

ENGAGE LIFE[®]

Monthly Calendar of Events and Programming



Featured Events
this Month:

Storytime with Home School

Wednesday, May 8, 10:00 AM

Mother's Day

Mimosas, Tea & Tarts

Friday, May 10, 2:00 PM

Muffins with Mom

Sunday, May 12, 9:00 AM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

ROOM LOCATION KEY:

Living Room LR
Library L
Activity Room AR
Outing O
Front Porch FP
Gazebo G
Dining Room DR
Life Guidance LG

STAFF KEY:

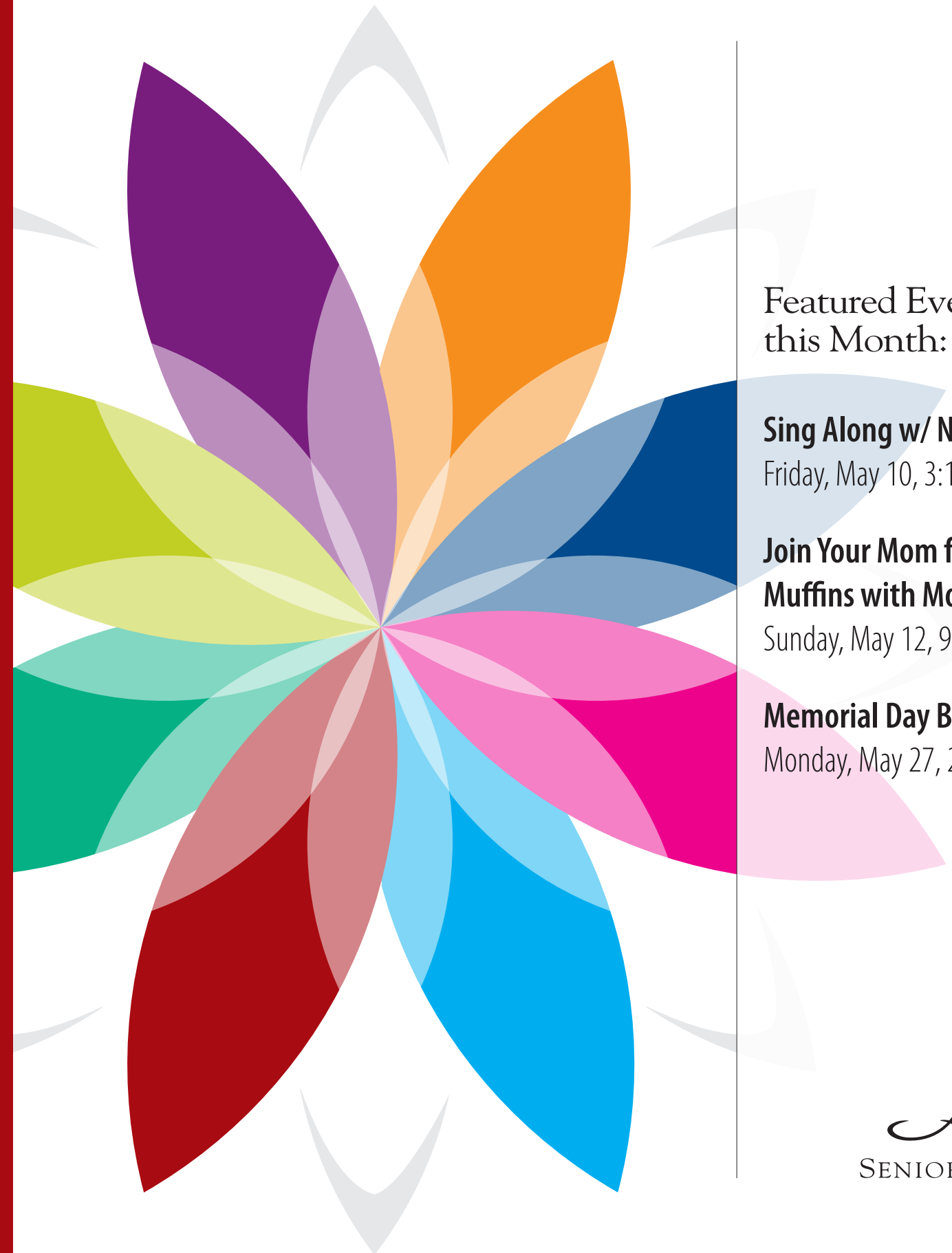
Engage Life Director ELD
ELPI PI
Ambassador A

