May 2025 Monthly Activities MC Daily Calendar Sunday Monday Tuesday Wednesday Thursday Friday Saturday 10:00 • Chair Aerobics 0:00 • Chair Aerobics with 10:00 Friday Fitness Fit Group USA 10:30 | Hydration Break 10:30 | Hydration Break 10:30 🍴 Hydration Break 10:45 • Game of Categories 11:00 • Passionate 10:45 Morning Brain 11:15 🎥 Daily Chronicles Growers Garden Club Stretch 1:30 • Heart & Sole Walking Club 2:00 • Musical Trivia with Bob Clark 1:15 • The Monthly Gazette 1:15 • School Lunch Hero Day 2:00 | Nostalgic Cooking Club **EMBRACE** 1:00 • Family Feud 1:30 🎜 SingFit Music Group 3:30 • Family Feud Mother's 2:30 | Passionate Growers Garden Club 2:30 | Fantastic Friday Happy Hour 4:15 • Expressions Card Game 3:00 | Cooking with Chef Herb Happy 2:45 • Poetic Pathways Poetry Club 6:00 • Kentucky Derby Race Day 3:15 • Kentucky Derby Hat Making Day Musical Afternoons with Rob -6:30 • Saturday Night Trivia 6:30 • Balloon Badminton Listen, Sing-Along, Dance. 7:15 • Thomas Circle Movie Club on 7:15 • Thomas Circle Movie Club on 6:30 • Life Reflections with Lavender-Channel 6 Channel 6 The Kentucky Derby 10:00 • Chair Aerobics 10:00 • Chair Aerobics with 10:00 • Chair Aerobics 10:00 • Movement and Music 10:00 • Chair Aerobics with 10:00 • Friday Fitness 10:00 • Chair Aerobics 10:30 | Hydration Break 10:30 | Hydration Break Fit Group USA Fit Group USA 10:30 🍴 Hydration Break 10:30 | Hydration Break 10:15 • Sunday Service 10:45 • Morning Brain Stretch 10:30 🍴 Hydration Break 10:30 | Hydration Break 10:45 • Herb Garden Trivia 10:45 • Game of Categories 11:00 • Passionate Growers with Pastor 11:15 • Nurse Appreciation Card 10:45 • Cinco De Mayo Trivia 10:45 • Morning Brain Garden Club 11:15 A Daily Chronicles 11:15 🎇 Daily Chronicles Saunders Crafting 11:15 A Daily Chronicles 11:30 Heart & Sole Walking Club Stretch 1:30 • Heart & Sole Walking Club 1:00 • Musical Hour with Rob Tomaro 10:30 🍴 Hydration Break 11:45 • Herb Tea sticks 11:30 • Heart & Sole Walking Club 11:15 • Nurse Theme Bingo 2:00 M Nostalgic Cooking Club THE RESIDENCES 1:00 • Nurse Trivia 1:45 • Virtual Visit to the Botanical 1:30 • Manicures for All 11:30 • Brain Games 1:30 • Fill The Piñata 1:00 • Family Feud 2:30 • Craft Activity (Poppy Flower & 1:30 🖨 Scenic Ride Garden 1:30 5 Melody 1:1 Visits 11:45 • National Herb Week Begins AT THOMAS CIRCLE 1:30 • Herb Scent Exploration Station 2:30 YI Cinco De Mayo Celebration 1:00 • Nurse (Story Sharing Session) Yellow Ribbons) 2:30 | Nostalgic Cooking Club 2:00 Nostalgic Cooking Club 2:00 • Crafty Creations 2:30 | Passionate Growers Garden Club 3:30 • Family Feud 3:00 Passionate Growers Garden Club 2:45 • Book Brigade Group 2:45 • Armchair Travel- Top Ten places 1:30 🎜 SingFit Music Group 2:30 | Nostalgic Cooking Club a Senior Lifestyle community 3:00 | Cooking with Chef Herb Happy 2:30 | Fantastic Friday Happy Hour 4:00 • Expressions Card Game 3:30 • Dance Break w/ Akira 3:30 • Puzzle Corner to Visit in Greenland! 3:00 • Afternoon Serenade 4:00 • Expressions Card Game Hour Social 6:30 • Saturday Night Trivia 4:00 Fynressions Card Game 4:00 • Expressions Card Game 4:00 Fynressions Card Game 6:30 • Life Reflections with Chamomile 4:00 • Expressions Card Game 7:15 • Thomas Circle Movie Club on 4:00 • Expressions Card Game 6:30 • Life Reflections with Lavender-6:30 • Life Reflections with Chamomile 6:30 • Balloon Badminton Crafts That You Enjoy Doing 7:15 • Thomas Circle Movie Club on **Favorite Nature Aromas** Best Recipes For Spring 6:30 • Life Reflections with Lavender-Channel 6 7:15 • Thomas Circle Movie Club on 7:15 • Thomas Circle Movie Club on Channe Herbs You Love! Channel 6 Channel 6 10:00 • Chair Aerobics 10:00 • Chair Aerobics with Mother's Day 10:00 • Chair Aerobics with Fit 10:00 Movement and Music *Diversity Event 10:00 • Friday Fitness 10:00 • Chair Aerobics Group USA 10:30 🍴 Hydration Break 10:30 🍴 Hydration Break Fit Group USA 10:00 • Chair Aerobics 10:30 🍴 Hydration Break 10:30 🍴 Hydration Break *Outing 10:30 🍴 Hydration Break 10:30 🍴 Hydration Break 10:45 • Morning Brain 10:45 • Game of Categories 10:15 • Sunday Service with ■ Embrace -BOOKMARKS 10:45 • Game of 11:00 • Passionate 10:45 Morning Brain Stretch 10:45 • Morning Brain Stretch Pastor Saunders 11:15 🎥 Daily Chronicles Growers Garden Club Categories Embrace -ESSENCE 11:15 👺 Daily Chronicles 1:30 • Manicures for All 11:30 • Heart & Sole Walking Club Stretch 10:30 🍴 Hydration Break 11:30 • Heart & Sole Walking Club 11:15 A Daily Chronicles 1:00 • Musical Hour with Frank Embrace -MELODY 1:30 5 Melody 1:1 Visits 1:00 • Family Feud 11:15 Brain Games 1:30 🖨 Scenic Ride 1:15 Nurse Appreciation Wall 11:30 • Heart & Sole Walking Club [MPR] Embrace -SNAPSHOTS 2:30 | Passionate Growers Garden Club 2:00 | Nostalgic Cooking Club 2:30 | Nostalgic Cooking Club 1:15 • Nurse-Theme Scavenger Hunt 1:30 Bingo Madness 2:00 | Nostalgic Cooking Club 3:00 | Cooking with Chef Herb Happy 1:30 🎜 SingFit Music Group **Embrace -THYMELESS** 2:45 • Book Brigade Group 2:45 • Armchair Travel- Wonders of 2:00 Steep & Sweet A Mother's Day 1:30 A Essence Visits 2:30 | Fantastic Friday Happy Hour 3:30 • Family Feud 3:30 • Puzzle Corner Hour Social 2:30 M Nostalgic Cooking Club Greenland! _CONNECT 3:00 • Musical Afternoons with Rob -4:00 • Expressions Card Game 4:00 • Expressions Card Game 2:30 | Nostalgic Cooking Club 3:00 | Passionate Growers Garden Club 4:00 • Expressions Card Game 4:00 • Expressions Card Game _CONTRIBUTE Listen, Sing-Along, Dance. 6:30 • Saturday Night Trivia 3:00 • Afternoon Serenade 3:30 • Dance Break w/ Akira 6:30 • Life Reflections with Chamomile • Life Reflections with Chamomile 6:30

