

calendar & activities

MAY 2019

"American Road Trips"

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT



LOCATIONS

Both Sides- BS

Blue Activity Kitchen - BAK

Blue Activity Studio - AS

Green Activity Kitchen- GAK

Green Activity Studio- GAS

AL Living Room - ALR

AL Theater - ALT

Beauty Salon - BS

Dining Room - DR

L- Library

Quiet Room - QR

BIRTHDAYS

THIS MONTH

SENIOR LIFESTYLE

Unlimited options, Unparalleled services

WWW.SENIORLIFESTYLE.COM

Activities are subject to change

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9:45 Music Appreciation

10:00 ● Sit and Be Fit [BAS]

10:30 ● Freerice.com [GAS]

10:45 ● Thymeless: Crudite Cups [BAK]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Sunday Tea Time [BAS]

2:30 Thymeless: Greek Fruit Smoothie [BAK]

3:00 ● Classical & Operatic Music by Annie [DR]

4:00 ● IN2L Games [B]

6:15 ● Religious Services on IN2L [BAS]

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Mother's Day

9:45 Music Appreciation

10:00 ● Sit and Be Fit [BAS]

10:30 ● Chicken Soup for the Soul Listening Hour [GAS]

10:45 ● Thymeless: Crudite Cups [BAK]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Sunday Tea Time [BAS]

2:30 Thymeless: Greek Fruit Smoothie [BAK]

3:00 ● Classical & Operatic Music by Annie [DR]

4:00 ● IN2L Games [B]

6:15 ● Religious Services on IN2L [BAS]

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9:45 Music Appreciation

10:00 ● Sit and Be Fit [BAS]

10:30 ● Freerice.com [GAS]

10:45 ● Thymeless: Crudite Cups [BAK]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Sunday Tea Time [BAS]

2:30 Thymeless: Greek Fruit Smoothie [BAK]

3:00 ● Classical & Operatic Music by Annie [DR]

4:00 ● IN2L Games [B]

6:15 ● Religious Services on IN2L [BAS]

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9:45 Music Appreciation

10:00 ● Sit and Be Fit [BAS]

10:30 ● Chicken Soup for the Soul Listening Hour [GAS]

10:45 ● Thymeless: Crudite Cups [BAK]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Sunday Tea Time [BAS]

2:30 Thymeless: Greek Fruit Smoothie [BAK]

3:00 ● Classical & Operatic Music by Annie [DR]

4:00 ● IN2L Games [B]

6:15 ● Religious Services on IN2L [BAS]

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9:45 Music Appreciation

10:00 ● Theater Experience: "Over the Top" [ALT]

10:30 ● Swing & Sway to the Beat [BAS]

10:45 ● Thymeless: Monster Balls

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Ceramics Class with Dawn [BAS]

1:30 ● Essence with Justine [GAS]

1:30 ● Relaxation Hour: Hand Massages & Music [GAS]

2:30 Thymeless: Carrot / Orange Twister Refresher

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Shake Loose a Memory Game [GAS]

4:30 ● Hit the Road Walking Club [B]

6:15 ● Karaoke Hour [GAS]

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9:45 Music Appreciation

10:00 ● Theater Experience: "RV" [ALT]

10:30 ● Swing & Sway to the Beat [BAS]

10:45 ● Thymeless: Monster Balls

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Ceramics Class with Dawn [BAS]

1:30 ● Essence with Justine [GAS]

1:30 ● Relaxation Hour: Hand Massages & Music [GAS]

2:30 Thymeless: Carrot / Orange Twister Refresher

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Penny Ante Game [GAS]

4:30 ● Hit the Road Walking Club [B]

6:15 ● Karaoke Hour [GAS]

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9:45 Music Appreciation

10:00 ● Theater Experience: "The Straight Story" [ALT]

10:30 ● Swing & Sway to the Beat [BAS]

10:45 ● Thymeless: Monster Balls

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Ceramics Class with Dawn [BAS]

1:30 ● Essence with Justine [GAS]

1:30 ● Relaxation Hour: Hand Massages & Music [GAS]

