

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# May 2026



<ul style="list-style-type: none"> <li>9:00 Live Mass w. Fr. Bain</li> <li>9:30 Morning Walking Club</li> <li>10:30 Chair Yoga w. David</li> <li>11:15 Rummikub w. Luis</li> <li>1:15 Movie Matinee w. Popcorn</li> <li>1:15 Outdoor Meditation</li> <li>2:00 <b>Outing: Goldenaires Concert</b></li> <li>2:00 Chair Volleyball</li> <li>3:00 Bingo for Chocolate</li> <li>5:00 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Monday Movement</li> <li>11:00 Shabbat Service</li> <li>1:00 <b>Shopping Trip: Trader Joe's</b></li> <li>1:15 <b>Musical Memories</b></li> <li>2:00 Gel Pen Art</li> <li>3:00 Poker</li> <li>3:30 Wise Aging w. Claudette</li> <li>3:45 Walking Club: Marin Lagoon</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Chair Exercise</li> <li>10:30 Playlist for Life w. Ruth</li> <li>11:00 Spiritual Singing Bowls</li> <li>1:15 Word Games</li> <li>2:00 Make-A-Maraca!</li> <li>3:00 <b>Cinco de Mayo Party w. Live 6-Person Mariachi!</b></li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Chair Cardio Class</li> <li>10:30 Coffee &amp; Donuts</li> <li>11:00 Brain Teasers</li> <li>11:15 <b>Outing: Mamitas Mexican</b></li> <li>1:15 Poetry Read</li> <li>2:15 This Day in History</li> <li>2:30 <b>Scenic Drive</b></li> <li>3:00 Trivia Tournament</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Strength &amp; Stretch w. David</li> <li>10:30 Music Appreciation w. Ruth</li> <li>1:15 Book Club</li> <li>1:15 Garden Club w. Luis</li> <li>2:00 <b>Activity Planning Mtg.</b></li> <li>2:30 Where Were You When...</li> <li>3:00 Social Discussion Circle</li> <li>4:00 Scrabble w. Dick</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:30 Nature Documentary</li> <li>9:45 Tai Chi w. Al</li> <li>10:30 Dog Therapy w. Roam</li> <li>1:15 Rummikub</li> <li>1:15 Travelogue: Tulum</li> <li>2:00 Name That Artist</li> <li>3:00 <b>Happy Hour: W. Piñata!</b></li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Workout w. Cathy</li> <li>10:30 Card Games w. Cathy</li> <li>12:30 Pampered Nails</li> <li>1:15 Biography: Leona Vicario</li> <li>2:00 Trivia Tournament</li> <li>3:00 Golf</li> <li>3:30 Chicken Soup for the Soul</li> <li>4:00 Rummikub</li> <li>6:30 Movie</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Live Mass w. Fr. Bain</li> <li>9:30 Morning Walking Club</li> <li>10:30 Chair Yoga w. David</li> <li>11:15 Rummikub w. Luis</li> <li>1:15 <b>Mother's Day Tea</b></li> <li>1:15 Outdoor Meditation</li> <li>2:00 Chair Volleyball</li> <li>3:00 Bingo for Bucks</li> <li>4:30 <b>Mother's Day Piano Concert</b></li> <li>5:00 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Seated Stability Exercise</li> <li>10:30 Gel Pen Art</li> <li>1:00 <b>Shopping Trip: Target</b></li> <li>1:15 Musical Memories</li> <li>1:30 Let's Make: Arroz con Leche</li> <li>3:00 Poker</li> <li>3:30 Wise Aging w. Claudette</li> <li>3:45 Walking Club: Marin Lagoon</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:30 <b>Mark Day School Visit</b></li> <li>10:30 Chair Exercise</li> <li>11:00 Spiritual Singing Bowls</li> <li>1:15 Word Games</li> <li>2:00 <b>Food Forum w. Chef</b></li> <li>2:30 Tuesday Treats 'n Meet!