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<p>Cinco De Mayo 5</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Lightweight Handweights with Darlene (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:30 IS Catholic Communion w/ St. Martha's (L) 10:30 IS Spiritual Sing Along (LR) (PI) 1:00 Bingo Bashers (AR) 2:00 IS Church Service w/ NE Baptist Church (LR) 2:45 HF Get Fit with Darlene (AR) (A) 3:00 LL The History of Cinco de Mayo (AR) (PI) 6:00 C Relax and Reminisce (LR)</p>	<p>6</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Light & Lively with Darlene (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:15 PA Engage Life® Meeting w/ Tara (AR) (ELD) 10:30 What's in a Word? (AR) (PI) 10:30 IS Mass w/ St. Martha's Church (L) 1:15 Bingo Bashers (AR) (PI) 2:45 HF Heart Healthy Exercise with Darlene (AR) (ELD) 3:00 EF Wordscapes with iPad® (AR) (PI) 6:00 PA Dominos w/ Lucille, Ina & Alma (AR) (A)</p>	<p>7</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Low-Impact Aerobics w/ Tina (LR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:15 IS 25 Things Every Mom Says! (AR) (PI) 1:15 Bingo Bashers (AR) (PI) 2:45 HF Light Weight Lifting w/ Tina (AR) (PI) 3:30 EF Tuesday Afternoon Social (AR) (PI) 6:30 C Pokemo® Night w/ Rhonda (AR)</p>	<p>8</p> <p>May Day/Mother Goose Day</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Daily Stretch w/ Tara (AR) (ELD) 10:00 LL Daily Chronicle (AR) (PI) 10:15 LL News & Views w/ Tara (Donut Day!) (LR) (ELD) 10:45 C Meet Your Neighbor (LR) (ELD) 1:00 IS Bible Study w/ Lu (AR) (A) 2:30 HF Afternoon Stretch with Tara (AR) (ELD) 3:00 LL Reminiscing with Celeste (AR) (PI) 6:00 EF Domino Club (AR) (A)</p>	<p>9</p> <p>8:45 HF Walking Warriors (FP) (A) 9:00 Shopping Trip: Kroger (sign up) (O) 9:30 HF Lightweight Lifting: Handweights w/ Maria (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:15 EF Spring Word Scramble (AR) (PI) 1:15 HF Strength and Balance: Mind, Body & Soul (AR) 2:00 Bingo Bashers (AR) 3:15 Happy Hour w/ Karen Phefier (LR) 6:00 LL College Classes w/ Wendy (L) 6:00 EF Let's Play Bridge! with Doug Smith (AR)</p>	<p>10</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Drumming to a Different Beat (AR) 10:00 LL Daily Chronicle (AR) 10:15 IS "I Love Moms or Something" Video & Chat (AR) (ELD) 11:30 PA Ambassador Luncheon w/ Tara (AR) (ELD) 1:30 HF Witness for Fitness (AR) (PI) 2:00 EF Mother's Day Mimosas, Tea & Tarts (AR) (ELD) 3:15 IS Sing Along w/ Nancy Anderson (LR) 6:00 EF Friday Night Movie & Popcorn 6:30 C Bunco Night w/ Rhonda (AR)</p>	<p>11</p> <p>Kentucky Derby Day</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Light & Lively (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:15 LL TED Talks: (AR) (PI) 1:15 Bingo Bashers (AR) (PI) 3:00 HF Afternoon Strolls and Goals (AR) (PI) 3:15 C Fun & Games w/ LG (LG) 6:00 Dominos w/ Lucille, Ina & Alma (AR) (A)</p>
<p>Mother's Day 12</p> <p>8:45 HF Walking Warriors (FP) (A) 9:00 EF Muffins with Mom (DR) 9:30 HF Lightweight Handweights with Darlene (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:30 IS Catholic Communion w/ St. Martha's (L) 1:00 Bingo Bashers (AR) (PI) 3:00 HF Get Fit with Darlene (AR) (PI) 3:30 What's in a Word? (AR) (PI) 3:30 StoryWise™: Maternal Magnificence (AR) (PI) 6:00 C Relax & Reminisce (LR)</p>	<p>13</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Light & Lively with Darlene (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:30 What's In A Word (AR) (ELD) 1:15 Bingo Bashers (AR) (PI) 3:00 HF Heart Healthy Exercise with Darlene (AR) (PI) 3:30 CV Card Creations for Hospital Visits (AR) (ELD) 6:00 PA Dominos w/ Lucille, Ina & Alma (AR) (A)</p>	<p>14</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Low-Impact Aerobics w/ Tina (LR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:15 CE Craft Corner: Serving Tray Decoupage (AR) (PI) 12:30 HF Blood Pressure Clinic w/ Encompass (L) 1:00 EF Book Club at Kingwood Library (O) (ELD) 1:15 Bingo Bashers (AR) (PI) 3:00 HF Light Weight Lifting with Tina (AR) (PI) 3:30 EF Tuesday Afternoon Social (LR) (PI) 6:00 CE No Bake Baking with Tara (AR) (ELD)</p>	<p>15</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Daily Stretch w/ Tara (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:15 LL News & Views (Donut Day!) (LR) (PI) 10:45 C Meet Your Neighbor (AR) (PI) 1:00 IS Bible Study (AR) (PI) 2:30 LL Monthly Health Talk w/ Encompass (AR) 3:30 HF Light & Lively (AR) (PI) 6:00 EF Domino Club (AR) (A)</p>	<p>16</p> <p>8:45 HF Walking Warriors (FP) (A) 9:00 Shopping Trip: Walmart (Sign Up!) (O) (ELD) 9:30 HF Lightweight Lifting: Hand Weights w/ Maria (AR) 10:00 LL Daily Chronicle (AR) (PI) 10:15 EF Game Day: Word Cookies (AR) (PI) 1:15 Bingo Bashers (AR) 2:45 HF Low-Impact Aerobics with Maria (AR) (PI) 3:15 Happy Hour w/ Maurice (LR) (ELD) 6:00 LL College Classes w/ Wendy (L) 6:00 EF Let's Play Bridge! w/ Doug Smith (AR)</p>	<p>17</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Drumming to a Different Beat (AR) 10:00 LL Daily Chronicle (AR) 10:15 CE Yarn Heart Art (AR) (PI) 11:00 EF Lunch Bunch w/ Tara (O) (ELD) 2:00 EF Left, Right, Center (AR) (PI) 3:45 HF Witness for Fitness (AR) (PI) 6:00 EF Friday Night Movie & Popcorn (LR) 6:00 PA UNO®! with LG (LG) (A)</p>	<p>18</p> <p>Armed Forces Day</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Light & Lively (AR) (PI) 10:00 LL Travel Series: San Antonio, Texas (AR) (PI) 10:30 EF Wheel of Fortune® with iPad® (AR) (PI) 1:15 Bingo Bashers (AR) (PI) 2:45 LL Nutrition Quiz (iPad®) (AR) (PI) 3:15 C Sing Along w/ LG (LG) 3:45 HF Afternoon Strolls and Goals (AR) (PI) 6:00 Dominos w/ Lucille, Ina & Alma (AR) (A)</p>
<p>19</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Lightweight Handweights with Darlene (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:30 IS Catholic Communion w/ St. Martha's (L) 10:30 IS Spiritual Sing Along (AR) (PI) 1:00 Bingo Bashers (AR) (PI) 2:00 IS Northeast Baptist Church Services (AR) 3:00 HF Get Fit with Darlene (AR) (PI) 3:15 EF New York Times Crosswords w/ iPad® (AR) (PI) 6:00 C Relax & Reminisce (LR) (A)</p>	<p>20</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Light & Lively with Darlene (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:30 What's In A Word (AR) (PI) 1:15 Bingo Bashers (AR) (PI) 2:30 HF Heart Healthy Exercise with Darlene (AR) (PI) 2:45 PA Town Hall Meeting (LR) 3:15 CE Wacky Watercolor with Darlene (AR) (PI) 6:00 PA Dominos w/ Lucille, Ina & Alma (AR) (A)</p>	<p>21</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Low-Impact Aerobics w/ Tina (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:15 IS Devotional and Lemonade in the Gazebo (G) (PI) 1:00 CV Hospital Visits w/ Tara (O) (ELD) 1:15 Bingo Bashers (AR) (PI) 3:00 HF Light Weight Lifting with Tina (AR) (PI) 3:30 EF Tuesday Afternoon Social (LR) (ELD) 6:00 CE Painting & Pino w/ Tara (AR) (ELD)</p>	<p>22</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Daily Stretch w/ Tara (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:15 LL News, Views (Donut Day) (LR) (PI) 1:00 IS Bible Study with Lou (AR) 2:30 HF Light and Lively (AR) 3:00 EF The Tasting Game with Tara (AR) (ELD) 3:30 LL Can You Guess the Place Game with iPad® (AR) (ELD) 6:00 EF Domino Club (AR) (A)</p>	<p>23</p> <p>8:45 