



May 2025

4th Floor West



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Lei Day 1:30 Chair Yoga 2:30 Hawaiian Lei Craft 4:30 Karaoke Time! 5:45 Board Games	2 10:00 Breath & Stretch 1:30 Balloon Toss	3 10:00 Balloon Toss 1:30 Saturday Swing
4 World Laughter Day 10:00 Laughter Yoga 1:30 Frisbee 3:30 1-1 Visits	5 Cinco De Mayo 10:00 Breath & Stretch 1:30 Dart's Ala Cinco De Mayo! 🍷 3:30 Music with Janaya	6 10:00 Fun & Fitness 11:00 Resident Meeting 1:30 Bingo 2:30 Magic Table 🎲 3:30 1-1 Visits	7 10:00 Breath & Stretch 1:30 Baking 2:30 Tea & Chat 🍵 3:30 Music with Janaya	8 1:30 Fun & Fitness 2:30 Poetry on the Patio 4:30 Karaoke Time! 5:45 Helping Hands	9 10:00 Active Games 1:30 Musical Moments 🎵	10 Migratory Bird Day 🐦 10:00 Fun & Fitness 1:30 Tips to Assist Migratory Birds
11 Mother's Day ❤️ MOM 11:00 Balloon Tennis 1:30 Mother's Day Craft 3:30 1-1 Visits	12 10:00 Breath & Stretch 1:30 Mini Golf 🏌️ 3:30 Music with Janaya	13 A "Wonder-Ful" Day 10:00 Fun & Fitness 11:00 Stevie Wonder 1:30 Bingo 2:30 Magic Table 3:30 1-1 Visits	14 Robin Hood Day 10:00 Breath & Stretch 1:30 Bow and Arrow 2:30 Canada Trivia 3:30 Music with Janaya 🎵	15 Underappreciated Artists Day 1:30 Chair Yoga 2:30 Artist Corner 4:30 Karaoke Time! 5:45 Board Games	16 10:00 Laughter Yoga 1:30 Word Games	17 10:00 Racquet & Ball 1:30 Saturday Swing
18 11:00 Fun & Fitness 1:30 Queen Victoria 3:30 1-1 Visits	19 Victoria Day 	20 11:00 Fun & Fitness 3:30 Bingo 🎲	21 Earhart's Solo Flight Across the Atlantic 10:00 Breath & Stretch 1:30 Baking 🍪 2:30 Tea & Chat 3:30 Music with Janaya	22 College Graduation Memories Day 1:30 Chair Yoga 2:30 Mental Aerobics 4:30 Karaoke Time! 5:45 College Daze	23 10:00 Noodle Exercise 1:30 Guess that Sound 3:30 Music with Janaya 🎵	24 10:00 Tap & Clap 1:30 Health Tips
25 International Pickle Week 10:00 Noodle Exercises 1:30 In a Pickle 3:30 1-1 Visits	26 U.S. Memorial Day 10:00 Breath & Stretch 1:30 Memorial Day 3:30 Music with Janaya 🎵	27 Heat and Sun Safety Day 10:00 Fun & Fitness 11:00 Under the Sun 2:00 Birthday Social 🎂 3:30 1-1 Visits	28 10:00 Breath & Stretch 1:30 Soccer 2:30 Mental Aerobics 3:30 Music with Janaya 🎵	29 1:30 Chair Yoga 2:30 Board Games on the Patio 4:30 Karaoke Time! 5:45 Folding Laundry	30 10:00 Dancercise 1:30 Balloon Toss	31 10:00 Ball & Racquet 1:30 Music Trivia 🎵