

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May Day 1 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:00 Karaoke- LR 2:30 Poker/ Chess Holdem- AR 4:00 Board Games- AR	2 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:00 Karaoke- LR 2:30 Bingo- AR 4:00 Bowling- LR	3 9:15 Walk & Chat 10:00 Outing- The Academy Museum of Motion Pictures- FL 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Spanish 101- AR 2:30 Poker/ Chess Scrabble/ Board Games	4 May The 4th. Be W/ You Fire Fighter's Day 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:00 A Taste From Home- Guacamole!- AR 2:30 Bingo- AR 3:30 Show & Tell- AR	5 Cinco De Mayo! 9:15 Walk & Rock 10:30 Volleyball- LR 11:00 Celebration of Jewish Life w/Rabbi Jim 1:30 Cinco De Mayo Celebration!- CQ	6 Bubbles Day 9:15 Walk this way 10:00 Outing- Immerse Frida Kahlo Exhibit!- FL 10:30 Volleyball - AR 11:15 Stretch & Flex- LR 1:15 Yoga w/ Jenny- LR 2:30 Arts & Crafts- AR 3:45 Happy Hour! - LR	7 Kentucky Derby Day 9:15 Morning Walk 10:30 Volleyball- AR 11:15 Stretch & Flex- LR 1:15 Painting Class- AR 2:30 Bingo- AR 4:00 Show & Tell- LR
8 Mother's Day 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 12:00 Mother's Day Celebration w/ Caravan!-LR 1:30 Grace Community Church Services- LR	9 Stripes Day 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:00 Karaoke- LR 2:30 Bingo- AR 4:00 Bowling- LR	10 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:30 2nd Annual Poetry Contest Winners!- LR 2:30 Poker/ Chess Scrabble/ Board Games/ Music!- AR	11 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:00 Arts & Crafts- AR 2:30 Bingo w/ Celso- AR 4:00 Dot Painting- AR	12 9:15 Walk & Rock 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:00 Outing: San Fernando Mission- FL 1:00 Spanish 101- AR 2:30 Bingo- AR 4:00 Board Games- AR	13 Hummus Day Friday The 13th 9:15 Walk this way 9:30 Women's Club Outing- Brent's Deli 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Yoga w/ Jenny- LR 2:45 <i>At The Movies</i> -LR	14 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Poker/ Chess Holdem- AR 2:30 Bingo- AR 4:00 Board Games- LR
15 9:15 Bullseye- AR 10:30 Volleyball - LR 11:15 Sit & Fit- LR 1:00 Karaoke- LR 2:30 Bingo- AR 4:00 Scrabble!- AR	16 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:00 Karaoke- AR 2:30 Poker/ Texas Holdem- AR 3:00 Men's Club Outing- Pool Tables Bar	17 9:15 Walk & Chat 10:00 Outing: Dodgers Stadium- FL 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Poetry Contest- LR 2:30 Poker/ Chess Scrabble/ Board Games/ Music!- AR	18 Mexican Tea Party 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:00 Mexican Tea Party- AR 2:30 Bingo- AR 4:00 Show & Tell- LR	19 9:15 Walk & Rock 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:00 Spanish 101- AR 2:30 Bingo- AR 4:00 Jewelry Making-AR	20 Senior Citizen Day 9:15 Outing: A Walk In The Balboa Park 9:15 Walk this way 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:15 Yoga w/ Jenny- LR 2:30 Arts & Crafts- AR 3:45 Happy Hour! - LR	21 Double Trouble Day Armed Forces Day 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:15 Painting Class- AR 2:30 Bingo- AR 4:00 Board Games- LR
