



May 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Current Events 11:00 Mix Match Words 11:30 Karaoke</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Card Players Club 1:30 Garden Club 2:00 Move to the Music 2:30 Afternoon Snack 3:30 May Categories 4:30 Viewer's Choice</p>	<p>4 STAR WARS DAY</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Yoga 11:00 Star Wars Trivia 11:30 Star War Clips</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 1:30 Buzz Words 2:00 Star Wars Race 2:30 Afternoon Snack 3:00 Bowling 4:00 Puzzle Mania 4:30 Viewer's Choice</p>	<p>5 CINCO DE MAYO</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:30 Cinco De Mayo Trivia 11:00 Mexican Hat Dance 11:30 Cinco De Mayo Matching</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 2:00 Pinata 2:30 CINCO DE MAYO FIESTA 3:30 Tissue Paper Flowers 4:00 Noodle Ball 4:30 Viewer's Choice</p>	<p>6</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Frogs 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Wacky Wordies 11:30 Gone Fishin'</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 1:30 Finish the Lyrics 2:00 Soda Sippin' In the Courtyard 2:30 Afternoon Snack 3:30 Odd Word Out 4:00 Balloon Kickball 4:30 Viewer's Choice</p>	<p>7</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Parachute Play 11:00 Music Bingo 11:30 Service Project</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Manicures 1:30 Garden Club 2:30 Afternoon Snack 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer's Choice</p>
<p>10</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Conversation Starters 11:00 Seated Weights 11:30 Courtyard Conversations</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Card Players Club 1:30 Garden Club 2:00 Word Unscramble 2:30 Afternoon Snack 3:30 Board Games 4:30 Viewer's Choice</p>	<p>11</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Yoga 11:00 Jewelry Making 11:30 Would You Rather</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 1:30 Drumming Fitness 2:00 Charades 2:30 Afternoon Snack 3:00 Skee Ball 4:00 Puzzle Mania 4:30 Viewer's Choice</p>	<p>12</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack</p> <p>10:00 *Trip to the Roanoke Star*</p> <p>10:30 Sit & Stretch 11:00 Current Events 11:30 Roll & Respond</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club</p> <p>1:30 *Trip to the Roanoke Star*</p> <p>2:30 Birthday Celebration 3:30 Comedy Hour 4:30 Viewer's Choice</p>	<p>13</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Frogs 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Morning Mad Lib 11:30 Target Practice</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 1:30 Junk Drawer Detective 2:00 Soda Sippin' In the Courtyard 2:30 Afternoon Snack 3:30 Ring Toss 4:00 Board Games 4:30 Viewer's Choice</p>	<p>14 DANCE LIKE A CHICKEN DAY</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Parachute Play 11:00 Chicken Dance Off 11:30 Service Project</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Manicures 1:30 Garden Club 2:30 Afternoon Snack 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer's Choice</p>



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<p>17</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Name That Tune 11:00 Categories 11:30 Gone Fishin’</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Card Players Club 1:30 Garden Club 2:00 Watercolor Creations 2:30 Afternoon Snack 3:30 Rainbow Craft 4:30 Viewer’s Choice</p>	<p>18</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Yoga 11:00 Tee Off 11:30 Travelouge</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 1:30 20 Questions 2:00 Stomp Fitness 2:30 Afternoon Snack 3:00 Music Bingo 4:00 Board Games 4:30 Viewer’s Choice</p>	<p>19 PLANT A VEGGIE GARDEN DAY</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:30 Veggie Matching 11:00 Hula Hoop Dancing 11:30 Scavenger Hunt</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 2:00 Seated Weights 2:30 Afternoon Snack 3:00 Salt Dough Flower Courtyard Decorations 4:30 Viewer’s Choice</p>	<p>20</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Frogs 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Mix Match Words 11:30 Karaoke</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 1:30 Courtyard Bowling 2:00 Soda Sippin’ In the Courtyard 2:30 Afternoon Snack 3:30 Courtyard Conversations 4:00 Puzzle Mania 4:30 Viewer’s Choice</p>	<p>21</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Parachute Play 11:00 Buzz Words 11:30 Service Project</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Manicures 1:30 Garden Club 2:30 Afternoon Snack 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer’s Choice</p>
<p>24</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Monday Meditation & Stretch 10:00 Good Morning Chat & Snack 10:30 Wacky Wordies 11:00 Picture It: Hidden in Plain Sight</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Card Players Club 1:30 Garden Club 2:00 Finish the Lyrics 2:30 Afternoon Snack 3:30 Ring Toss 4:30 Viewer’s Choice</p>	<p>25 NATIONAL WINE DAY</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Bingo 10:00 Good Morning Chat & Snack 10:30 Yoga 11:00 Wine Trivia 11:30 Wine Matching</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 1:30 Wine Making Videos 2:00 Wine Bottle Targets 2:30 Afternoon Snack 3:00 Skee Ball 4:00 Puzzle Mania 4:30 Viewer’s Choice</p>	<p>26</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Wednesday Walk Club 10:00 Good Morning Chat & Snack 10:00 *Trip to Salem Duck Pond* 11:00 Morning Mad Lib 11:30 Balloon Kickball</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 1:30 *Trip to Salem Duck Pond* 2:00 Current Events 2:30 Afternoon Snack 3:30 Junk Drawer Detective 4:30 Viewer’s Choice</p>	<p>27</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Frogs 10:00 Good Morning Chat & Snack 10:30 Tai Chi 11:00 Name That Logo 11:30 Courtyard Cornhole</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Garden Club 1:30 Conversation Starters 2:00 Soda Sippin’ In the Courtyard 2:30 Afternoon Snack 3:30 Noodle Ball 4:00 Board Games 4:30 Viewer’s Choice</p>	<p>28</p> <p>AM Activities: 9:00 Coffee, Coloring & Conversations 9:30 Friday Chair Fitness 10:00 Good Morning Chat & Snack 10:30 Parachute Play 11:00 Would You Rather? 11:30 Service Project</p> <p>PM Activities: 12:30 Rest and Relax 1:00 Manicures 1:30 Garden Club 2:30 Welcome Party 3:00 Friday Film Festival 3:30 Color Creations 4:00 Game Group 4:30 Viewer’s Choice</p>



May 2021



Monday	Tuesday	Wednesday	Thursday	Friday
31				
<p style="text-align: center;"><u>Center</u> <u>Closed for</u> <u>Memorial</u> <u>Day</u></p> 		<p>* Trips are broken up into two groups to provide the opportunity for more participants to be able to go due to limited seating on the vans*</p>		<p>Daily Schedule: <u>9:00 am- 10:00 am</u> Group and Individual Activities <u>10:00 am-10:30 am</u> Morning Snack <u>10:30 am-12:00 pm</u> Group Activities <u>12:00 pm-1:00 pm</u> Lunch / Rest and Relax <u>1:00 pm-2:30 pm</u> Group Activities <u>2:30 pm-3:00 pm</u> Afternoon Snack <u>3:00 pm -5:00 pm</u> Group and Individual Activities</p>