2:30 Thymeless: Carrot / Orange Twister Refresher

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Shake Awake Your Taste Game [GAS]

4:30 ● Hit the Road Walking Club [B]

6:15 ● Karaoke Hour [GAS]

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Memorial Day

9:45 Music Appreciation

10:00 ● Theater Experience: "Pee Wee's Big Adventure" [ALT]

10:30 ● Swing & Sway to the Beat [BAS]

10:45 ● Thymeless: Monster Balls

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Ceramics Class with Dawn [BAS]

1:30 ● Essence with Justine [GAS]

1:30 ● Relaxation Hour: Hand Massages & Music [GAS]

2:30 Thymeless: Carrot / Orange Twister Refresher

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● My Two Cents Game [GAS]

4:30 ● Hit the Road Walking Club [B]

6:15 ● Karaoke Hour [GAS]

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9:45 Music Appreciation

10:00 ● Conductercise [GAS]

10:30 ● Food for Thought: Drive In's & Car Hops [BAS]

10:45 ● Thymeless: Sweet & Spicy Pineapple Salsa/ Infused Water

11:00 ● Stories Out of a Hat [BAS]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Awaken the Senses Sensory Stimulation [GAS]

1:30 ● Crafter's Corner: Road Trip Post Cards [BAS]

2:30 Thymeless: Caribbean Passion Smoothie

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Target Toss [GAS]

4:00 ● UNO! Card Game [BAS]

6:15 ● Balloon Volleyball [GAS]

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9:45 Music Appreciation

10:00 ● Conductercise [GAS]

10:45 ● Thymeless: Sweet & Spicy Pineapple Salsa/ Infused Water

11:00 ● Stories Out of a Hat [BAS]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Awaken the Senses Sensory Stimulation [GAS]

1:30 ● Crafter's Corner: Oil Pastel Pie [BAS]

2:30 Thymeless: Caribbean Passion Smoothie

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Picture Trivia [BAS]

4:00 ● Target Toss [GAS]

6:15 ● Balloon Volleyball [GAS]

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9:45 Music Appreciation

10:00 ● Conductercise [GAS]

10:45 ● Thymeless: Sweet & Spicy Pineapple Salsa/ Infused Water

11:00 ● Stories Out of a Hat [BAS]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Awaken the Senses Sensory Stimulation [GAS]

1:30 ● Crafter's Corner: Vanity Plates Door Decor [BAS]

2:30 Thymeless: Caribbean Passion Smoothie

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Target Toss [GAS]

4:00 ● UNO! Card Game [BAS]

6:15 ● Balloon Volleyball [GAS]

28

9:45 Music Appreciation

10:00 ● Conductercise [GAS]

10:30 ● Prayer Service with Debbie from Kindred [DR]

10:45 ● Thymeless: Sweet & Spicy Pineapple Salsa/ Infused Water

11:00 ● Stories Out of a Hat [BAS]

11:30 ● Daily Chronicle & Good News [B]

12:00 ● Lunch Bunch Club at the Grille

1:15 ● Pamper Me

1:30 ● Awaken the Senses Sensory Stimulation [GAS]

1:30 ● Crafter's Corner: [BAS]

2:30 Thymeless: Caribbean Passion Smoothie

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Picture Trivia [BAS]

4:00 ● Target Toss [GAS]

6:15 ● Balloon Volleyball [GAS]

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9:45 Music Appreciation

10:00 ● Ribbon Dance [GAS]

10:30 ● Who's Got it Card Game [GAS]

10:45 ● Thymeless: Mock Potato Salad / infused Water

11:00 ● OUTING: Angelo's McDonald's for Lunch & History of McDonald's

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● American Tales Listening Hour [GAS]

1:30 ● Bookmarks [LIB]

2:30 ● Thymeless: Grapefruit Party Punch [BAK]

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Bowling [GAS]

4:00 ● Reminisce Pastimes on IN2L [BAS]

6:15 ● Colorful Expressions: Adult Coloring Books [BAS]

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9:45 Music Appreciation

10:00 ● Ribbon Dance [GAS]