22 9:15 Bullseye - AR 10:30 Volleyball - LR 11:15 Sit & Fit- LR 1:15 Grace Community Church Services- LR 2:30 Bingo- AR 4:00 Karaoke- LR	23 9:15 Morning Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:00 Karaoke- LR 2:30 Bingo- AR 4:00 Bowling- LR	24 8:30 Outing: Pechanga Casino- FL 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Spanish 101- AR 2:30 Poker/ Chess Scrabble/ Board Games/ Music!- AR	25 Star Wars Anniversary 9:15 Walk for Wellness 10:30 Volleyball- LR 11:15 Stretch & Flex - LR 1:00 Arts & Crafts- AR 2:30 Bingo- AR 3:30 Star Wars Dress A like Contest- LR	26 9:15 Walk & Rock 10:30 Volleyball - LR 11:15 Sit & Fit- LR 1:00 Resident Council- AR 1:30 Towne Hall- LR 3:00 Resident's Choice	27 9:15 Walk this way 10:00 Outing: Descanso Gardens- FL 10:30 Volleyball - LR 11:15 Stretch & Flex - LR 1:15 Yoga w/ Jenny- LR 2:30 Dot Painting- AR 3:45 Happy Hour! "Charades!"- LR	28 9:15 Morning Walk 10:30 Volleyball- LR 11:15 Stretch & Flex- LR 1:15 Poker/Chess Holdem- AR 2:30 Bingo- AR 4:00 Board Games- LR
29 9:15 Bullseye - AR 10:30 Volleyball - LR 11:15 Sit & Fit - LR 1:15 Movie Matinee- LR 4:00 Dominoes Game- LR	30 Memorial Day 9:15 Red, White & Blue Walk 10:30 Volleyball - LR 11:15 Stretch & Flex- LR 1:00 Karaoke- LR 2:30 Bingo- AR 4:00 Bowling- LR	31 9:15 Walk & Chat 10:30 Volleyball- LR 11:15 Sit & Fit- LR 1:15 Spanish 101- AR 2:30 Poker/ Chess Scrabble/ Board Games/ Music!- AR	<div style="text-align: center;"> <p><u>Room Key</u> LR- Living Room AR- Activity Room RG- Rear Garden FL- Front Lobby CQ- Center Quad</p>  <p>May 2022</p> <p><u>Happy Birthday</u> Waynette Sims 5/3 Clara Hernandez 5/24 Nick Nagy 5/18 Alan Kalal 5/30 Richard Keith 5/23 Elsa Chiles 5/30</p> </div>			

* Activities may vary

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
May Day 1 9:15 Sit & Fit 10:30 Book Club 12:45 Sing- A- Along 1:00 Garden Chat 2:30 Balloon Toss 3:00 Bullseye	2 9:15 Morning Walk 9:45 Soothing Exercise 10:30 Volleyball 12:45 Art w/ Emma 1:45 Racquet Ball 2:30 Bingo	3 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Karaoke 12:45 Card Writing 1:45 Balloon Volleyball 2:30 Dot Painting w/ Lina 3:00 Gardening	Fire Fighters Day 4 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Racquet Ball 12:45 Reading w/Rodrigo 1:45 Adult Coloring 3:00 Sing-A-Longs	Cinco De Mayo 5 9:15 Happy Feet Walk 9:30 Outing: Walk In The Park 9:45 Sit & Fit 10:30 Charades w/ Oscar 11:00 Celebration of Jewish Life w/ Rabbi Jim 12:45 Balloon Volleyball 3:00 Bingo	Bubbles Day 6 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Bullseye 2:15 Yoga w/ Jenny! 3:00 Outdoors Happy Hour!	7 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Volleyball 12:45 Book Club 1:15 Instrumental Therapy 2:00 Garden Chat 3:00 Painting 101	