</li> <li>3:00 Hearing Life Visit</li> <li>3:30 <b>Golf</b></li> <li>6:30 <b>Blackjack w. Judy &amp; Movie</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Chair Cardio Class</li> <li>10:30 Coffee &amp; Donuts</li> <li>10:30 <b>Outing: Ghirardelli Square</b></li> <li>11:00 Brain Teasers</li> <li>1:15 Poetry Read</li> <li>2:15 This Day in History</li> <li>2:30 <b>Scenic Drive</b></li> <li>3:00 Trivia Tournament</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Strength &amp; Stretch w. David</li> <li>10:30 Music Appreciation w. Ruth</li> <li>1:15 Book Club</li> <li>1:15 Garden Club w. Luis</li> <li>2:00 <b>Bread &amp; Roses Concert</b></li> <li>2:30 Where Were You When...</li> <li>3:00 Social Discussion Circle</li> <li>4:00 Scrabble w. Dick</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:30 Nature Documentary</li> <li>9:45 Tai Chi w. Al</li> <li>10:30 Dog Therapy w. Roam</li> <li>1:15 Resident Led Yahtzee!</li> <li>1:15 Travelogue: Mexico City</li> <li>2:00 Name That Decade</li> <li>3:00 <b>Happy Hour: Fiesta!</b></li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>10:00 Fall Prevention Class w. David</li> <li>10:30 Card Games w. Cathy</li> <li>12:30 Pampered Nails</li> <li>1:15 Biography: Mario Molina</li> <li>2:00 Trivia Tournament</li> <li>3:00 Golf</li> <li>3:30 Chicken Soup for the Soul</li> <li>4:00 Rummikub</li> <li>6:30 Movie</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Live Mass w. Fr. Bain</li> <li>9:30 Morning Walking Club</li> <li>10:30 Chair Yoga w. David</li> <li>11:15 Rummikub w. Luis</li> <li>1:15 Movie Matinee w. Popcorn</li> <li>1:15 Outdoor Meditation w. Claudette</li> <li>2:00 Chair Volleyball</li> <li>3:00 Bingo for Chocolate</li> <li>5:00 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Monday Movement</li> <li>11:00 Torah Study</li> <li>1:00 <b>Shopping Trip: Safeway</b></li> <li>1:15 <b>Musical Memories</b></li> <li>2:00 <b>Gel Pen Art</b></li> <li>3:00 Poker</li> <li>3:30 Wise Aging w. Claudette</li> <li>3:45 Walking Club: Marin Lagoon</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Chair Exercise</li> <li>10:30 Playlist for Life w. Ruth</li> <li>11:00 Spiritual Singing Bowls</li> <li>1:15 Word Games</li> <li>2:00 Tuesday Treats 'n Meet!</li> <li>3:00 Let's Make Churros!</li> <li>3:30 Golf</li> <li>4:00 <b>AVSR Soirée</b></li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Chair Cardio Class</li> <li>10:30 Coffee &amp; Donuts</li> <li>10:30 <b>Scenic Drive</b></li> <li>11:00 Brain Teasers</li> <li>1:15 <b>Chat w. Brian</b></li> <li>1:30 <b>Rosie the Riveter Museum</b></li> <li>2:00 <b>Misconceptions abt. Hospice</b></li> <li>3:00 Trivia Tournament</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:15 Morning Walking Club</li> <li>9:45 Strength &amp; Stretch w. David</li> <li>10:30 Music Appreciation w. Ruth</li> <li>1:15 Book Club</li> <li>1:15 Garden Club w. Luis</li> <li>2:00 <b>Resident Community Mtg.</b></li> <li>3:00 Social Discussion Circle</li> <li>4:00 Scrabble w. Dick</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:30 Nature Documentary</li> <li>9:45 Tai Chi w. Al</li> <li>10:30 Dog Therapy w. Roam</li> <li>1:15 Rummikub</li> <li>1:15 Travelogue: Cabo</li> <li>2:00 Name That Tune</li> <li>3:00 <b>Happy Hour: Wear Red, White &amp; Blue!</b></li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Workout w. Cathy</li> <li>10:30 Card Games w. Cathy</li> <li>12:30 Pampered Nails</li> <li>1:00 <b>Live Singer</b></li> <li>2:30 Trivia Tournament</li> <li>3:15 Golf</li> <li>3:30 Chicken Soup for the Soul</li> <li>4:00 Rummikub</li> <li>6:30 Movie</li> </ul>