HF Walking Warriors (FP) (A) 9:00 Shopping Trip: Walmart (Sign Up) (O) (ELD) 9:30 HF Lightweight Lifting: Hand Weights w/ Maria (AR) 10:00 LL Daily Chronicle (AR) (PI) 10:15 LL Daily Dose of Trivia with Maria (AR) 1:15 HF Strength & Balance: Mind, Body & Soul (AR) 2:00 Bingo Bashers (AR) (PI) 3:15 Happy Hour with Hugh Poland (LR) (ELD) 6:00 LL College Classes w/ Wendy (L) 6:00 EF Let's Play Bridge! with Doug Smith (AR)</p>	<p>24</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Drumming to a Different Beat (AR) 10:00 LL Daily Chronicle (AR) 10:15 CE American Flag Paint Stick Project (AR) (PI) 1:15 EF Left, Right, Center (AR) (PI) 1:30 Scenic Drive w/ LG (O) (ELD) 3:00 HF Witness for Fitness (AR) (PI) 3:30 EF Geography: United States Quiz (AR) (PI) 6:00 EF Friday Night Movie & Popcorn (LR) 6:00 PA UNO®! with LG (LG) (A)</p>	<p>25</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Light & Lively (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:15 LL Documentary: Tribute To American Soldiers (AR) (PI) 10:30 What's in a Word? (AR) (PI) 1:15 Bingo Bashers (AR) (PI) 3:15 C Sweets & Treats w/ LG (LG) (PI) 3:45 HF Afternoon Strolls & Goals (AR) (A) 6:00 Dominos w/ Lucille, Ina & Alma (AR) (A)</p>
<p>26</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Lightweight Handweights with Darlene (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:30 IS Spiritual Sing Along (AR) (PI) 1:00 Bingo Bashers (AR) (PI) 2:45 HF Get Fit with Darlene (AR) (PI) 3:00 EF True of False Challenge w/ the iPad® (AR) (PI) 3:30 What's in a Word? (AR) (PI) 6:00 C Relax & Reminisce (LR)</p>	<p>27</p> <p>Memorial Day</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Light & Lively with Darlene (AR) (PI) 10:00 LL Daily Chronicle (AR) 10:15 EF Games Galore! (AR) (PI) 1:15 Bingo Bashers (AR) (PI) 2:45 HF Heart Healthy Exercise with Darlene (AR) (PI) 3:00 CE Food For Thought w/ Omar (AR) 6:00 PA Dominos w/ Lucille, Ina & Alma (AR) (A)</p>	<p>28</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Low-Impact Aerobics w/ Tina (AR) (A) 10:00 LL Daily Chronicle (AR) (PI) 10:15 EF Let's Make a Deal Game Show (AR) (PI) 1:15 Bingo Bashers (AR) (PI) 2:30 CV Civic Engagement Meeting (AR) (PI) 3:00 HF Light Weight Lifting with Tina (AR) (PI) 3:30 EF Tuesday Afternoon Social (LR) (PI) 6:00 CE Smoothie Bar with Tara (AR) (ELD)</p>	<p>29</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Daily Stretch with Tara (AR) (ELD) 10:00 LL Daily Chronicle (AR) (ELD) 10:15 LL News & Views (Donut Day) (LR) (ELD) 1:00 IS Bible Study with Lu (AR) 2:30 HF Light and Lively (AR) (PI) 3:00 EF Wacky Word Game Puzzles with Tara (AR) (ELD) 6:00 EF Dominos in the Activity Room (AR) (A)</p>	<p>30</p> <p>8:45 HF Walking Warriors (FP) (A) 9:00 Shopping Trip: Walmart (Sign Up!) (O) (ELD) 9:30 HF Lightweight Lifting Handweights w/ Maria (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:30 EF Finish the Saying or Proverb (AR) (PI) 1:15 Bingo Bashers (AR) (PI) 3:00 HF Low-Impact Aerobics with Tina (AR) (PI) 3:15 Happy Hour Thursday (LR) (PI) 6:00 EF Let's Play Bridge with Doug Smith (AR)</p>	<p>31</p> <p>8:45 HF Walking Warriors (FP) (A) 9:30 HF Drumming to a Different Beat (AR) (PI) 10:00 LL Daily Chronicle (AR) (PI) 10:15 CE Craft Corner: Wood Pallet Plank creations (AR) (PI) 11:00 EF Lunch Bunch with Tara (O) (ELD) 2:00 EF Left, Right, Center (AR) (PI) 3:30 HF Witness for Fitness (AR) (PI) 6:00 PA UNO® with Lucille in LG (LG) (A)</p>	<p>PA Personal Achievement HF Health & Fitness EF Entertainment & Fun CV Civic Engagement LL Lifelong Learning CE Creative Expression IS Inspiration & Spirituality C Connection Atria StoryWise</p>