Mother's Day 8 9:15 Sit & Fit 10:30 Book Club 11:30 Mother's Day Celebration 12:45 Garden Chat 1:30 Grace Community Church Services 2:30 Balloon Toss 3:00 Bullseye	Stripes Day 9 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Volleyball 12:45 Art w/ Emma 1:45 Movie Matinee	10 9:15 Happy Feet 9:45 Stretch & Flex 10:30 Karaoke 12:45 Creative Writing 1:45 Balloon Volleyball 2:30 Dot Painting w/ Lina 3:00 Bingo	11 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Racquet Ball 12:45 Reading w/ Rodrigo 1:45 Jigsaw Puzzle Therapy! 3:00 Sing-A-Longs	12 9:15 Happy Feet Walk 9:45 Sit & Fit 10:30 Arts & Crafts 12:45 Charades w/ Oscar 2:00 Balloon Volleyball 3:00 Bingo	Hummus Day 13 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Bullseye 2:15 Yoga w/ Jenny! 3:30 At The Movies- Singing In The Rain	14 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Volleyball 12:45 Instrumental Therapy 2:00 Color-In Therapy 3:00 Outdoors Karaoke	
15 9:15 Sit & Fit 10:30 Book Club 12:30 Sing- A- Along 1:00 Garden Chat 2:30 Balloon Toss 3:00 Bullseye	16 9:15 Marathon Monday 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Art w/ Emma 1:45 Racquet Ball 3:00 Bingo	17 9:15 Happy Feet 9:45 Stretch & Flex 10:30 Karaoke 12:45 Writing - Letters 1:45 Balloon Volleyball 3:00 Poetry and Creative Writing w/ Lina	Mexican Tea Party 18 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Racquet Ball 12:45 Reading w/ Rodrigo 1:30 Mexican Tea Party! 3:00 Sing-A-Longs	19 9:15 Happy Feet Walk 9:45 Sit & Fit 10:30 Arts & Crafts w/ Oscar 12:45 Charades 2:00 Balloon Volleyball 3:00 Bingo	Senior Citizen Day 20 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Bullseye 2:15 Yoga w/ Jenny! 3:00 Happy Hour!	Armed Forces Day 21 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Volleyball 12:45 Instrumental Therapy 2:00 Gardening 3:00 Painting 101 Armed Forces Day	
22 9:15 Sit & Fit 10:30 Book Club 11:00 Grace Community Church Services 12:30 Sing- A- Along 1:00 Garden Chat 2:30 Balloon Toss 3:00 Bullseye	23 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Art w/ Emma 1:45 Racquet Ball 3:00 Bingo Victoria Day (Canada)	24 9:15 Happy Feet 9:45 Stretch & Flex 10:30 Karaoke w/ Lina 12:45 Creative Writing 1:45 Balloon Volleyball 3:00 Bingo	25 9:15 Happy Feet Walk 9:45 Soothing Exercise 10:30 Racquet Ball 12:45 Reading w/ Rodrigo 2:00 Adult Coloring 3:00 Sing-A-Longs	26 9:15 Happy Feet Walk 9:45 Sit & Fit w/ Oscar 10:30 Arts & Crafts 12:45 Charades 2:00 Balloon Volleyball 3:00 Bingo	27 9:15 Happy Feet 9:45 Sit & Fit 10:30 Soothing Exercise 12:45 Bullseye 2:15 Yoga w/ Jenny! 3:00 Happy Hour!	28 9:15 Happy Feet Walk 9:45 Stretch & Flex 10:30 Volleyball 12:45 Instrumental Therapy 2:00 Gardening 3:00 Outdoors Karaoke	
29 9:15 Sit & Fit 10:30 Book Club 12:30 Sing- A- Along 1:00 Garden Chat 2:30 Balloon Toss 3:00 Bullseye	Memorial Day 30 9:15 Happy Feet 9:45 Soothing Exercise 10:30 Sing-A-Long 12:45 Art w/ Emma 1:45 Racquet Ball 3:00 Bingo	31 9:15 Happy Feet 9:45 Stretch & Flex 10:30 Karaoke 12:45 Poem Writing 1:45 Balloon Volleyball 3:00 Bingo w/ Lina	Activities may vary			Safe Haven	

May 2022