

## May Activity Calendar 2023

| Mon  | Tue   | Wed  | Thu  | Fri  | Sat   | Sun  |
|--|---|--|--|--|---|--|
| 1<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45<br>Line Dancing<br>12:45-2:30  | 2<br>Bingo<br>Sales starts at<br>11:45<br>Bingo Starts at<br>12:45  | 3<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45  | 4<br>Wood Carving<br>9:00-11:00<br>Line Dancing<br>12:45-2:30    | 5<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45  | 6<br>National<br>Fitness Day<br>Kentucky<br>Derby Day                                 | 7<br>National<br>Tourism Day   |
| 8<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45<br>Line Dancing<br>12:45-2:30  | 9<br>Bingo<br>Sales starts at<br>11:45<br>Bingo Starts at<br>12:45  | 10<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45<br>Board Meeting<br>9:00<br>Everyone<br>Welcome | 11<br>Wood Carving<br>9:00-11:00<br>Line Dancing<br>12:45-2:30   | 12<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45   | 13<br>National Frog<br>Jumping Day  | 14<br>Mother's Day   |
| 15<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45<br>Line Dancing<br>12:45-2:30 | 16<br>Bingo<br>Sales starts at<br>11:45<br>Bingo Starts at<br>12:45 | 17<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45<br>May Birthday<br>Celebrations                 | 18<br>Wood Carving<br>9:00-11:00<br>Line Dancing<br>12:45-2:30   | 19<br>Monty Dale<br>Luke Performs<br>10:00 12:00<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45 | 20<br>Armed Forces<br>Day   | 21   |
| 22<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45<br>Line Dancing<br>12:45-2:30 | 23<br>Bingo<br>Sales starts at<br>11:45<br>Bingo Starts at<br>12:45 | 24<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45   | 25<br>Wood Carving<br>9:00-11:00<br>Line Dancing<br>12:45-2:30   | 26<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45   | 27  | 28<br>National<br>Hamburger<br>Day                                     |
| 29<br>CLOSED<br>HOLIDAY  | 30<br>Bingo<br>Sales starts at<br>11:45<br>Bingo Starts at<br>12:45 | 31<br>Exercise<br>Class 8:00<br>Chair Exercise<br>8:45   | "Life shrinks or<br>expands in<br>proportion to<br>one' courage" | "The<br>healthiest<br>response to<br>life is joy"  | "Life is a<br>succession of<br>lessons which<br>must be lived<br>to be<br>understood" | "Life is what<br>we make it,<br>always has<br>been, always<br>will be" |
| Wii Bowling<br>Cards<br>Pool.<br>Board Games<br>Corn Hole<br>Puzzles                 | National Salad<br>Month   | Older<br>Americans<br>Month  | Date Your<br>Mate Month  | National BBQ<br>Month  | National Blood<br>Pressure<br>Month   | Lupus<br>Awareness<br>Month  |