






May 2025  
MC Daily Calendar

Monthly Activities

<div><div> EMBRACE</div><div>BY SENIOR LIFESTYLE</div></div> <div><div> THE RESIDENCES AT THOMAS CIRCLE</div><div>a Senior Lifestyle community</div></div>	<div></div>	<div></div>	<div></div>	<div><div>10:00 ● Chair Aerobics with Fit Group USA</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>11:15 ● The Monthly Gazette</div><div>1:00 ● Family Feud</div><div>2:30 🚿 Passionate Growers Garden Club</div><div>3:00 🚿 Cooking with Chef Herb Happy Hour Social</div><div>3:00 ● Musical Afternoons with Rob - Listen, Sing-Along, Dance.</div><div>6:30 ● Life Reflections with Lavender- The Kentucky Derby</div></div> <div>1</div>	<div><div>10:00 ● Friday Fitness</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Game of Categories</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>1:15 ● School Lunch Hero Day</div><div>1:30 🎵 SingFit Music Group</div><div>2:30 🚿 Fantastic Friday Happy Hour</div><div>2:45 ● Poetic Pathways Poetry Club</div><div>3:15 ● Kentucky Derby Hat Making Day</div><div>6:30 ● Balloon Badminton</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>2</div>	<div><div>10:00 ● Chair Aerobics</div><div>10:30 🚿 Hydration Break</div><div>11:00 ● Passionate Growers Garden Club</div><div>2:00 ● Musical Trivia with Bob Clark</div><div>2:00 🚿 Nostalgic Cooking Club</div><div>3:30 ● Family Feud</div><div>4:15 ● Expressions Card Game</div><div>6:00 ● Kentucky Derby Race Day</div><div>6:30 ● Saturday Night Trivia</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>3</div>		
	<div><div>10:00 ● Chair Aerobics</div><div>10:15 ● Sunday Service with Pastor Saunders</div><div>10:30 🚿 Hydration Break</div><div>11:30 ● Brain Games</div><div>11:45 ● National Herb Week Begins</div><div>2:00 ● Crafty Creations</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>3:00 ● Afternoon Serenade</div><div>4:00 ● Expressions Card Game</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>4</div>	<div><div>10:00 ● Chair Aerobics with Fit Group USA</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Cinco De Mayo Trivia</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>1:30 ● Fill The Piñata</div><div>2:30 ● Cinco De Mayo Celebration</div><div>3:00 🚿 Passionate Growers Garden Club</div><div>3:30 ● Dance Break w/ Akira</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Lavender- Favorite Nature Aromas</div></div> <div>5</div>	<div><div>10:00 ● Chair Aerobics</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>11:15 ● Nurse Appreciation Card Crafting</div><div>11:45 ● Herb Tea sticks</div><div>1:30 ● Manicures for All</div><div>1:30 🎵 Melody 1:1 Visits</div><div>2:00 🚿 Nostalgic Cooking Club</div><div>2:45 ● Book Brigade Group</div><div>3:30 ● Puzzle Corner</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Chamomile - Crafts That You Enjoy Doing</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>6</div>	<div><div>10:00 ● Movement and Music</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Herb Garden Trivia</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>1:00 ● Nurse Trivia</div><div>1:30 🚌 Scenic Ride</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>2:45 ● Armchair Travel- Top Ten places to Visit in Greenland!</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Chamomile - Best Recipes For Spring</div></div> <div>7</div>	<div><div>10:00 ● Chair Aerobics with Fit Group USA</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>11:15 ● Nurse Theme Bingo</div><div>1:00 ● Family Feud</div><div>1:30 ● Herb Scent Exploration Station</div><div>2:30 🚿 Passionate Growers Garden Club</div><div>3:00 🚿 Cooking with Chef Herb Happy Hour Social</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Lavender- Herbs You Love!</div></div> <div>8</div>	<div><div>10:00 ● Friday Fitness</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Game of Categories</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>11:45 ● Virtual Visit to the Botanical Garden</div><div>1:00 ● Nurse ( Story Sharing Session )</div><div>1:30 🎵 SingFit Music Group</div><div>2:30 🚿 Fantastic Friday Happy Hour</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Balloon Badminton</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>9</div>	<div><div>10:00 ● Chair Aerobics</div><div>10:30 🚿 Hydration Break</div><div>11:00 ● Passionate Growers Garden Club</div><div>1:00 ● Musical Hour with Rob Tomaro</div><div>2:00 🚿 Nostalgic Cooking Club</div><div>2:30 ● Craft Activity ( Poppy Flower &amp; Yellow Ribbons )</div><div>3:30 ● Family Feud</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Saturday Night Trivia</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>10</div>	
