

# 2024 May Life Enrichment Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>Daniel Lee 5/15</b> <b>Janice Ginotti 5/16</b> <b>Kevin O'Leary 5/19</b></p>	<p>10:15 Daily Chronicle 10:30 Strength and Balance 10:30 <i>Outing: "Stew Leonard"</i> 10:45 <b>Live Entertainment: "Rockin' with Steve"</b> 1:30 <b>DIY Crafts: "Mother's Day Cards"</b> 2:00 Group Sing Along 3:00 <b>Refreshments and Social Hour</b> 4:00 Table Bowling 6:00 Comedy Movie Night</p>	<p>10:15 Daily Chronicle 10:30 Movin' and Groovin' 11:30 <i>Sing Along with Suzie</i> 1:30 <b>Afternoon Teatime</b> 1:45 Silent Disco 3:00 <b>Refreshments and Social Hour</b> 3:30 <b>Fitness Fun with Lisa</b> 4:00 Afternoon Stroll 6:00 Mystery Movie Night 7:00 Music and Relaxation Hour</p>	<p>10:15 This Day in History 10:30 Chair Dancing to the Oldies 11:00 Drum Circle Session 1:30 <b>Art Class with Colleen</b> 2:30 <b>Cinco de Mayo Fiesta "Margaritas and Maracas"</b> 3:00 <b>HAPPY HOUR – Cinco de Mayo</b> 4:30 <i>Hand Massages &amp; Nail Care</i> 6:00 Game Show Network 7:00 Meditation and Relaxation</p>	<p>10:15 Remember When 10:30 Morning Exercise 10:30 <b>Kentucky Derby Live Broadcast (HH)</b> 11:00 Prize BINGO 1:45 <b>Live Entertainment: "Sedgewick Sisters Perform"</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Self-Care Saturday 6:00 Netflix Night</p>
<p>10:00 Religious Service 10:45 Strength and Balance 11:00 <b>Sunday Sing-along</b> 1:15 <i>Lifeloop Explorations: "Cranium Crunches"</i> 2:00 Did You Know? 2:30 You Be the Judge 3:00 <b>Refreshments and Social Hour</b> 4:00 Community Walking Club 6:00 Sunday Night Sports Talk</p>	<p>10:15 This Day in History 10:30 Sit and Be Fit Exercise 11:00 Music Circle 1:30 <b>Musicals and Broadway Trivia</b> 2:00 <b>Live Entertainment: "Lynn Lewis Performs"</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Meditation and Relaxation 6:00 Classic Evening Film 7:00 Music and Relaxation Hour</p>	<p>10:15 Did You Know? 10:30 Fun Fitness Exercise Class 10:45 <b>Balance Barre Fitness w/Lisa</b> 10:45 Prize BINGO 1:30 <b>Bridges Bakers: "Patriotic Yogurt Parfaits"</b> 2:00 You Be the Judge 3:00 <b>Refreshments and Social Hour</b> 4:00 Puzzle Enthusiast Group 6:00 Travel Movie Night</p>	<p>10:15 Daily Chronicle 10:30 Sit and Be Fit Exercise 10:30 <i>Outing: Coffee and Donuts</i> 10:45 Patriotic Sing Along 1:30 <b>Arts and Crafts: "Finish the Poppy Painting"</b> 3:00 <b>Refreshments and Social Hour</b> 3:45 Chair Yoga with Natalia 6:00 Comedy Movie Night 7:00 Music and Relaxation Hour</p>	<p>10:15 Daily Chronicle 10:30 Chair Yoga Class 11:00 <i>Making Music with Instruments</i> 1:30 <b>Mother's Day Family Portraits</b> 1:30 <b>DIY Craft Hour: Flower Arranging</b> 1:45 <i>Lifeloop Explorations: Armchair Travel to NYC</i> 3:00 <b>Refreshments and Social Hour</b> 3:30 <b>Fitness Fun with Lisa</b> 6:00 Mystery Movie Night</p>	<p>10:15 This Day in History 10:30 Chair Zumba Exercise 11:00 Drum Circle Session 1:30 <b>Ice Cream Social</b> 2:30 <i>Lifeloop Explorations: "Arm Chair Travel"</i> 3:00 <b>HAPPY HOUR – Mother's Day</b> 4:30 <i>Hand Massages &amp; Nail Care</i> 6:00 Game Show Network 7:00 Music and Relaxation Hour</p>	<p>10:15 Remember When 10:30 Morning Exercise 11:00 Prize BINGO 1:30 <i>Past and Present: "How Much Did It Cost?"</i> 1:45 <b>Live Entertainment: "Steve K Performs"</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Self-Care Saturday 6:00 Netflix Night</p>
