

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>9:00 Sunrise Social 10:30 Arm Chair Yoga 11:00 1:1 Visits 1:45 Sing Fit (30) 2:30 Bingo Blitz (60) 4:00 Afternoon Strolls</p> <p>May Day</p>	<p>2</p> <p>9:00 Sunrise Social 10:30 Jazzercise 11:00 1:1 Visits 2:00 Karaoke Klub 2:30 Book Club! 4:00 Wind Down Social</p>	<p>3</p> <p>9:00 Sunrise Social 10:30 Western Workout 11:00 1:1 Visits 1:45 Sing Fit (20) 2:30 Bingo! (60) 3:30 Book Club!</p>	<p>4</p> <p>9:00 Sunrise Social 10:30 Meditation 11:00 1:1 Visits 2:00 Bird Feeder Crafts! 4:00 Afternoon Strolls</p>	<p>5</p> <p>9:00 Sunrise Social 10:30 Cinco De Mayo Trivia 11:00 1:1 Visits 1:30 CINCO DE MAYO PARTY! 3:30 Afternoon Strolls</p> <p>Cinco de Mayo</p>	<p>6</p> <p>10:00 Rise and Shine Group 11:00 Cinco De Mayo Trivia 1:30 Backyard Strolls 2:30 Matinee Showing of... <b>Dirty Dancing</b></p>
<p>7</p> <p>10:00 Virtual Church Service 11:00 Brunch Bible Study 1:30 Reviewing Book Club 2:00 Virtual Wheel of Fortune</p>	<p>8</p> <p>9:00 Sunrise Social 10:30 National Day Trivia 11:00 1:1 Visits 1:45 Sing Fit (30) 2:30 Bingo Blitz (60) 4:00 Afternoon Strolls</p>	<p>9</p> <p>9:00 Sunrise Social 10:30 Arm Chair Travel 11:00 1:1 Visits 2:00 Resident Council 3:30 Afternoon Strolls 4:00 Cozy Couch Crafts</p>	<p>10</p> <p>9:00 Sunrise Social 10:30 Strength &amp; Stretch 11:00 1:1 Visit 1:45 Sing Fit (20) 2:30 Bingo (60) 4:00 Courtyard Walk</p>	<p>11</p> <p>9:00 Sunrise Social 10:30 Morning Meditation 11:00 1:1 Visit 1:30 Raptor Center Outing! 2:30 Music hour (All houses) 4:00 Fresh Air Strolls</p>	<p>12</p> <p>9:00 Sunrise Social 10:30 Mother's Day Trivia 11:00 1:1 Visits 2:00 Mother's Day Tea Party 3:00 Mother's Advice! 4:00 Afternoon Walks</p> <p>13</p> <p>10:00 Rise and Shine Group 11:00 Reviewing Book Club 1:00 Laundry Cycle! 2:00 Backyard Breeze Walks 3:00 Matinee Showing of... <b>Indiana Jones</b></p>
<p>14</p> <p>10:00 Mothers Day Brunch Card Crafts 11:00 Bible Study 1:30 Karaoke! (60) 2:00 Reminiscing Hour 3:00 Snacktivity!</p> <p>Mother's Day National Skilled Nursing Week</p>	<p>15</p> <p>9:00 Sunrise Social 10:30 Hips &amp; Sits 11:00 1:1 Visits 1:45 Sing Fit (30) 2:30 Bingo Blitz! (60) 4:00 Afternoon Strolls</p>	<p>16</p> <p>9:00 Sunrise Social 10:30 Arm Chair Yoga 11:00 1:1 Visits 2:00 Tye Dye Club! 3:00 Music in the courtyard! 4:00 Fresh air walks</p>	<p>17</p> <p>9:00 Sunrise Social 10:30 Western Workout 11:00 Sing Fit (20) 2:00 Staff Lead Bingo (60) 3:00 Music from your past 4:00 Resting &amp; Relaxing</p>	<p>18</p> <p>9:00 Sunrise Social 10:30 Meditation 11:00 1:1 visits 1:30 Decorating for Summer! 2:30 DQ Outing! 4:00 Cozy Couch Crafts</p>	<p>19</p> <p>9:00 Sunrise Social 10:30 TGIF Trivia 11:00 1:1 visits 1:30 Sing Fit (30) 2:00 Happy Hour Tiki Bar! 4:00 Sunshine Strolls</p> <p>20</p> <p>10:00 Rise and Shine Group 11:00 Laundry Cycle! 2:00 Bingo! (60) 3:00 Matinee Showing of... <b>Sabrina</b></p> <p>Armed Forces Day</p>
<p>21</p> <p>10:00 Virtual Church 11:00 Bible Study 2:00 Giant Connect Four 3:00 Snacktivity! 4:00 Music Hour</p>	<p>22</p> <p>9:00 Sunrise Social 10:30 National Day Trivia 11:00 1:1 Visits 1:45 Sing Fit (30) 2:30 Bingo Blitz! (60) 4:00 Afternoon Strolls</p> <p>Victoria Day (Canada)</p>	<p>23</p> <p>9:00 Sunrise Social 10:30 Pilates! 11:00 1:1 visits 2:00 Mini Me Volunteers! 3:00 Picnic at the Park! 4:00 Fresh Air Walks</p>	<p>24</p> <p>9:00 Sunrise Social 10:30 Western Workout 11:00 1:1 visits 1:45 Sing Fit (20) 2:30 Bingo (60) 4:00 Resting &amp; Relaxing</p>	<p>25</p> <p>9:00 Sunrise Social 10:30 Arm Chair Boxing Class 11:00 1:1 visits 2:00 Meet at MOMA 3:00 Reminiscing Hour 4:00 Afternoon Walks!</p> <p>Shavuot Begins</p>	<p>26</p> <p>9:00 Sunrise Social 10:30 Dance Klub 11:00 1:1 Visits 2:00 Book Club 3:30 Snacktivity! 4:00 Bonanza &amp; Popcorn</p> <p>27</p> <p>10:00 Rise and Shine Group 11:00 Virtual Wheel of Fortune 1:30 Laundry cycle! 2:00 Bingo (60) 3:00 Snacktivity! 4:00 Fresh Air Walks</p>
<p>28</p> <p>10:00 Virtual Church 11:00 Bible Study 2:00 Reviewing Book Club 3:00 Dance Klub 4:00 Resting &amp; Relaxing</p>	<p>29</p> <p>9:00 Sunrise Social 10:30 Memorial Day Trivia 11:00 1:1 Visits 2:00 Remembering Memorial Day 2:30 Bingo (60) 3:00 Popcorn &amp; Reminiscing</p> <p>Memorial Day</p>	<p>30</p> <p>9:00 Sunrise Social 10:30 Exercise Group 11:00 1:1 Visits 2:00 BIRTHDAY PARTY! (60) 4:00 Afternoon Strolls Home!</p>	<p>31</p> <p>9:00 Sunrise Social 10:30 Stretch and Strength 11:00 1:1 Visits 1:30 Sidewalk Art Competition! 3:00 Snacktivity 3:30 Music in the Courtyard</p>	<h1>May 2023</h1>	