	<div><div>🗑 *Diversity Event</div><div>🚌 *Outing</div><div>📖 Embrace -BOOKMARKS</div><div>🌸 Embrace -ESSENCE</div><div>🎵 Embrace -MELODY</div><div>❤ Embrace -SNAPSHOTS</div><div>🚿 Embrace -THYMELESS</div><div>● _CONNECT</div><div>● _CONTRIBUTE</div><div>● _FEEL</div><div>● _GROW</div><div>● _MOVE</div><div>● _REFLECT</div></div>	<div><div><b>Mother's Day</b></div><div>10:00 ● Chair Aerobics</div><div>10:15 ● Sunday Service with Pastor Saunders</div><div>10:30 🚿 Hydration Break</div><div>11:15 ● Brain Games</div><div>1:15 ● Nurse-Theme Scavenger Hunt</div><div>2:00 ● Steep &amp; Sweet A Mother's Day Tea</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>3:00 ● Afternoon Serenade</div><div>4:00 ● Expressions Card Game</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>11</div>	<div><div>10:00 ● Chair Aerobics with Fit Group USA</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>1:15 ● Nurse Appreciation Wall</div><div>1:30 ● Bingo Madness</div><div>1:30 🌸 Essence Visits</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>3:00 🚿 Passionate Growers Garden Club</div><div>3:30 ● Dance Break w/ Akira</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Lavender-Mother's Day Reflections</div></div> <div>12</div>	<div><div>10:00 ● Chair Aerobics</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>1:30 ● Manicures for All</div><div>1:30 🎵 Melody 1:1 Visits</div><div>2:00 🚿 Nostalgic Cooking Club</div><div>2:45 ● Book Brigade Group</div><div>3:30 ● Puzzle Corner</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Chamomile - Favorite Places to Shop</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>13</div>	<div><div>10:00 ● Movement and Music</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Game of Categories</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>1:30 🚌 Scenic Ride</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>2:45 ● Armchair Travel- Wonders of Greenland!</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Chamomile - What's Your Favorite Hobby?</div></div> <div>14</div>	<div><div>10:00 ● Chair Aerobics with Fit Group USA</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>1:00 ● Family Feud</div><div>2:30 🚿 Passionate Growers Garden Club</div><div>3:00 🚿 Cooking with Chef Herb Happy Hour Social</div><div>3:00 ● Musical Afternoons with Rob - Listen, Sing-Along, Dance.</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Lavender- Your Favorite Artist Growing Up</div></div> <div>15</div>	<div><div>10:00 ● Friday Fitness</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Game of Categories</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>1:30 🎵 SingFit Music Group</div><div>2:30 🚿 Fantastic Friday Happy Hour</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Balloon Badminton</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>16</div>	<div><div>10:00 ● Chair Aerobics</div><div>10:30 🚿 Hydration Break</div><div>11:00 ● Passionate Growers Garden Club</div><div>1:00 ● Musical Hour with Frank [MPR]</div><div>2:00 🚿 Nostalgic Cooking Club</div><div>3:30 ● Family Feud</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Saturday Night Trivia</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>17</div>
	<div><div>10:00 ● Chair Aerobics</div><div>10:15 ● Sunday Service with Pastor Saunders</div><div>10:30 🚿 Hydration Break</div><div>11:30 ● Brain Games</div><div>2:00 ● Crafty Creations</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>3:00 ● Afternoon Serenade</div><div>4:00 ● Expressions Card Game</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>18</div>	<div><div>10:00 ● Chair Aerobics with Fit Group USA</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>11:45 ● Outdoor Fun Week (Garden Games Galore)</div><div>1:30 ● Bingo Madness</div><div>1:30 🌸 Essence Visits</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>3:00 🚿 Passionate Growers Garden Club</div><div>3:30 ● Dance Break w/ Akira</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Lavender-Favorite Gardens to Visit</div></div> <div>19</div>	<div><div>10:00 ● Chair Aerobics</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>11:15 ● Outdoor Fun Week (Garden Games Galore)</div><div>1:30 ● Manicures for All</div><div>1:30 🎵 Melody 1:1 Visits</div><div>2:00 🚿 Nostalgic Cooking Club</div><div>2:45 ● Book Brigade Group</div><div>3:30 ● Puzzle Corner</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Chamomile - National Botanical Garden</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>20</div>	<div><div>10:00 ● Movement and Music</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Game of Categories</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>11:45 ● Outdoor Fun Week (Garden Games Galore)</div><div>1:30 🚌 Scenic Ride</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>2:45 🚿 Armchair Travel- Taste of Greenland!