<p>10:00 Religious Service 10:45 Strength and Balance 11:00 <b>Sunday Sing Along</b> 1:15 <i>Lifeloop Explorations: "Cranium Crunches"</i> 1:45 <b>Live Entertainment: "Sing Along with Billy G"</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Community Walking Club 6:00 Sunday Night Sports Talk</p>	<p>10:15 Did You Know? 10:30 <b>Chair Yoga Class</b> 11:00 Prize Bingo 1:30 Memory Lane Fun Trivia 2:00 <b>Fun in the Sun: "Gardening Club"</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Meditation and Relaxation 6:00 Classic Evening Film 7:00 Music and Relaxation Hour</p>	<p><b>Happy Birthday Janice</b> 10:15 This Day in History 10:30 Sit and Be Fit Exercise 10:45 <b>Balance Barre Fitness w/Lisa</b> 10:45 Prize BINGO 1:30 <b>Beach Volleyball</b> 1:45 <b>Live Entertainment: "Songs of the Blue Notes"</b> 3:00 <b>Tropical Drinks on the Beach</b> 4:00 Puzzle Enthusiast Group 6:00 Travel Movie Night</p>	<p><b>Happy Birthday Dan</b> 10:15 Daily Chronicle 10:30 Strength and Balance 10:30 <i>Outing: Drive along the Beach</i> 10:45 <b>Live Entertainment: "Rockin' with Steve"</b> 1:30 <b>Bridges Bakers: Butterscotch Bird Nests</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Table Bowling 6:00 Comedy Movie Night</p>	<p>10:15 Daily Chronicle 10:30 Fun Fitness 11:30 Sing Along with Suzie 1:30 <b>Afternoon Teatime</b> 1:45 <i>Lifeloop Explorations: "Sports Trivia"</i> 3:00 <b>Refreshments and Social Hour</b> 3:30 <b>Fitness Fun with Lisa</b> 4:00 Afternoon Stroll 6:00 Mystery Movie Night</p>	<p>10:15 This Day in History 10:30 <b>Chair Ballroom Dancing</b> 10:45 <b>Golden Oldies Sing Along</b> 1:30 Short Stories with Meredith 3:00 <b>Live Entertainment: "Music with Peter"</b> 3:00 <b>HAPPY HOUR</b> 4:30 <i>Hand Massages &amp; Nail Care</i> 6:00 Game Show Network 7:00 Meditation and Relaxation</p>	<p>10:15 Remember When 10:30 Morning Exercise 11:00 Prize BINGO 1:30 <i>Past and Present: "Advertising and Commercials"</i> 2:00 <i>Lifeloop Explorations: "Armchair Travel"</i> 3:00 <b>Refreshments and Social Hour</b> 4:00 Self-Care Saturday 6:00 Netflix Night</p>
<p><b>Happy Birthday Kevin</b> 10:00 Religious Service 10:45 Strength and Balance 11:00 <b>Sunday Sing Along</b> 1:45 <b>Live Entertainment: "Music with AL"</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Community Walking Club 6:00 Sunday Night Sports Talk</p>	<p>10:15 This Day in History 10:30 Chair Zumba Exercise 11:00 Silent Disco 11:15 <b>Sing Along to the Oldies</b> 1:45 <b>Live Entertainment: "The Melody Men"</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Meditation and Relaxation 6:00 Classic Evening Film 7:00 Music and Relaxation Hour</p>	<p>10:15 Did You Know? 10:30 Fun Fitness Exercise Class 10:45 <b>Balance Barre Fitness w/Lisa</b> 11:00 Gardening Club 11:30 Prize BINGO 1:30 <b>Bridges