



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>MEMORY CARE Embrace BY SENIOR LIFESTYLE</p> <p>WWW.SENIORLIFESTYLE.COM Activities are subject to change</p>  <p>THE CARLISLE PALM BEACH a Senior Lifestyle community</p> <ul style="list-style-type: none"> *BOOKMARKS *ESSENCE *THYMELESS CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT 	<p>May cont'd 30</p> <p>10:00 ● Sit & Be Fit 10:30 ● Daily Chronicles & Current Event 10:30 ● Hymns of praise 1:30 ● History Of Indianapolis 500 3:30 ● Matinee Movie With Popcorn:</p>	<p>Memorial Day 31</p> <p>10:00 ● Golden Fitness 10:30 ● Daily Chronicles & Current Event 1:30 ● Literature club (History of Memorial Day) 2:30 ● Memorial Day Celebration 4:00 ● Benefits Of Laughter Chat: IN2L</p>	<p>Residents Birthday:</p> <p style="text-align: center;">*Shirley R. 5/12 Bert R. 5/21 Paul k 5/22</p>		<p>HAPPY There's Day</p>		<p>10:00 ● Horse Racing In the Thymeless Garden With "Less" 1 10:30 ● Daily Chronicles & Current Event 11:00 ● Essence Aromatherapy 1:30 ● Word Games 2:30 ● History of The Kentucky Derby 2:30 ● Thymeless Culinary 4:00 ● Garden walk 6:00 ● Featured Movie</p>
	<p>10:00 ● Movements with Hymns and Praise Music 2 10:30 ● Daily Chronicles & Current Event 10:30 ● Hymns of praise 11:00 ● Join the story 2:30 ● Thymeless Culinary 3:30 ● Matinee Movie With Popcorn:</p>	<p>10:00 ● Move and Groove to Oldies but goodies 3 10:30 ● Daily Chronicles & Current Event 11:00 ● Around The World in 30min (Israel) 1:30 ● Literature club 2:30 ● Thymeless Culinary 4:00 ● Benefits Of Laughter Chat: IN2L</p>	<p>10:00 ● Weight Training 4 10:30 ● Daily Chronicles & Current Event 11:00 ● Essence Aromatherapy 1:30 ● Arts and craft 2:30 ● Thymeless Culinary 4:00 ● Garden Walk</p>	<p>10:00 ● Chair Exercise 5 10:30 ● Bookmarks: 11:00 ● Around The World in 30min (MEXICO) 2:30 ● Thymeless Culinary (Making Beef Empanadas) 3:00 ● Cinco de Mayo Celebration 4:00 ● Before Dinner Wrap up 6:15 ● Feather Movie :The Mask of Zorro</p>	<p>10:00 ● Golfing in our Thymlessgarden 6 10:30 ● Daily Chronicles & Current Event 11:00 ● Good News in our Thymlessgardens 1:30 ● Arts and craft 2:30 ● Thymeless Culinary 4:00 ● Garden Walk</p>	<p>10:00 ● Exercise with Noddle's 7 10:30 ● Bookmarks: 11:00 ● Older Trivia 2:30 ● Thymeless Culinary 3:00 ● Sing Along to Oldies but Goodies 3:30 ● IN2L Sabbath Services 2nd floor 4:00 ● Before Dinner Wrap Up</p>	<p>10:00 ● Move and Groove to Oldies but goodies 8 10:30 ● Daily Chronicles & Current Event 11:00 ● All About Birds IN2L (World Migratory Bird DAY) 1:30 ● Movie Mother's : A Move Matinee & Conversation 2:30 ● Thymeless Culinary 4:00 ● Garden walk 6:00 ● Featured Movie</p>
	<p>Mother's Day 9</p> <p>10:00 ● Volley Ball 10:30 ● Daily Chronicles & Current Event 11:00 ● Join the story 2:30 ● Mother's Day Afternoon Delight with Moscato 2:30 ● Thymeless Culinary 6:00 ● Movie Matinee with Popcorn " I Remember Mama"</p>	<p>10:00 ● Golden Fitness 10 10:30 ● Daily Chronicles & Current Event 11:00 ● Jewish American Heritage - (Kosher) 1:30 ● Literature club (Jewish History) 2:30 ● Thymeless Culinary (Shrimp Pasta) 4:00 ● Benefits Of Laughter Chat: IN2L</p>	<p>10:00 ● Chair Dance 11 10:30 ● Daily Chronicles & Current Event 11:00 ● Holocaust Museum Virtual Tour and Discussion 1:30 ● Arts and craft 2:30 ● Thymeless Culinary 4:00 ● Garden Walk</p>	<p>10:00 ● Happy Feet 12 10:30 ● Daily Chronicles and Current Events 11:00 ● History Of Limerick Day (IN2L) 1:30 ● Share Your Best Advice 2:00 ● Smiles Bingo 3:30 ● Wine & Cheese with