LIFE GUIDANCE[®]

Monthly Calendar of Events and Programming



Featured Events this Month:

Sing Along w/ Nancy Anderson

Friday, May 10, 3:15 PM

**Join Your Mom for
Muffins with Mom!**

Sunday, May 12, 9:00 AM

Memorial Day BBQ

Monday, May 27, 2:00 PM

Atria
SENIOR LIVING

Atria
SENIOR LIVING

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Atria ENGAGE LIFE

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Cinco De Mayo **5**

- 9:15 HF Light & Lively
- 10:00 LL Francis Scott Key Discussion
- 10:15 J Legato: Patriotic Sing Along
- 10:30 LL Daily Chronicle
- 11:00 IS Sunday Service
- 1:00 PA Bible Study with Wilma
- 2:15 HF Low-Impact Aerobics
- 3:30 HF Walking Club
- 6:00 IS Relaxation Hand Massages

World Laughter Day **6**

- 9:15 HF Light & Lively with Mattie
- 10:00 LL Daily Chronicle
- 10:15 PA Nail Spa & Hair Do's!
- 11:00 EF Lunch at Denny's
- 1:00 CE Trivia Creations
- 1:30 IS StoryWise™ Discussion
- 2:30 J Legato: Make Your Own Silly Lyrics
- 3:00 HF Afternoon Stretch
- 6:00 EF Legato: Singing in the Rain Viewing

7

- 9:15 HF Low-Impact Aerobics
- 10:00 LL Daily Chronicle
- 1:00 Bingo Game
- 1:30 CE Build a Split Ice Cream Social
- 2:15 HF Walking Club
- 2:30 J Legato: Musical Jeopardy!®
- 3:00 HF Light & Lively
- 3:30 C Social Hour
- 6:00 StoryWise™ Chat

8

- 9:15 HF Morning Stretch
- 10:00 CV Story Time with the Home School Group
- 10:00 LL Daily Chronicle
- 10:15 HF Walking Club
- 1:00 IS Bible Study with Lu
- 1:30 PA Bowling with Myra
- 2:00 CE Cooking with Chef Omar
- 2:30 J Legato: Motown Sing Along
- 3:00 HF Light & Lively
- 4:00 IS Relaxation Hand Massages
- 6:00 LL Short Story Book Club

9

- 9:15 HF Light & Lively
- 10:00 LL Daily Chronicle
- 10:15 PA Nail Spa & Hair Do's!
- 1:00 CE Wood Class with Ed
- 2:15 HF Low-Impact Aerobics
- 2:30 J Legato: Music Makers
- 3:15 EF Happy Hour with Karen
- 6:00 LL Evening Trivia

Fred Astaire's Birthday **10**

- 9:15 HF Low-Impact Aerobics
- 10:00 LL Daily Chronicle
- 10:15 CV Game Hour with Infinity Students
- 1:00 LL Image Snap Cards
- 1:30 CE Making Music
- 2:30 J Legato: Ode to Fred Astaire's
- 3:00 HF Afternoon Stretch
- 3:15 IS Sing Along w/ Nancy Anderson
- 3:30 HF Walking Club
- 4:00 IS Music Therapy
- 6:00 CE Express Yourself w/ Lucille

11

- 9:15 HF Conductorcise® with Wilma
- 10:00 LL Daily Chronicle
- 10:30 What's in a Word?
- 1:00 IS StoryWise™ Discussion
- 1:30 HF Dance Class Exercise
- 2:15 CV Crafts for a Cause
- 2:30 J Legato: Musical Reminiscence
- 3:00 Game Hour w/ AL
- 6:00 EF Broadway Presents, "Cats" Viewing