Balloon Badminton _FEEL 4:00 • Expressions Card Game 4:00 • Expressions Card Game Favorite Places to Shop What's Your Favorite Hobby? 7:15 • Thomas Circle Movie Club on 4:00 • Expressions Card Game 7:15 • Thomas Circle Movie Club on _GROW 6:30 • Life Reflections with Lavender-Mother's 6:30 • Life Reflections with Lavender-7:15 • Thomas Circle Movie Club on 7:15 • Thomas Circle Movie Club on Channel 6 Channel 6 Day Reflections Your Favorite Artist Growing Up _MOVE Channel 6 _REFLECT 10:00 • Chair Aerobics with Fit 10:00 • Movement and Music 10:00 • Chair Aerobics 10:00 • Chair Aerobics with 10:00 • Friday Fitness 10:00 • Chair Aerobics 10:00 • Chair Aerobics 10:30 🍴 Hydration Break 10:30 🍴 Hydration Break Fit Group USA 10:30 🍴 Hydration Break 10:30 🍴 Hydration Break 10:15 • Sunday Service 10:30 🍴 Hydration Break 10:30 🍴 Hydration Break 10:45 Morning Brain Stretch 10:45 • Game of Categories 10:45 • Game of Categories 10:45 • Outdoor Fun Week with Pastor 10:45 • Morning Brain Stretch 11:15 • Outdoor Fun Week 10:45 Morning Brain (Garden Games 11:15 🎥 Daily Chronicles 1:15 R Daily Chronicles Saunders 11:15 🎥 Daily Chronicles (Garden Games Galore) 11:30 Heart & Sole Walking Club 11:30 • Heart & Sole Walking Club Galore) 11:30 • Heart & Sole Walking Club 1:30 • Manicures for All 10:30 🍴 Hydration Break 1:00 • Passionate Growers Garden Club 11:15 • Outdoor Fun Week (Garden 11:45 Outdoor Fun Week (Garden 1:45 • Outdoor Fun Week (Garden 1:45 • Outdoor Fun Week (Garden Games 1:30 5 Melody 1:1 Visits 11:30 • Brain Games Games Galore) 1.00 Sing-Along with Frank Games Galore) Games Galore) 2:00 | Nostalgic Cooking Club 1:00 • Family Feud 2:00 | Nostalgic Cooking Club 1:30 A Scenic Ride 1:30 🎜 SingFit Music Group 2:00 • Crafty Creations 1:30 Bingo Madness 2:45 • Book Brigade Group 2:30 Passionate Growers Garden Club 3:30 • Family Feud 2:30 | Nostalgic Cooking Club 2:30 • Birthday Party for May Celebrants 1:30 & Essence Visits 2:30 Nostalgic Cooking Club 3:30 • Puzzle Corner 3:00 | Cooking with Chef Herb Happy 2:30 | Nostalgic Cooking Club 2:45 | Armchair Travel- Taste of & Friends 4:00 Expressions Card Game 3:00 • Afternoon Serenade 4:00 • Expressions Card Game 3:00 Passionate Growers Garden Club Hour Social Greenland! Expressions Card Game 6:30 • Saturday Night Trivia 6:30 • Life Reflections with Chamomile 4:00 • Expressions Card Game 3:30 • Dance Break w/ Akira Expressions Card Game 4:00 **Expressions Card Game** 7:15 • Thomas Circle Movie Club on 4.00 6.30

