

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# May 2026

## East Building



Activities are subject to change without notice

9:00 Shadow Mt. Church Livestream [AR2]

9:30 Morning Hydration [AR2]

10:30 Catholic Mass [AR2]

1:00 Conversation Cards with Cory [AR2]

3:00 Puzzles & Trivia

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Seated Cardio [AR2]

10:30 Cory's Cozy Color Time [AR2]

1:00 Nail Spa [AR2]

3:00 [AR2]

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:30 **Chili's Restaurant Outing [FD]**

1:00 Tech Tuesday [AR2]

3:00 [AR2]

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 **Food Forum [DR3]**

1:00 Cory's Craft Corner - "Egg carton flower wreath" [AR2]

3:00 Unlucky 7 [AR2]

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Chair Zumba! [AR2]

1:00 **Walmart Shopping [FD]**

3:00 Jewelry Making- Bracelets [AR2]

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Chair Cardio [AR2]

10:30 Sip & Paint [AR2]

1:30 [AR2]

3:00 **Happy Hour w. Ellis [AR2]**

May Day

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

1:30 **Mother's Day Luncheon**

1:00 Name That Tune [AR2]

3:00 Movie & Popcorn [AR2]

**(Grumpy Old Men)**

9:00 Shadow Mt. Church Livestream [AR2]

9:30 Morning Hydration [AR2]

10:30 Catholic Mass [AR2]

1:00 Mother's Day conversation card

3:00 Flower Photo Frames [AR2]

Mother's Day National Skilled Nursing Care Week

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Seated Cardio [AR2]

10:30 Cory's Cozy Color Time [AR2]

1:00 "paper Flowers" craft [AR2]

3:00 [AR2]

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Chair Zumba! [AR2]

1:00 [AR2]

3:00 **Movie & Popcorn [AR2]**

"The silent natural"

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Seated Exercise [AR2]

1:00 Cory's Craft Corner - "Button Flower Art" [AR2]

3:00 Dominoes [AR2]

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Chair Zumba! [AR2]

1:00 **Dollar Tree Shopping [FD]**

3:00 Jewelry Making- Bracelets [AR2]

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Chair Cardio [AR2]

10:30 Color by number [AR2]

1:30 [AR2]

3:00 **Happy Hour w. Matthew [AR2]**

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

1:00 Name That Tune [AR2]

3:00 Movie & Popcorn [AR2]

**(The Last Laugh)**

Armed Forces Day

9:00 Shadow Mt. Church Livestream [AR2]

9:30 Morning Hydration [AR2]

10:30 Catholic Mass [AR2]

1:00 Conversation Cards with Cory [AR2]

3:00 Puzzles & Trivia

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Seated Cardio [AR2]

10:30 Cory's Cozy Color Time [AR2]

1:00 Nail Spa [AR2]

3:00 [AR2]

Victoria Day (Canada)

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:30 **Big Rock Park Picnic Outing [FD]**

1:00 Tech Tuesday [AR2]

3:00 [AR2]

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Seated Exercise [AR2]

1:00 Cory's Craft Corner - "Cupcake wrapper butterflies" [AR2]

3:00 Unlucky 7's [AR2]

**Birthday Celebration - Mexico**

11:30 **Birthday Celebration [ADR]**

1:00 **Seaport Village Scenic Tour [FD]**

3:00 Jewelry Making- Bracelets [AR2]

Shavuot Begins

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Chair Cardio [AR2]

10:30 Color by number [AR2]

1:30 [AR2]

3:00 **Happy Hour w. Sylvia [AR2]**

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

1:00 Name That Tune [AR2]

3:00 Movie & Popcorn [AR2]

**(Going in Style)**

9:00 Shadow Mt. Church Livestream [AR2]

9:30 Morning Hydration [AR2]

10:30 Catholic Mass [AR2]

1:00 Conversation Cards with Cory [AR2]

3:00 Puzzles & Trivia

**Happy Memorial Day!**

11:30 **Memorial Day BBQ [PT]**

1:00 **"Stars and stripes bookmark"**

3:00 [AR2]

Memorial Day

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Chair Zumba! [AR2]

1:00 [AR2]

3:00 **Movie & Popcorn [AR2]**

"Cyber seniors"

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 **Resident Council [DR3]**

1:00 Cory's Craft Corner - "Spring time bouquet art" [AR2]

3:00 Dominoes [AR2]

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Chair Zumba! [AR2]

1:00 **DD's Discount Shopping [FD]**

3:00 Jewelry Making- Bracelets [AR2]

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

10:00 Chair Cardio [AR2]

10:30 Sip & Paint [AR2]

1:30 [AR2]

3:00 **Happy Hour Karaoke [AR2]**

9:00 Morning Hydration [AR2]

9:30 Current Events [AR2]

1:00 Name That Tune [AR2]

3:00 Movie & Popcorn [AR2]

**(Saving Mr. Banks)**

9:00 Shadow Mt. Church Livestream [AR2]

9:30 Morning Hydration [AR2]

10:30 Catholic Mass [AR2]

1:00 Conversation Cards with Cory [AR2]

3:00 Puzzles & Trivia



AR2=Activity Room (2nd floor)  
 PT=Patio  
 FD=Front Desk  
 DR3=Dining Room (3rd floor)  
 AF=All Floors

