

# May 2024

• MONDAY •

• TUESDAY •

• WEDNESDAY •

• THURSDAY •

• FRIDAY •

"Keep your face always toward the sunshine—and shadows will fall behind you." - Walt Whitman

9:45a Getting to Know You 1  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 11:30 BP Clinic  
 1p Tai Chi

9:45a Getting to Know You 2  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 12:30p Afternoon Stroll

9:45a Getting to Know You 3  
 Shopping Shuttle – Five Below

**Armchair Travel – Mexico 6**  
 9:45a Getting to Know You  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 Crafting - Sombreros

9:45a Getting to Know You 7  
**10a Group Fitness**  
 10:30 BINGO  
 12:30p Afternoon Stroll  
 Shopping Day @ Apex Store

9:45a Getting to Know You 8  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 11:30 BP Clinic  
 1p Chair Yoga

9:45a Getting to Know You 9  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 12:30p Afternoon Stroll  
 Crafting -

9:45a Getting to Know You 10  
**10a Group Fitness**  
 10:30 BINGO  
 12:30p Afternoon Stroll  
 Shopping Day @ Apex Store

**Armchair Travel - Norway 13**  
 9:45a Getting to Know You  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 Crafting – DIY Mocktails

9:45a Getting to Know You 14  
**10a Group Fitness**  
 10:30 BINGO  
 12:30p Afternoon Stroll  
 Shopping Day @ Apex Store

9:45a Getting to Know You 15  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 11:30 BP Clinic + Nutrition Class  
 1p Tai Chi

9:45a Getting to Know You 16  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 12:30p Afternoon Stroll  
 Crafting -  
 \*Wear Purple for Peace Day

9:45a Getting to Know You 17  
**10a Group Fitness**  
 10:30 BINGO  
 12:30p Afternoon Stroll  
 Shopping Day @ Apex Store

**Armchair Travel - Alaska 20**  
 9:45a Getting to Know You  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 Crafting – Magazine Scavenger Hunt

9:45a Getting to Know You 21  
**10a Group Fitness**  
 10:30 BINGO  
 12:30p Afternoon Stroll  
 Shopping Day @ Apex Store  
 World Tea Day

9:45a Getting to Know You 22  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 11:30 BP Clinic + Nutrition Class  
 1p Chair Yoga

9:45a Getting to Know You 23  
**10a Group Fitness**  
 10:30 Happy Hour Games  
 Crafting – Finish Sombreros  
 12:30p Afternoon Stroll

9:45a Getting to Know You 24  
 10a Group Outing - TBD  
 10:30 BINGO  
 Shopping Day @ Apex Store

**Armchair Travel – Las Vegas**

Memorial Day – Center Closed

**27**



**Hamburger Day**

**28**

9:45a Getting to Know You

**10a Group Fitness**

**10:30 BINGO**

**12:30p Afternoon Stroll**

Shopping Day @ Apex Store

**World Otter Day**

**29**

9:45a Getting to Know You

**10a Group Fitness**

**10:30 Happy Hour Games**

**11:30 BP Clinic + Nutrition Class**

**1p Tai Chi**

**Water a Flower Day**

**30**

9:45a Getting to Know You

**10a Group Fitness**

**10:30 Happy Hour Games**

Crafting – Finish Sombreros

**12:30p Afternoon Stroll**

**Macaroon Day**

**31**

9:45a Getting to Know You

**10a Group Fitness**

**10:30 BINGO**

Shopping Day @ Apex Store

*Please note: All activities are subject to change based on the needs and interests of our participants. We appreciate your understanding and flexibility!*

**HAPPY BIRTHDAY TO ALL OF THOSE CELEBRATING IN MAY!**