Happy Mother's Day! **12**

- 9:00 CV Join Your Mom for Muffins with Mom!
- 9:15 HF Light & Lively
- 10:00 J Legato: Spiritual Sing Along
- 10:30 LL Daily Chronicle
- 11:00 IS Sunday Service
- 1:00 PA Bible Study with Wilma
- 2:15 HF Low-Impact Aerobics
- 2:30 IS Nature Walk
- 3:00 Lemonade Social
- 6:00 IS Relaxation Hand Massages

13

- 9:15 HF Light & Lively with Mattie
- 10:00 LL Daily Chronicle
- 10:15 PA Nail Spa & Hair Do's!
- 1:00 CE Trivia Creations
- 1:30 J Legato: Music Creations w/ L. Welk
- 2:00 EF Country Drive
- 3:00 HF Afternoon Stretch
- 6:00 IS Smooth Grooves

14

- 9:15 HF Low-Impact Aerobics
- 10:00 LL Daily Chronicle
- 10:15 PA Chicken Soup for the Soul w/ Wilma
- 1:00 Bingo Game
- 1:30 CE Build a Split Ice Cream Social
- 2:15 HF Walking Club
- 2:30 J Legato: Musical Jeopardy!®
- 3:00 HF Light & Lively
- 3:30 C Social Hour
- 6:00 StoryWise™ Chat

15

- 9:15 HF Morning Stretch
- 10:00 LL Daily Chronicle
- 10:15 HF Walking Club
- 1:00 IS Bible Study with Lu
- 1:30 PA Bowling with Myra
- 2:30 LL Monthly Health Talk w/ Encompass
- 2:30 J Legato: Johann Bach Discussion
- 3:00 HF Light & Lively
- 4:00 IS Relaxation Hand Massages
- 6:00 LL Short Story Book Club

Liberace's Birthday **16**

- 9:15 HF Light & Lively
- 10:00 LL Daily Chronicle
- 10:15 PA Nail Spa & Hair Do's
- 1:00 CE Garden Club
- 2:15 HF Low-Impact Aerobics
- 2:30 J Legato: Liberace's Musical Tribute
- 3:15 EF Happy Hour With Maurice
- 6:00 LL Evening Trivia

17

- 9:15 HF Low-Impact Aerobics
- 10:00 LL Daily Chronicle
- 10:15 CV Game Hour with Infinity Students
- 1:00 LL Image Snap Cards
- 2:30 J Legato: Instrumental Musical Creations
- 3:00 HF Afternoon Stretch
- 3:30 HF Walking Club
- 4:00 IS Music Therapy
- 6:00 CE Express Yourself w/ Lucille

Armed Forces Day **18**

- 9:15 HF Yoga with Wilma
- 10:00 LL Daily Chronicle
- 10:30 What's in a Word?
- 1:00 IS StoryWise™ Discussion
- 1:30 HF Dance Class Exercise
- 2:30 J Legato: Perry Como Tribute
- 3:15 J Legato: Sing Along with AL friends
- 6:00 EF Saturday Night Movie & Popcorn

Armed Forces Day **19**

- 9:15 HF Light & Lively
- 10:00 J Legato: Songs and History of the Forces
- 10:30 LL Daily Chronicle
- 11:00 IS Sunday Service
- 1:00 PA Bible Study with Wilma
- 2:00 IS Northeast Baptist Church Services
- 2:15 HF Low-Impact Aerobics
- 2:30 IS Nature Walk
- 3:00 CE Creative Cookies
- 6:00 IS Relaxation Hand Massages

20

- 9:15 HF Light & Lively with Mattie
- 10:00 LL Daily Chronicle
- 10:15 PA Nail Spa & Hair Do's!
- 11:00 EF Lunch at 3 B's
- 1:00 CE Trivia Creations
- 1:30 IS StoryWise™ Discussion
- 2:30 J Legato: Name That Tune
- 3:00 HF Afternoon Stretch
- 6:00 IS Smooth Grooves

21

- 9:15 HF Low-Impact Aerobics
- 10:00 LL Daily Chronicle
- 1:00 Bingo Game
- 1:30 CE Build a Split Ice Cream Social
- 2:15 HF Walking Club
- 2:30 J Legato Musical Jeopardy!®
- 3:00 HF Light & Lively
- 3:30 C Social Hour
- 6:00 StoryWise™ Chat