<ul style="list-style-type: none"> <li>9:00 Live Mass w. Fr. Bain</li> <li>9:30 Morning Walking Club</li> <li>10:30 Chair Yoga w. David</li> <li>11:15 Rummikub w. Luis</li> <li>1:15 Movie Matinee w. Popcorn</li> <li>1:15 Outdoor Meditation w. Claudette</li> <li>2:00 Chair Volleyball</li> <li>3:00 Bingo for Bucks</li> <li>5:00 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Seated Stability Exercises</li> <li>11:00 <b>Memorial Day BBQ!</b></li> <li>1:00 <b>Shopping Trips: CVS</b></li> <li>1:15 Musical Memories</li> <li>2:00 Gel Pen Art</li> <li>3:00 Poker</li> <li>3:30 Wise Aging w. Claudette</li> <li>3:45 Walking Club: Marin Lagoon</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Chair Exercise</li> <li>10:30 Playlist for Life w. Ruth</li> <li>11:00 Spiritual Singing Bowls</li> <li>1:15 <b>Tea w. Tracy</b></li> <li>2:00 Word Games</li> <li>2:30 Tuesday Treats 'n Meet!</li> <li>3:00 Make-A Patriotic Pillow!</li> <li>3:30 Golf</li> <li>6:30 <b>Blackjack w. Judy &amp; Movie</b></li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:45 Chair Cardio Class</li> <li>10:30 Coffee &amp; Donuts</li> <li>10:45 <b>Picnic at Sky Oaks</b></li> <li>11:00 Brain Teasers</li> <li>1:15 Trivia Tournament</li> <li>2:00 Poetry Read</li> <li>2:30 <b>Scenic Drive</b></li> <li>3:00 <b>BDAY Party w. Live Music!</b></li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:15 Morning Walking Club</li> <li>9:45 Strength &amp; Stretch w. David</li> <li>10:30 Music Appreciation w. Ruth</li> <li>1:15 Garden Club w. Luis</li> <li>1:15 Book Club</li> <li>2:00 Where Were You When...</li> <li>3:00 Social Discussion Circle</li> <li>4:00 Scrabble w. Dick</li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>9:30 Nature Documentary</li> <li>9:45 Tai Chi w. Al</li> <li>10:30 Dog Therapy w. Roam</li> <li>1:15 Rummikub</li> <li>1:15 Travelogue: Puerto Vallarta</li> <li>2:00 Name That Artist</li> <li>3:00 <b>Happy Hour: Margarita Madness!</b></li> <li>6:30 Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Mass Online</li> <li>10:00 Fall Prevention Class w. David</li> <li>10:30 Card Games w. Cathy</li> <li>12:30 Pampered Nails</li> <li>1:15 Biography: Emiliano Zapata</li> <li>2:00 Trivia Tournament</li> <li>3:00 Golf</li> <li>4:00 Rummikub</li> <li>6:30 Movie</li> </ul>

<ul style="list-style-type: none"> <li>9:00 Live Mass w. Fr. Bain</li> <li>9:30 Morning Walking Club</li> <li>10:30 Chair Yoga w. David</li> <li>11:15 Rummikub w. Luis</li> <li>1:15 Movie Matinee w. Popcorn</li> <li>2:00 Chair Volleyball</li> <li>3:00 Bingo for Chocolate</li> <li>5:00 Movie</li> </ul>
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## Assisted Living Neighborhood Life Enrichment Activities Calendar



● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026



<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Gentle Exercise</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Mass Online</li> <li>11:30 Spiritual Den w. Claudette</li> <li>1:30 Sunhats &amp; Sunshine</li> <li>2:00 Joke Fest</li> <li>2:30 Daily Chronicle</li> <li>3:30 Bingo Spectacular</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Yoga Dance</li> <li>10:00 Nourish &amp; Nurture</li> <li><b>10:30 Scenic Drive &amp; Scenic Walk</b></li> <li>11:00 Bread Bakers</li> <li>11:30 Daily Questions</li> <li>2:00 Sports Wrap</li> <li>2:30 Biography: Pancho Villa</li> <li>3:30 60s Sing Along</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Chair Tai Chi</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Rosary w. Fr. Bain</li> <li>11:00 Art 'n Sip</li> <li>1:30 Flower Arranging</li> <li>2:00 Good News Stories</li> <li>2:30 Travel: Chichén Itzá</li> <li><b>3:00 Live Mariachi!