

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 * Cribbage (at *SCAL) 10:30 Heart-health Aerobics 11:00 BINGO 2:00 Monday Movie Matinee: <i>Matilda</i> 4:00 Sunroom Social May Day	2 10:30 DrumFIT 11:00 High Roller Dice Game 2:00 BINGO 3:00 Balloon Volley 4:00 Sunroom Social	3 -- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 Garden Club Meeting 4:00 Afternoon Social	4 10:30 * Scrabble 10:30 Boxing in Place 11:00 Armchair Travel: "Copenhagen" 2:00 BINGO 4:00 Sunroom Social -- Concierge Service --	5 10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Knit with Cathy! 4:00 Sunroom Social Cinco de Mayo	6 10:30 Let's Get Fit! 11:00 "Game of Life" 2:00 History: Ronald Reagan 4:00 Sunroom Social 6:00 Lawrence Welk Show Channel 9 Happy Birthday, Mary Clare!
7 9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Culinary Craft Corner 2:00 BINGO 4:00 Sunroom Social 6:00 Lawrence Welk Show	8 10:00 * Cribbage 10:30 Heart-health Aerobics 11:00 Rummikub & More 2:00 Monday Movie Matinee: <i>The Four Seasons</i> 4:00 Sunroom Social	9 10:00 Veterans Coffee 10:30 DrumFIT 11:00 High Roller Dice Game 2:00 POKENO 3:00 Balloon Volley 4:00 Sunroom Social HAPPY BIRTHDAY, JOAN!	10 -- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 Mothers' Day Crafts 4:00 Afternoon Social HAPPY BIRTHDAY, ALEX!	11 10:30 * Scrabble 10:30 Strengthen w/Weights 11:00 Armchair Travel: "Edinburgh" 2:00 Rick Walsh Entertains! 4:00 Sunroom Social -- Concierge Service --	12 10:00 * Hot Topics Discussion Group 10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 MUSIC BINGO 3:00 Knit with Cathy! 4:00 Sunroom Social	13 10:30 Chair Zumba 11:00 Categories Trivia 2:00 Paint with Lourana! 4:00 Sunroom Social 6:00 Lawrence Welk Show
14 10:00 Catholic Mass (TV-138) 12:30 Mother's Day Luncheon 6:00 Lawrence Welk Show Puzzles, Word Games and Art Supplies available all day. Mother's Day National Skilled Nursing Week	15 9:00am * Memory Training 10:00 * Cribbage 10:30 * "Sea Captains of Cape Cod" 10:30 Heart-health Aerobics 2:00 Monday Movie Matinee: <i>Jerry Maguire</i>	16 10:30 High Roller Dice Game 11:30 Men's Lunch Outing 2:00 BINGO 3:00 Balloon Volley 4:00 Sunroom Social	17 -- HAIR SALON -- 10:30 Words-in-a-Word 11:00 BINGO 7:10 Red Sox vs. Seattle Puzzles, Word Games and Art Supplies available all day. Happy Birthday Mo & Grace!	18 10:30 * Scrabble 10:30 Boxing in Place 11:00 Armchair Travel: "London: Historic & Dynamic" 2:00 Paint with Wendi! 4:15 Sunroom Social -- Concierge Service --	19 10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 BINGO 3:00 Knit with Cathy! 4:00 Sunroom Social	20 10:30 Chair Zumba 11:00 Categories Trivia 2:00 Music Bingo 4:00 Sunroom Social Military Theme Songs 6:00 Lawrence Welk Show Armed Forces Day
21 9:00 Sunday Morning (CBS TV-channel 4) 10:00 Catholic Mass (TV-138) 10:30 Culinary Craft Corner 2:00 BINGO 4:00 Sunroom Social 6:00 Lawrence Welk Show	22 9:00am * UCLA Memory Training 10:30 Heart-health Aerobics 11:00 BINGO 2:00 Monday Movie Matinee: <i>Elsa and Fred</i> 4:00 Sunroom Social	23 10:30 DrumFIT 11:00 High Roller Dice Game 2:00 POKENO 3:00 Balloon Volley 4:00 Sunroom Social	24 -- HAIR SALON -- 10:30 Chair Yoga 11:00 BINGO 2:00 Craft: Beading with Joyce 4:00 Afternoon Social	25 10:30 * Scrabble 10:30 Strengthen w/Weights 11:00 Armchair Travel: "The Swiss Alps" 2:00 BINGO 4:00 Sunroom Social -- Concierge Service --	26 10:00 * Hot Topics Discussion Group 10:30 "Your Choice Friday" (Choice of Group Activities) 2:00 Harry French Entertains! 4:00 Sunroom Social	27 10:30 Chair Zumba 11:00 Categories Trivia 2:00 Music Bingo 4:00 Sunroom Social 6:00 Lawrence Welk Show
28 10:00 Catholic Mass (TV-138) 6:00 Lawrence Welk Show Channel 9 Puzzles, Word Games and Art Supplies available all day. HAPPY BIRTHDAY, JEN!	29  HAPPY MEMORIAL DAY Puzzles, Word Games and Art Supplies available all day. Memorial Day	30 10:30 DrumFIT 11:00 High Roller Dice Game 2:00 BINGO 3:00 Balloon Volley 4:00 Name That Tune Social w/Lourana at the Piano	31 -- HAIR SALON -- 10:30 Meditation 11:00 BINGO 2:00 Craft: Suncatchers 4:00 Afternoon Social	May 2023		