



May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Exercise & Meditation 2 10:00 Building Words 10:45 Spring Trivia 12:15 Color Calm and relaxing music 1:00 Stretch and Balance 2:00 Puns & Jokes 2:45 Coffee & Snack 3:00 Jamie's Class	9:30 Exercise & Positive Thoughts 3 9:45 Music Therapy 11:00 Word Work Boggle 1:00 Afternoon Stretch 2:00 Sing Along 2:45 Coffee & Snack 3:00 Vivian's Class	9:30 Exercise & Yoga breath 4 10:00 Brain Boost 10:45 Trivia 1:00 Bonnie's Class 2:00 Balance and Stretch Sing Along 2:30 Coffee Klatch 3:00 Vivian's Class	9:30 Exercise and Guided Meditation 5 10:00 Building Words 10:45 Robert Frost Poems 1:00 Bonnie's Class 2:00 PM Stretch 2:45 Coffee & Snack 3:00 Bingo	9:30 Exercise & Yoga Breath 6 10:00 Shel Silverstein 10:45 Genius Math 11:30 Shabbat 1:00 PM Stretch 2:00 Mother's Day Celebration 3:00 Movie
9:30 Exercise & Meditation 9 10:00 Word Search 10:45 Cat or Dog? 12:15 Color Calm and relaxing music 1:00 PM Stretch 2:00 Octopus Coral Reef 2:45 Coffee Klatch 3:00 Jamie's Class	9:30 Exercise & Positive Thoughts 10 9:45 Music Therapy 11:00 American States 2 Thumbs Up 1:00 Stretch and Balance 2:00 Summer Flowers 2:45 Coffee & Snack 3:00 Vivian's Class	9:30 Exercise & Yoga Breath 11 10:00 Brain Boost 10:45 Finish that Line 12:15 Music/ Color 1:00 Bonnie's Class 2:00 Stretch and Meditation Puns and Jokes 2:30 Coffee Klatch 3:00 Vivian's Class	9:30 Exercise & Meditation 12 10:00 Word Search 10:45 Garden Talk 1:00 Bonnie's Class 2:00 Afternoon Stretch Reader's Digest 2:45 Coffee and Snack 3:00 Jamie/ Susan's Class	9:30 Exercise & Positive Affirmation 13 10:00 Spring is in the Air 10:45 World Atlas 11:30 Shabbat 1:00 PM Stretch 2:00 Poems 2:30 Coffee Klatch 3:00 Movie
9:30 Exercise & Meditation 16 10:00 Word Jumbles 10:45 Earth Trivia 12:15 Color Art & Music 1:00 Yoga Stretch 2:00 History of Memorial Day 2:45 Coffee Social 3:00 Jamie's Class	9:30 Exercise & Good Thoughts 17 9:45 Music Therapy 11:00 Words 101 The Wright Brothers 1:00 PM Stretch Class 2:00 Robert Frost 2:45 Coffee & Snack 3:00 Vivian's Class	9:30 Exercise & Breathing 18 10:00 Brain Boost 10:45 Sting's Poems 12:15 Color Calm 1:00 Bonnie's Class 2:00 PM Stretch Chicken Soup for the Soul 2:30 Coffee Klatch 3:00 Vivian's Class	9:30 Exercise & Guided Meditation 19 10:00 Word Jumbles 10:45 Good Old Days 1:00 Bonnie's Class 2:00 Yoga Stretch World Trivia 2:45 Coffee & Snack 3:00 Bingo	9:30 Exercise & Positive Thoughts 20 10:00 Fill it In 10:45 Human Trivia 11:30 Shabbat 1:00 Afternoon Stretch 2:00 Name that Song 2:30 Coffee Social 3:00 Movie
9:30 Exercise & Meditation 23 10:00 Word Quest 10:45 Urban Life 12:15 Color Calm Music/ Comedy 1:00 PM Stretch Class 2:00 Summer Time 2:45 Coffee Klatch 3:00 Jamie's Class	9:30 Exercise & Pos. Affirmation 24 9:45 Music Therapy 11:00 Earth Science Word Grid 1:00 Stretch and Balance 2:00 Shapes and Sizes 2:45 Coffee & Snack 3:00 Vivian's Class	9:30 Exercise & Guided Breath 25 10:00 Brain Boost 10:45 Outer Space 12:15 Color Art/ Music 1:00 Bonnie's Class 2:00 Stretch Time Shel Silverstein 2:30 Coffee Social 3:00 Vivian's Class	9:30 Exercise and Meditation 26 10:00 Word Quest 10:45 Food for Thought 1:00 Bonnie's Class 2:00 Stretch/ Balance Love Stories 2:45 Coffee Klatch 3:00 Jamie/Susan's Class	9:30 Exercise & Positivity 27 10:00 American Songs 10:45 Today's Tech Terms 11:30 Shabbat 1:00 PM Stretch 2:00 Memorial Day Party 3:00 Movie
30 CLOSED FOR MEMORIAL DAY  Memorial Day REMEMBER AND HONOR	9:30 Exercise & Pos. Thoughts 31 9:45 Music Therapy 11:00 Farm Animals Timing is Everything 1:00 Stretch and Positive Affirm. 2:00 American Art 2:45 Coffee Klatch 3:00 Vivian's Class	Therapy Dog visits with Roxie & Toby 	Support Group May 10 and May 24th 10:00 AM	