

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	10:00 EnerG Exercises (O) 10:30 Chocolate parfait day(CT) 1:00 Power Pump (TG) 2:00 Pokeno(CT) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64) May Day	10:30 Pilates (CT) <b>2</b> 1:00 Exercises (64) 2:00 Game day, 500, Cribbage, Yahtzee(CT) 6:30 Bingo (CT) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:30 Active Games(CT) <b>3</b> 1:30 Coffee and Chat(GSA) 3:00 Power Pump (TG) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:30 Kickboxing(CT) <b>4</b> 1:30 Rosary/Mass (64) 2:00 Craft Hour (GSA) 6:30 Bingo (O) Theme: Star wars Day 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:00 Energ Exer. (O) <b>5</b> 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30 Movie Guys and Dolls (CT) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64) Cinco de Mayo	11:00 Kickboxing (64) <b>6</b> 6:00 Evening Stretch (64) 6:30 Bingo(GSA) 7:00 Relaxation Music (64)	
10:00 Worship (C) <b>7</b> 1:30 Coffee & Chats (O)	10:00 EnerG Exercises (O) <b>8</b> 10:30 Cooking: Barbeque day, Triple tomato grilled flat bread (CT) 1:00 Power Pump(TG) 2:00 Pokeno (GSA) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:30 Pilates (CT) <b>9</b> 1:00 Exercises (64) <b>2:00 Birthday Party (CT) Music Nathan Neuman</b> 6:30 Bingo (CT) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:30 Active Games(ct) <b>10</b> 1:30 Coffee and Chat(GSA) 2:00 Bible Study(C) 3:00 Power Pump (TG) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:30 Kickboxing(CT) <b>11</b> 1:30 Rosary/Mass (C) 2:00 Craft Hour (O) 6:30 Bingo (O) Theme:Comfy Clothes Day 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:00 Energ Exer. (O) <b>12</b> 10:30 Line Dancing (CT) 1:00 Exercises (64) 1:30 Movie: One special Night (CT) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	11:00 Kickboxing (64) <b>13</b> 6:00 Evening Stretch (64) 6:30 Bingo(GSA) 7:00 Relaxation Music (64)	
10:00 Worship (C) <b>14</b> 1:30 Coffee & Chats (O) Mother's Day National Skilled Nursing Week	10:00 EnerG Exercises (O) <b>15</b> 10:30 Baking: Pineapple upside down cake (CT) 1:00 Power Pump(TG) 2:00 Pokeno (W) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:30 Pilates (CT) <b>16</b> <b>1:00 Speaker on Banking safety &amp; Fraud (CT)</b> 2:15 500. Cribbage, Yahtzee (CT) 6:30 Bingo (CT) 6:00 Evening Stretch (64) 7:00 relaxation Music(64)	10:30 Active Games(ct) <b>17</b> 1:30 Coffee and Chat(GSA) 2:00 Bible Study(C) 3:00 Power Pump (TG) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:30 Kickboxing(CT) <b>18</b> 1:30 Rosary/Mass (64) 2:00 Craft Hour(W) 6:30 Bingo (O) Theme: Wear Fishing Attire Day 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:00 Energ Exer. (O) <b>19</b> 10:30 Line Dancing (CT) 1:00Exercises (64) 1:30 Movie: Mountain Minor(CT) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	11:00 Kickboxing (64) <b>20</b> 6:00 Evening Stretch (64) 6:30 Bingo(GSA) 7:00 Relaxation Music (64) Armed Forces Day	
10:00 Worship (C) <b>21</b> 1:30 Coffee & Chats (O)	10:00 EnerG Exercises (O) <b>22</b> 10:30 Cooking Fajitas (CT) 1:00 Power Pump(TG) 2:00 Pokeno (O) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64) Victoria Day (Canada)	10:30 Pilates (CT) <b>23</b> 1:00 exercises (64) 2:00 Game day, 500, Cribbage, Yahtzee(CT) 6:30 Bingo (CT) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:30 Active Games(ct) <b>24</b> 1:30 Coffee and Chat(GSA) 2:00 Bible Study(C) 3:00 Power Pump (TG) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:30 Kickboxing(CT) <b>25</b> 1:30 Rosary/Mass (C) 2:00 Craft Hour (GSA) 6:30 Bingo (O) Theme: Patriotic Day 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:00 EnerG Exercises (O) <b>26</b> 10:30 Line Dancing (CT) 1:00 Exercises (64) <b>2:00 Gig Noonan (CT)</b> 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	11:00 Kickboxing (64) <b>27</b> 6:00 Evening Stretch (64) 6:30 Bingo(GSA) 7:00 Relaxation Music (64)	
10:00 Worship (C) <b>28</b> 1:30 Coffee & Chats (O)	10:00 EnerG Exercises (O) <b>29</b> 1:00 Exercises (64) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64) Memorial Day	10:30 Pilates (CT) <b>30</b> 1:00 Exercises (64) 2:00 Game day, 500, Cribbage, Yahtzee(CT) 6:30 Bingo (CT) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)	10:30 Active Games(ct) <b>31</b> 1:30 Coffee and Chat(GSA) 2:00 Bible Study(C) 3:00 Power Pump (TG) 6:00 Evening Stretch (64) 7:00 Relaxation Music (64)				