22

- 9:15 HF Morning Stretch
- 10:00 LL Daily Chronicle
- 10:15 HF Walking Club
- 1:00 IS Bible Study with Lu
- 1:30 PA Bowling with Myra
- 2:30 J Legato: 50's Sing Along
- 3:00 HF Light & Lively
- 4:00 Relaxation Hand Massages
- 6:00 LL Short Story Book Club

23

- 9:15 HF Light & Lively
- 10:00 LL Daily Chronicle
- 10:15 PA Nail Spa & Hair Do's!
- 2:15 HF Low-Impact Aerobics
- 2:30 J Legato: Songs of Gratitude
- 3:15 EF Happy Hour with Hugh Poland
- 6:00 LL Evening Trivia

24

- 9:15 HF Low-Impact Aerobics
- 10:00 LL Daily Chronicle
- 10:15 CV Game Hour with Infinity Students
- 1:00 LL Image Snap Card
- 1:30 IS Scenic Drive w/ Tara
- 2:30 J Legato: Instrumental Musical Creations
- 3:30 HF Walking Club
- 4:00 IS Music Therapy
- 6:00 CE Express Yourself w/ Lucille

25

- 9:15 HF Conductorcise® with Wilma
- 10:00 LL Daily Chronicle
- 10:30 What's in a Word?
- 1:00 IS StoryWise™ Discussion
- 1:30 HF Dance Class Exercise
- 2:30 J Legato: Musical Reminiscence
- 3:15 CE Sweets & Treats w/ AL Friends
- 6:00 EF Saturday Night Movie & Popcorn

26

- 9:15 HF Light & Lively
- 10:00 J Legato: Spiritual Sing Along
- 10:30 LL Daily Chronicle
- 11:00 IS Sunday Service
- 1:00 PA Bible Study with Wilma
- 2:15 HF Low-Impact Aerobics
- 2:30 IS Nature Walk
- 3:00 Elvis and the Draft Discussion
- 6:00 IS Relaxation Hand Massages

Memorial Day **27**

- 9:15 HF Light & Lively with Mattie
- 10:00 LL Daily Chronicle
- 10:15 PA Nail Spa & Hair Do's!
- 1:00 CE Trivia Creations
- 1:30 IS StoryWise™ Discussion
- 2:00 EF Memorial Day BBQ
- 2:30 J Legato: Patriotic Sing Along
- 3:00 HF Afternoon Stretch
- 6:00 IS Smooth Grooves

28

- 9:15 HF Low-Impact Aerobics
- 10:00 LL Daily Chronicle
- 10:15 PA Chicken Soup for the soul w/ Wilma
- 1:00 Bingo Game
- 1:30 CE Build a Split Ice Cream Social
- 2:15 HF Walking Club
- 2:30 J Legato: Musical Jeopardy!®
- 3:00 HF Light & Lively
- 3:30 C Social Hour
- 6:00 StoryWise™ Chat

29

- 9:15 HF Morning Stretch
- 10:00 LL Daily Chronicle
- 1:00 IS Bible Study w/ Lu
- 1:15 PA Bowling with Myra
- 2:30 J Legato: Sing Along
- 3:00 HF Light & Lively
- 4:00 Relaxing Hand Massages
- 6:00 LL Short Story Book Club

National Senior Health & Fitness Day **30**

- 9:15 HF Light & Lively
- 10:00 LL Daily Chronicle
- 10:15 PA Nail Spa & Hair Do's!
- 2:15 HF Low-Impact Aerobics
- 2:30 J Legato: Songs of Gratitude
- 3:15 EF Happy Hour
- 6:00 LL Evening Trivia

31

- 9:15 HF Low-Impact Aerobic
- 10:00 LL Daily Chronicle
- 10:15 CV Game Hour w/ Infinity Students
- 1:00 LL Image Snap Cards
- 2:30 J Legato: Musical Creations
- 3:00 HF Afternoon Stretch
- 3:30 HF Walking Club
- 4:00 IS Musical Therapy
- 6:00 CE Express Yourself w/ Lucille

- PA Personal Achievement
- HF Health & Fitness
- EF Entertainment & Fun
- CV Civic Engagement
- LL Lifelong Learning
- CE Creative Expression
- IS Inspiration & Spirituality
- C Connection
- StoryWise Atria StoryWise