Bakers: Mini Fruit Pizzas Flags</b> 2:00 <b>Karaoke 1970's Edition</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Puzzle Enthusiast Group 6:00 Travel Movie Night</p>	<p>10:15 Daily Chronicle 10:30 Sit and Be Fit Exercise 10:30 <i>Outing: "Birds of Prey Westport"</i> 11:00 Making Music with Instruments 1:30 <b>DIY Crafts: "Decorative Pinwheels"</b> 3:00 <b>Refreshments and Social Hour</b> 3:45 Chair Yoga with Natalia 4:00 Meditation and Relaxation 6:00 Comedy Movie Night</p>	<p>10:15 Daily Chronicle 10:30 <b>Chair Tap Dancing</b> 11:30 <i>Sing Along with Suzie</i> 1:30 <b>You Be the Judge</b> 1:45 <i>Lifeloop Explorations: "Sports Trivia"</i> 2:00 Resident Council Meeting 3:00 <b>Refreshments and Social Hour</b> 3:30 <b>Fitness Fun with Lisa</b> 6:00 Mystery Movie Night</p>	<p>10:15 This Day in History 10:30 Chair Marching &amp; Sing Along to Patriotic Songs 1:30 <b>DIY Craft Hour: "Paper Airplanes"</b> 2:45 World Trivia 3:00 <b>Live Entertainment: "Warren Bloom"</b> 3:00 <b>HAPPY HOUR</b> 4:30 <i>Hand Massages &amp; Nail Care</i> 6:00 Game Show Network</p>	<p>10:15 Remember When 10:30 Morning Exercise 11:00 Prize BINGO 1:30 <b>Live Entertainment: "John and Dawn Perform"</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Self-Care Saturday 6:00 Netflix Night 7:00 Music and Relaxation Hour</p>
<p>10:00 Religious Service 10:45 Strength and Balance 11:00 <b>Sunday Sing Along</b> 1:15 <i>Lifeloop Explorations: "Cranium Crunches"</i> 2:00 Did You Know? 3:00 <b>Refreshments and Social Hour</b> 4:00 Community Walking Club 6:00 Sunday Night Sports Talk 7:00 Meditation and Relaxation</p>	<p>10:15 This Day in History 10:30 Sit and Be Fit Exercise 11:00 Ribbon Dancing 11:15 <b>Sing Along to the Oldies</b> 1:30 <b>Table Bowling</b> 2:00 <b>Fun in the Sun: "Gardening Club"</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Meditation and Relaxation 6:00 Classic Evening Film</p>	<p>10:15 Did You Know? 10:30 Fun Fitness 10:45 <b>Balance Barre Fitness w/Lisa</b> 11:00 Gardening Club 11:30 Prize BINGO 1:45 <b>Live Entertainment: "Sing along with Leigh"</b> 2:00 School Days Reminisce Game 3:00 <b>Refreshments and Social Hour</b> 4:00 Puzzle Enthusiast Group 6:00 Travel Movie Night</p>	<p>10:15 Daily Chronicle 10:30 Chair Yoga Class 10:30 <i>Van Outing: "Stew's Farm"</i> 11:00 <b>Live Entertainment: "Museum to You"</b> 1:30 <b>Bridges Bakers: "Cone Cupcakes"</b> 3:00 <b>Refreshments and Social Hour</b> 4:00 Table Bowling 6:00 Comedy Movie Night 7:00 Music and Relaxation Hour</p>	<p><b>Field Day</b> 10:15 This Day in History 10:30 Movin' and Groovin' 10:45 <b>Men's Club with Lou</b> 11:00 Cornhole Tournament 1:30 Tie-Dye Tee Shirts 2:00 Ball Launcher Competition 2:30 Bubbles and Basketball 3:00 <b>Popsicles on the Roof Deck</b> 3:45 <b>Fitness Fun with Lisa</b> 6:00 Mystery Movie Night</p>	<p>10:15 This Day in History 10:30 Movin' and Groovin' 11:00 You Be the Judge 1:30 <b>Short Stories with Meredith</b> 2:00 Would You Rather? 3:00 <b>HAPPY HOUR May Birthdays</b> 4:30 <i>Hand Massages &amp; Nail Care</i> 6:00 Mystery Movie Night 7:00 Music and Relaxation Hour</p>	