy Day" 2:30 Board Game Classics 3:30 Apps & Mocktails Social Hour 4:00 Community Walking Club 6:00 Classical Composer Hour 7:00 Netflix Series Night</p>	<p>10:30 This Day in History 10:45 Chair Fitness Exercise 21 11:15 Spiritual Service w/Chaplain John 1:30 Classic Comedy Hour 2:00 Creative Arts Class: "Mason Jar Floral Vase" 2:30 Adult Coloring Group 3:30 Apps & Mocktails Social Hour 4:00 Green Thumbs Club 6:00 Fun and Table Games w/Mellisa 6:50 MLB: Red Sox vs Rays</p>	<p>10:15 Learn Something New Today 10:30 Sit and Be Fit Exercise 22 11:00 Live Entertainment: "Josef Nocera Performs" 1:30 Community Walking Club 2:00 Resident Council Meeting 2:30 Backyard Bird Watching 3:30 Yoga Dancing Tai Chi with Jan 4:00 Virtual Concert Series: "Johnny Cash" 6:00 Watercolor Wednesday with Pam</p>	<p>10:15 Learn Something New Today 10:30 Morning Stretch 23 11:00 Pet Therapy Session with Finley 1:30 Green Thumbs Club 2:00 May Birthday Bash with Gary Landgren on Piano 2:30 What is Your Horoscope? 3:30 Classic TV Collection Series: "The Dick Van Dyke Show" 4:00 Manicures & Hand Massages 6:00 Coffee & Chit Chat Hour w/Bekah</p>	<p>10:30 Morning Gathering 10:45 Quote of the Day 24 11:15 Mobility Plus with Engage 1:30 Community Walking Club 2:00 Memorial Day Celebration 2:30 Mindful Mandalas 3:30 Freshly Baked Cookies Social 4:00 Word Puzzles & Brain Games 6:00 Fun and Table Games 7:10 MLB: Red Sox vs Brewers</p>	<p>10:15 Morning Gathering 10:30 This Day in History 25 11:00 Chair Yoga Class with Debbie 1:30 Walking for Wellness 2:00 Live Entertainment: "On the Piano with Dan Kirouac" 2:30 Household Helpers 3:30 Saturday Smoothies Social Hour 4:10 MLB: Red Sox Brewers 6:00 Game Show Gathering 7:00 Saturday Night Film Festival</p>
<p>10:30 Quote of the Day 10:45 Be Well Fitness Class 26 11:15 Lifeloop Explorations: "How Much Did It Cost?" 1:35 Watch Live: Red Sox vs Brewers 2:00 Songs of the Spirit with Fern 2:30 Mindful Mandalas 3:30 Apps & Mocktails Social Hour 4:00 Poetry Lover's Group 6:00 You Be the Judge 7:00 Puzzle Enthusiast Group</p>	<p>10:30 Morning Gathering 10:45 Learn Something New Today 27 11:15 Mobility Plus with Engage 1:05 MLB: Red Sox vs Orioles 2:00 Live Entertainment: "Getting Jazzy with Brian Kane" 2:30 Reminisce: Memorial Day 3:30 Patriotic Social Hour 4:00 Community Walking Club 6:00 Household Helpers 7:00 Netflix Series Night</p>	<p>10:15 Morning Gathering 10:30 Daily Chronicle 28 11:00 zClub Fitness Class with Dawn 1:30 Classic Comedy Hour 2:00 Live Entertainment: "Tap Dancing with Valery" 2:30 Adult Coloring Group 3:30 Apps & Mocktails Social Hour 4:00 Green Thumbs Club 6:00 Fun and Table Games w/Mellisa</p>	<p>10:15 This Day in History 10:30 Morning Stretch 29 11:00 Live Entertainment: "Bill Seguin Performs" 1:30 Community Walking Club 2:00 Table Tennis 2:30 Backyard Bird Watching 3:30 Yoga Dancing Tai Chi with Jan 4:00 Virtual Concert Series: "Barbara Streisand" 6:00 Watercolor Wednesday with Pam</p>	<p>10:30 Quote of the Day 10:45 Be Well Fitness Class 30 11:15 In the Kitchen w/Life Enrichment: "Homemade Healthy Fruit Pops" 1:30 Green Thumbs Club 2:00 Bridges Theater Presents: "Footloose" 3:30 Classic TV Collection Series: "The Mary Tyler Moore Show" 4:00 Word Puzzles and Brain Teasers 6:00 Coffee & Chit Chat Hour w/Bekah</p>	<p>10:30 Morning Gathering 10:45 Daily Chronicle 31 11:15 Mobility Plus with Engage 1:30 Community Walking Club 2:00 Meridian Music Therapy Session 2:30 Mindful Mandalas 3:30 Freshly Baked Cookies Social 4:00 Word Puzzles & Brain Games 6:00 Fun and Table Games 7:00 Friday Night Flick</p>	



Follow us on Facebook
Bridges by EPOCH
at Nashua
for photos, videos
and more!