</b></li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Chair Z Exercise</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Drum Circle</li> <li>11:00 This Day in History w. Cathy</li> <li>11:30 Gratitude Circle</li> <li>1:30 Birdfeed &amp; Chill</li> <li>2:00 Music Appreciation w. Ruth</li> <li><b>3:30 Bridgehaven Committee</b></li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Daily Chronicle</li> <li>10:00 Nourish &amp; Nurture</li> <li><b>10:30 Chair Yoga w. David</b></li> <li>11:00 Pampered Nails &amp; Tellin Tales</li> <li>11:30 Daily Questions</li> <li>1:30 Herb Garden</li> <li>2:30 How It's Made</li> <li>3:00 "We Made It!" Social</li> <li>3:30 Sing Along Classics</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Daily Chronicle</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Sit &amp; Be Fit</li> <li>11:00 Dog Therapy w. Roam</li> <li>11:30 Good News Stories</li> <li>1:00 Trivia Tournament</li> <li><b>2:00 Happy Hour: Fiesta!</b></li> <li>3:00 Personal Music Choices</li> <li>4:00 Gratitude Circle</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Gathering</li> <li>9:30 Strength &amp; Stretch</li> <li>9:45 Daily Chronicle</li> <li>10:30 Travelogue w. Ruth</li> <li>1:00 Garden Meditation</li> <li><b>2:00 VISTA</b></li> <li>2:30 Afternoon Delights</li> <li>3:00 Music Therapy w. Ruth</li> <li>4:00 Favorite Shows &amp; News</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>
<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Gentle Exercise</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Mass Online</li> <li>11:30 Spiritual Den w. Claudette</li> <li>1:30 Sunhats &amp; Sunshine</li> <li><b>2:00 Mother's Day Scrapbooking</b></li> <li>3:30 Bingo Spectacular</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Yoga Dance</li> <li>10:00 Nourish &amp; Nurture</li> <li><b>10:30 Scenic Drive &amp; Scenic Walk</b></li> <li>11:00 Bread Bakers</li> <li>11:30 CSFTS w. Claudette</li> <li>2:00 Sports Wrap</li> <li>2:30 Bio: Leona Vicario</li> <li>3:30 60s Sing Along</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li><b>9:30 Mark Day School Visit</b></li> <li>9:30 Chair Tai Chi</li> <li><b>10:00 Nourish w. Live Music</b></li> <li>10:30 Rosary w. Fr. Bain</li> <li>11:00 Art 'n Sip</li> <li>1:30 Flower Arranging</li> <li>2:00 Good News Stories</li> <li>2:30 Travel: Tulum</li> <li>3:30 Game of the Week</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Chair Z Exercise</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Drum Circle</li> <li>11:00 This Day in History w. Cathy</li> <li>11:30 Gratitude Circle</li> <li>1:30 Birdfeed &amp; Chill</li> <li>2:00 Music Appreciation w. Ruth</li> <li>3:30 Trivia Tournament</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Daily Chronicle</li> <li>10:00 Nourish &amp; Nurture</li> <li><b>10:30 Chair Yoga w. David</b></li> <li>11:00 Pampered Nails &amp; Tellin Tales</li> <li>1:30 Herb Garden</li> <li><b>2:00 Bread &amp; Roses Concert - GR</b></li> <li>2:30 How It's Made</li> <li>3:00 "We Made It!" Social</li> <li>3:30 Sing Along Classics</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Daily Chronicle</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Sit &amp; Be Fit</li> <li>11:00 Dog Therapy w. Roam</li> <li>11:30 Good News Stories</li> <li>1:00 Trivia Tournament</li> <li><b>2:00 Happy Hour: Wear Blue!</b></li> <li>3:00 Personal Music Choices</li> <li>4:00 Gratitude Circle</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Gathering</li> <li>9:30 Strength &amp; Stretch</li> <li>9:45 Daily Chronicle</li> <li>10:30 Travelogue w. Ruth</li> <li>1:00 Garden Meditation</li> <li><b>2:00 VISTA</b></li> <li>2:30 Afternoon Delights</li> <li>3:00 Music Therapy w. Ruth</li> <li>4:00 Favorite Shows &amp; News</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>