10:30 ● Kentucky Derby Horse Races [BAS]

10:45 ● Thymeless: Mock Potato Salad / infused Water

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● American Tales Listening Hour [GAS]

1:30 ● Bookmarks [LIB]

2:30 ● Thymeless: Grapefruit Party Punch [BAK]

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Bowling [GAS]

4:00 ● Reminisce Pastimes on IN2L [BAS]

6:15 ● Colorful Expressions: Adult Coloring Books [BAS]

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9:45 Music Appreciation

10:00 ● Ribbon Dance [GAS]

10:30 ● Who's Got it Card Game [GAS]

10:45 ● Thymeless: Mock Potato Salad / infused Water

11:00 ● OUTING: Picnic Lunch at the Park

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● American Tales Listening Hour [GAS]

1:30 ● Bookmarks [LIB]

2:30 ● Thymeless: Grapefruit Party Punch [BAK]

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Bowling [GAS]

4:00 ● Reminisce Pastimes on IN2L [BAS]

6:15 ● Colorful Expressions: Adult Coloring Books [BAS]

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9:45 Music Appreciation

10:00 ● OUTING: AMC Theater "Aladdin"

10:00 ● Ribbon Dance [GAS]

10:30 ● Kentucky Derby Horse Races [BAS]

10:45 ● Thymeless: Mock Potato Salad / infused Water

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● American Tales Listening Hour [GAS]

1:30 ● Bookmarks [LIB]

2:30 ● Thymeless: Grapefruit Party Punch [BAK]

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Bowling [GAS]

4:00 ● Reminisce Pastimes on IN2L [BAS]

6:15 ● Colorful Expressions: Adult Coloring Books [BAS]

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9:45 Music Appreciation

10:00 ● Chair Dancing [BAS]

10:15 ● One on One's [B]

10:30 ● Music Therapy from Transitions Hospice [DR]

10:45 Thymeless: Cucumber Canapes / Infused Water

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● SPARK: Cognitive Fitness Class [BAS]

2:30 Thymeless: Pomegranate Hibiscus Tea & Ginger Yogurt

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Bean Bag Toss [GAS]

4:00 ● LCR Dice Game [BAS]

4:30 ● Reminiscent Walking Club [LIB]

6:15 ● Sing-Along with Susie Q [GAS]

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9:45 Music Appreciation

10:00 ● Chair Dancing [BAS]

10:15 ● One on One's [B]

10:30 ● Higher or Lower Card Game [BAS]

10:45 ● Traveling Tunes [GAS]

10:45 Thymeless: Cucumber Canapes / Infused Water

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● SPARK: Cognitive Fitness Class [BAS]

1:30 ● Wubble Bubble Ball Toss [GAS]

2:30 Thymeless: Pomegranate Hibiscus Tea & Ginger Yogurt

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Bean Bag Toss [GAS]

4:00 ● Brain Fitness [BAS]

4:30 ● Reminiscent Walking Club [LIB]

6:15 ● Sing-Along with Susie Q [GAS]

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9:45 Music Appreciation

10:00 ● Chair Dancing [BAS]

10:15 ● One on One's [B]

10:30 ● Matchbox 500 Car Race [GAS]

10:45 Thymeless: Cucumber Canapes / Infused Water

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● SPARK: Cognitive Fitness Class [BAS]

2:30 Thymeless: Pomegranate Hibiscus Tea & Ginger Yogurt

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Bean Bag Toss [GAS]

4:00 ● LCR Dice Game [BAS]

4:30 ● Reminiscent Walking Club [LIB]

6:15 ● Sing-Along with Susie Q [GAS]

10:30 ● Road Sign Picture Bingo [BAS]

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9:45 Music Appreciation

10:00 ● Chair Dancing [BAS]

10:15 ● One on One's [B]

10:30 ● Reminiscing with the Senses: Remembering Family Road Trips [GAS]

10:45 Thymeless: Cucumber Canapes / Infused Water

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● SPARK: Cognitive Fitness Class [BAS]

2:30 Thymeless: Pomegranate Hibiscus Tea & Ginger Yogurt

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Bean Bag Toss [GAS]