Stand-Up Comedy Open Mic 4:00 ● Before Dinner Wrap up</p>	<p>10:00 ● Chair Yoga 13 10:30 ● Daily Chronicles & Current Event 11:00 ● Around the World in 30 Min (Asian) IN2L 1:30 ● Arts and craft (Tattoos) 2:30 ● Thymeless Culinary (How to Make Hummus) 3:00 ● Asian Music and Food (Discussion) 4:00 ● Garden Walk</p>	<p>10:00 ● Be Fit 14 10:30 ● Daily Chronicles and Current Events 1:30 ● Try Something New (TikTok) 2:30 ● Thymeless Culinary 3:00 ● Sing Along 3:30 ● IN2L Sabbath Services 2nd floor 4:00 ● Before Dinner Wrap Up</p>	<p>10:00 ● Mix it Up Morning Fitness 15 10:30 ● Daily Chronicles & Current Event 11:00 ● Essence Aromatherapy 1:30 ● All About Buttermilk Biscuit (National Buttermilk Biscuit Day) 2:30 ● Thymeless Culinary 4:00 ● Garden walk 6:00 ● Featured Movie</p>
	<p>10:00 ● Exercise to Spiritual Music 16 10:30 ● Daily Chronicles & Current Event 11:00 ● Join the story 1:30 ● Bingo 2:30 ● Thymeless Culinary 3:30 ● Matinee Movie With Popcorn:</p>	<p>10:00 ● Golden Fitness 17 10:30 ● Daily Chronicles & Current Event 1:30 ● Literature club 2:30 ● Thymeless Culinary 4:00 ● Benefits Of Laughter Chat: IN2L</p>	<p>10:00 ● Golfing in our Thymless garden 18 10:30 ● Daily Chronicles & Current Event 11:00 ● Essence Aromatherapy 1:30 ● Arts and craft 2:30 ● Thymeless Culinary 4:00 ● Garden Walk</p>	<p>10:00 ● Spiro Fitness 19 10:30 ● Bookmarks: 1:30 ● Try Something for the 1st Time 2:30 ● Thymeless Culinary 3:00 ● Sing Along 4:00 ● Before Dinner Wrap up</p>	<p>10:00 ● Noodle Fitness 20 10:30 ● Daily Chronicles & Current Event 11:00 ● Essence Aromatherapy 1:30 ● Arts and craft 2:30 ● Celebrating Milestone Birthdays (90 + or 100+) 4:00 ● Garden Walk</p>	<p>10:00 ● Cycling in the Thymeless Garden 21 10:30 ● Bookmarks: 1:30 ● Who Wants to be a Millionaire? 2:00 ● Thymeless Culinary Pizza Creations 3:00 ● Sing Along 3:30 ● IN2L Sabbath Services 2nd floor 4:00 ● Before Dinner Wrap Up</p>	<p>10:00 ● Sit & Be Fit 22 10:30 ● Daily Chronicles & Current Event 11:00 ● Essence Aromatherapy 1:30 ● Older Adults Making their Mark 4:00 ● Garden walk 6:00 ● Featured Movie</p>
	<p>*Victoria Day 23</p> <p>10:00 ● Volley Ball 10:30 ● Daily Chronicles & Current Event 11:00 ● Join the story 2:00 ● History & Why We Celebrate Victoria Day 2:30 ● Thymeless Culinary 3:30 ● Matinee Movie With Popcorn:</p>	<p>National Scavenger hunt 24</p> <p>10:00 ● Golden Fitness 10:30 ● Daily Chronicles & Current Event 11:00 ● Green thumb (All about asparagus) 1:30 ● Literature club 2:30 ● Scavenger Hunt 4:00 ● Benefits Of Laughter Chat: IN2L</p>	<p>National Wine Tasting Day 25</p> <p>10:00 ● Parachute Fitness In Our TymlessGarden 10:30 ● Daily Chronicles & Current Event 11:00 ● Essence Aromatherapy 1:30 ● History Of Wine 2:30 ● Sip & Paint 4:00 ● Garden Walk</p>	<p>10:00 ● Light & Lively Fitness 26 10:30 ● Bookmarks: 10:30 ● Daily Chronicles & Current Event 1:30 ● Men's Club (History of Paper Air Plane & More) 3:00 ● Sing Along 4:00 ● Before Dinner Wrap up</p>	<p>10:00 ● Groovy Fitness 27 10:30 ● Daily Chronicles & Current Event 11:00 ● Green thumb (All about Zucchini) 1:30 ● Arts and craft 4:00 ● Garden Walk</p>	<p>10:00 ● Move to the beat 28 10:30 ● Daily Chronicles & Current Event 11:00 ● Bookmarks: 3:00 ● Sing Along 3:30 ● IN2L Sabbath Services 2nd floor 4:00 ● Before Dinner Wrap Up</p>	<p>10:00 ● Enhance Fitness 29 10:30 ● Daily Chronicles & Current Event 11:00 ● Essence Aromatherapy 1:30 ● Bingo With Prizes 4:00 ● Garden walk 6:00 ● Featured Movie</p>

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