<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Gentle Exercise</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Mass Online</li> <li>11:30 Spiritual Den w. Claudette</li> <li>1:30 Sunhats &amp; Sunshine</li> <li>2:00 Joke Fest</li> <li>2:30 Daily Chronicle</li> <li>3:30 Bingo Spectacular</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Yoga Dance</li> <li>10:00 Nourish &amp; Nurture</li> <li><b>10:30 Scenic Drive &amp; Scenic Walk</b></li> <li>11:00 Bread Bakers</li> <li>11:30 Daily Questions</li> <li>2:00 Sports Wrap</li> <li>2:30 Bio: Mario Molina</li> <li>3:30 60s Sing Along</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Chair Tai Chi</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Rosary w. Fr. Bain</li> <li>11:00 Art 'n Sip</li> <li>1:30 Flower Arranging</li> <li>2:00 Good News Stories</li> <li>2:30 Travel: Mexico City</li> <li>3:30 Game of the Week</li> <li><b>5:00 AVSR Soirée Dinner</b></li> </ul>	<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Chair Z Exercise</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Drum Circle</li> <li>11:00 This Day in History w. Cathy</li> <li>11:30 Gratitude Circle</li> <li>1:30 Birdfeed &amp; Chill</li> <li>2:00 Music Appreciation w. Ruth</li> <li>3:30 Trivia Tournament</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Daily Chronicle</li> <li>10:00 Nourish &amp; Nurture</li> <li><b>10:30 Chair Yoga w. David</b></li> <li>11:00 Pampered Nails &amp; Tellin Tales</li> <li>11:30 Daily Questions</li> <li>1:30 Herb Garden</li> <li>2:30 How It's Made</li> <li>3:00 "We Made It!" Social</li> <li>3:30 Sing Along Classics</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:30 Daily Chronicle</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Sit &amp; Be Fit</li> <li>11:00 Dog Therapy w. Roam</li> <li>11:30 Good News Stories</li> <li>1:00 Trivia Tournament</li> <li><b>2:00 Happy Hour: Memorial Day!</b></li> <li>3:00 Personal Music Choices</li> <li>4:00 Gratitude Circle</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>	<ul style="list-style-type: none"> <li>9:00 Morning Gathering</li> <li>9:30 Strength &amp; Stretch</li> <li>9:45 Daily Chronicle</li> <li>10:30 Travelogue w. Ruth</li> <li>1:00 Garden Meditation</li> <li><b>2:00 VISTA</b></li> <li>2:30 Afternoon Delights</li> <li>3:00 Music Therapy w. Ruth</li> <li>4:00 Favorite Shows &amp; News</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>
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<ul style="list-style-type: none"> <li>9:15 Morning Gathering</li> <li>9:30 Gentle Exercise</li> <li>10:00 Nourish &amp; Nurture</li> <li>10:30 Mass Online</li> <li>11:30 Spiritual Den w. Claudette</li> <li>1:30 Sunhats &amp; Sunshine</li> <li>2:00 Joke Fest</li> <li>2:30 Daily Chronicle</li> <li>3:30 Bingo Spectacular</li> <li>5:00 Dinner &amp; Evening Movie</li> </ul>
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● Intellectual ● Purposeful ● Emotional ● Environmental ● Social ● Physical ● Spiritual ● Creative