4:00 ● Brain Fitness [BAS]

4:30 ● Reminiscent Walking Club [LIB]

6:15 ● Sing-Along with Susie Q [GAS]

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9:45 Music Appreciation

10:00 ● Bag Ball Exercise [GAS]

10:00 ● Baker's Club with Dawn: On the Road Seed Brittle [BAK]

10:30 ● Hat Chat [GAS]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● IN2L- My Page [B]

1:30 ● Manicures & Massages [B]

2:30 Thymeless: Strawberry Whip Smoothies [BAK]

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Funny Quotes [GAS]

4:00 ● Timeslips [BAS]

6:15 ● Hangman & Pictionary [BAS]

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9:45 Music Appreciation

10:00 ● Bag Ball Exercise [GAS]

10:00 ● Baker's Club with Dawn: Crackly Brownie Cookies [BAK]

10:30 ● Root Beer Pong [GAS]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● IN2L- My Page [B]

1:30 ● Manicures & Massages [B]

2:30 Thymeless: Strawberry Whip Smoothies [BAK]

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Bean Bag Twister Trivia [GAS]

4:00 ● Time Slips [BAS]

6:15 ● Hangman & Pictionary [BAS]

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9:45 Music Appreciation

10:00 ● Bag Ball Exercise [GAS]

10:00 ● Baker's Club with Dawn: Muffin Top Cookies [BAK]

10:30 ● Hat Chat [GAS]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● IN2L- My Page [B]

1:30 ● Manicures & Massages [B]

2:30 Thymeless: Strawberry Whip Smoothies [BAK]

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Funny Quotes [GAS]

4:00 ● Timeslips [BAS]

6:15 ● Hangman & Pictionary [BAS]

31

9:45 Music Appreciation

10:00 ● Bag Ball Exercise [GAS]

10:00 ● Baker's Club with Dawn: Glazed Oatmeal Cookies [BAK]

10:30 ● Root Beer Pong [GAS]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● IN2L- My Page [B]

1:30 ● Manicures & Massages [B]

2:30 Thymeless: Strawberry Whip Smoothies [BAK]

3:00 ● Songs by Heart Music Therapy [DR]

4:00 ● Bean Bag Twister Trivia [GAS]

4:00 ● Time Slips [BAS]

6:15 ● Hangman & Pictionary [BAS]

11

9:45 Music Appreciation

10:00 ● Chair Yoga [BAS]

10:30 ● Penny Toss [GAS]

10:30 ● Pictionary [BAS]

10:45 Thymeless: Peanut butter 'N Fruit Butterflies Snack Bites [BAK]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Aqua Paintings [GAS]

2:30 Thymeless: Passion Fruit Punch Refresher [BAK]

3:00 ● Happy Hour [DR]

4:00 ● Charades [BAS]

6:15 ● Theme of the Month Movie: "" [GAS]

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9:45 Music Appreciation

10:00 ● Chair Yoga [BAS]

10:30 ● Clothespin Toss [GAS]

10:30 ● Penny Toss [GAS]

10:45 Thymeless: Peanut butter 'N Fruit Butterflies Snack Bites [BAK]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Aqua Paintings [GAS]

2:30 Thymeless: Passion Fruit Punch Refresher [BAK]

3:00 ● Happy Hour & Steve's American Road Trip Show [DR]

4:00 ● Charades [BAS]

6:15 ● Theme of the Month Movie: "" [GAS]

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9:45 Music Appreciation

10:00 ● Chair Yoga [BAS]

10:30 ● Penny Toss [GAS]

10:30 ● Pictionary [BAS]

10:45 Thymeless: Peanut butter 'N Fruit Butterflies Snack Bites [BAK]

11:30 ● Daily Chronicle & Good News [B]

1:15 ● Pamper Me

1:30 ● Aqua Paintings [GAS]

2:30 Thymeless: Passion Fruit Punch Refresher [BAK]

3:00 ● Happy Hour: World War II Radio Hour [DR]

6:15 ● Theme of the Month Movie: "" [GAS]