Balloon Badminton 4:00 • Expressions Card Game National Botanical Garden 6:30 • Life Reflections with Lavender-7:15 • Thomas Circle Movie Club Life Reflections with Chamomile 7:15 • Thomas Circle Movie Club on Channel 6 6:30 • Life Reflections with Lavender-Favorite 7:15 • Thomas Circle Movie Club on Adventures in Parks Brookside Garden Channel 6 on Channel 6 Channel 6 Gardens to Visit **Location Keys** 10:00 • Chair Aerobics Memorial Day 10:00 • Chair Aerobics 10:00 • Movement and Music 10:00 • Chair Aerobics 10:00 • Friday Fitness 30 10:00 • Chair Aerobics 10:30 ¶ Hydration Break 10:00 • Chair Aerobics MC Multi-purpose Room 26 10:15 • Sunday Service with 10:00 • Chair Aerobics with Fit 10:30 🍴 Hydration Break 10:30 🍴 Hydration Break with Fit Group 10:30 🍴 Hydration Break ZO Group USA 10:45 Morning Brain Stretch 10:45 • Game of Categories Pastor Saunders USA 10:45 • Game of 11:00 • Passionate 10:30 🍴 Hydration Break 10:30 🍴 Hydration Break 1:00 Sing-Along with Frank 11:15 🁺 Daily Chronicles 10:30 🍴 Hydration Break Categories 10:45 • Morning Brain Stretch Growers Garden Club 1:30 • Manicures for All 11:30 • Brain Games 11:30 • Heart & Sole Walking Club 10:45 • Morning Brain Stretch 11:15 🁺 Daily Chronicles 11:30 🎥 Daily Chronicles 2:00 | Nostalgic Cooking Club 1:30 5 Melody 1:1 Visits 1:00 • Outdoor Fun Week (Garden 1:30 \(\infty \) Scenic Ride 1:30 • Heart & Sole Walking Club 1:00 • Family Feud Heart & Sole Walking Club 2:00 M Nostalgic Cooking Club Games Galore) 2:30 | Nostalgic Cooking Club 3:30 • Family Feud 11:45 • Outdoor Fun Week (Garden Games 2:30 | Passionate Growers Garden 1:30 5 SingFit Music Group 2:45 • Book Brigade Group 2:00 • Crafty Creations 2:45 • Armchair Travel- Ten Things to De Galore) 4:00 • Expressions Card Game 2:30 | Fantastic Friday Happy Hour 2:30 Nostalgic Cooking Club 3:30 • Puzzle Corner and Fat in Greenland! 1:30 • Memorial Day Games 6:30 • Saturday Night Trivia 3:00 Tooking with Chef Herb

4:00 • Expressions Card Game

Channel 6

6:30 • Life Reflections with Chamomile

Fireworks and Fun!

7:15 • Thomas Circle Movie Club on

4:00 • Expressions Card Game

6:30 • Life Reflections with Chamomile

Summer Vacations

4:00 • Expressions Card Game

7:15 • Thomas Circle Movie Club on

6:30 • Balloon Badminton

Channel 6

Happy Hour Social

Lavender-Recycling

4:00 • Expressions Card Game

6:30 • Life Reflections with

7:15 • Thomas Circle Movie Club

on Channel 6

3:00 • Afternoon Serenade

Channel 6

3:30 • Virtual Tour of Monuments

4:00 • Expressions Card Game

(Honoring Veteran's)

7:15 Thomas Circle Movie Club on

2:30 | Nostalgic Cooking Club

3:30 Dance Break w/ Akira

4:00 • Expressions Card Game

3:00 | Passionate Growers Garden Club

6:30 • Life Reflections with Lavender

Memorial Day Cookouts