</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Chamomile - Brookside Garden</div></div> <div>21</div>	<div><div>10:00 ● Chair Aerobics with Fit Group USA</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>11:15 ● Outdoor Fun Week (Garden Games Galore)</div><div>1:00 ● Family Feud</div><div>2:30 🚿 Passionate Growers Garden Club</div><div>3:00 🚿 Cooking with Chef Herb Happy Hour Social</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Lavender- Adventures in Parks</div></div> <div>22</div>	<div><div>10:00 ● Friday Fitness</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Game of Categories</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>11:45 ● Outdoor Fun Week (Garden Games Galore)</div><div>1:30 🎵 SingFit Music Group</div><div>2:30 ● Birthday Party for May Celebrants &amp; Friends</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Balloon Badminton</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>23</div>	<div><div>10:00 ● Chair Aerobics</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Outdoor Fun Week (Garden Games Galore)</div><div>11:00 ● Passionate Growers Garden Club</div><div>1:00 Sing-Along with Frank</div><div>2:00 🚿 Nostalgic Cooking Club</div><div>3:30 ● Family Feud</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Saturday Night Trivia</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>24</div>	
<div><div>Location Keys</div><div>MC Multi-purpose Room</div></div>	<div><div>10:00 ● Chair Aerobics</div><div>10:15 ● Sunday Service with Pastor Saunders</div><div>10:30 🚿 Hydration Break</div><div>11:30 ● Brain Games</div><div>1:00 ● Outdoor Fun Week (Garden Games Galore)</div><div>2:00 ● Crafty Creations</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>3:00 ● Afternoon Serenade</div><div>3:30 ● Virtual Tour of Monuments (Honoring Veteran's)</div><div>4:00 ● Expressions Card Game</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>25</div>	<div><div><b>Memorial Day</b></div><div>10:00 ● Chair Aerobics with Fit Group USA</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>11:30 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>11:45 ● Outdoor Fun Week (Garden Games Galore)</div><div>1:30 ● Memorial Day Games</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>3:00 🚿 Passionate Growers Garden Club</div><div>3:30 ● Dance Break w/ Akira</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Lavender- Memorial Day Cookouts</div></div> <div>26</div>	<div><div>10:00 ● Chair Aerobics</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>1:00 Sing-Along with Frank</div><div>1:30 ● Manicures for All</div><div>1:30 🎵 Melody 1:1 Visits</div><div>2:00 🚿 Nostalgic Cooking Club</div><div>2:45 ● Book Brigade Group</div><div>3:30 ● Puzzle Corner</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Chamomile - Fireworks and Fun!</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>27</div>	<div><div>10:00 ● Movement and Music</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Game of Categories</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>1:30 🚌 Scenic Ride</div><div>2:30 🚿 Nostalgic Cooking Club</div><div>2:45 ● Armchair Travel- Ten Things to Do and Eat in Greenland!</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Chamomile - Summer Vacations</div></div> <div>28</div>	<div><div>10:00 ● Chair Aerobics with Fit Group USA</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Morning Brain Stretch</div><div>1:00 ● Family Feud</div><div>2:30 🚿 Passionate Growers Garden Club</div><div>3:00 🚿 Cooking with Chef Herb Happy Hour Social</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Life Reflections with Lavender-Recycling</div></div> <div>29</div>	<div><div>10:00 ● Friday Fitness</div><div>10:30 🚿 Hydration Break</div><div>10:45 ● Game of Categories</div><div>11:15 🗑 Daily Chronicles</div><div>11:30 ● Heart &amp; Sole Walking Club</div><div>1:30 🎵 SingFit Music Group</div><div>2:30 🚿 Fantastic Friday Happy Hour</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Balloon Badminton</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>30</div>	<div><div>10:00 ● Chair Aerobics</div><div>10:30 🚿 Hydration Break</div><div>11:00 ● Passionate Growers Garden Club</div><div>2:00 🚿 Nostalgic Cooking Club</div><div>3:30 ● Family Feud</div><div>4:00 ● Expressions Card Game</div><div>6:30 ● Saturday Night Trivia</div><div>7:15 ● Thomas Circle Movie Club on Channel 6</div></div> <div>31</div>	