



Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><p>WWW.SENIORLIFESTYLE.COM</p><p>Activities are subject to change</p></div> <div></div> <div><p>● Connect</p><p>● Contribute</p><p>● Feel</p><p>● Grow</p><p>● Move</p><p>● Reflect</p></div> <div><p>Location Keys</p><p>Media Room</p><p>MR</p></div>	<div>May Day National Military Appreciation Month</div> <div>10:00 ● Hydration & Refreshment Break!</div> <div>11:00 ● Plymouth Park Church or watch TV church program</div> <div>11:00 Sunday Mass on Channel KFWD</div> <div>1:30 Prayer Session with Heidi</div> <div>2:00 Irving Bible Church</div> <div>2:30 ● Snack & ReFreshment</div> <div>3:00 Aaron Jacobs on the Piano</div> <div>3:30 ● Sunday Matinee /Popcorn</div> <div>3:30 Sunday Sundae</div>	<div>Basic Chair Training Starts Today</div> <div>HAPPY BIRTHDAY SONG FOR DON PEEK</div> <div>9:00 EASY LISTENING MUSIC /BUDDY SWIM TEAM</div> <div>9:30 ● Sound of Jazz, sentimental journey, or Bird song chorus</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● AM Prayer, Senior Ministry short stories/ (Daily Chronicle)</div> <div>10:30 ● Hand, ribbon, scarf Exercise</div> <div>11:00 EASY DOES IT TRVIA</div> <div>1:30 ● Kick N noodle stick ball</div> <div>2:00 Hydration & Refreshment Break!</div> <div>3:00 ● BRAIN FIT WITH RUTH</div> <div>3:30 ● MIKE FRANKEL ENTERTAINS</div> <div>5:30 ● Movie Cinco de Mayo</div>	<div>9:15 ● Exercise with Betty 9:15 Mc3 Exercise with Heather 9:45 MC2</div> <div>10:00 Hydration & Refreshment Break/ National /different color shoe Day</div> <div>10:30 ● Betcha Bingo/memory match game</div> <div>11:00 ● Let' s Try Trivia/ Puzzles</div> <div>11:30 ● Small Group Table Games (DR)</div> <div>1:30 ● Popcorn /Balloon Tennis</div> <div>2:30 ● Hydration & Refreshment Break!</div> <div>3:30 ● Pretty & Handsome Faces & Manicures (FAA)</div> <div>5:30 ● Read & Reminisce (FSA)</div>	<div>9:00 EASY LISTENING MUSIC/BUDDY SWIM TEAM</div> <div>9:30 ● Wednesday Night Country Gospel Hymns</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Senior Ministry Short Stories(Daily Chronicle)</div> <div>11:00 ● Bible Trivia & Discussion in2I</div> <div>1:30 ● Bible study and choir in2I</div> <div>2:00 ● Snack /Hydration cart</div> <div>2:30 ● Easy Does It Trivia</div> <div>3:30 ● Game Night - Bowling/ puzzles / memory match game</div>	<div>HAPPY CINCO DE MAYO DAY</div> <div>8:00 MEN OF THE MORNING STAR</div> <div>9:30 ● The Smooth Sound Of Dr Sax JaZZ</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Wheel N Walk Sit N Flock</div> <div>11:00 ● Dance Videos CHA CHA/ JUMPING JIVE</div> <div>1:30 ● Wheel of Fortune (FSA)</div> <div>2:30 ● "HAVE A CINCO de MAYO SNACK "</div> <div>2:30 ● TURN UP THE MUSIC /Time To Dance A Gig</div> <div>3:00 JOSE SUSA PRESENTS CINCO DE MAYO</div> <div>3:30 MENS/LADIES BOOK CLUB</div> <div>5:30 ● Hand, Shoulder & Neck Massages (FSA)</div>	<div>9:30 ● FABULOUS FRIDAY FUN MUSIC</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Let's Try Trivia, Sorting, Matching & Naming Groups (DR)</div> <div>11:00 ● Wheel N Walk SING -N- FLOCK</div> <div>1:30 ● Parachute Fun</div> <div>3:00 ● Happy Hour music /Delicious Popcorn/Dance A GiG</div> <div>6:00 ● Hand, Neck & Shoulder Massages & Jazz Music (BAA)</div>	<div>9:30 ● Sit and Be fit Exercise w Brittany</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Spanish 101 With Brittany</div> <div>11:00 ● Chair Volley Ball</div> <div>11:00 ● small group activities</div> <div>1:30 KENTUCKY DERBY.... Come Be a Jockey!</div> <div>2:00 ● movies/popcorn night or TV Land Oldies</div> <div>3:30 ● MOTHERS DAY MUSIC W/ FRANK THE MUSICIAN</div>
	<div>MOTHERS DAY CELEBRATION</div> <div>Mothers Day</div> <div>10:00 Hydration & Refreshment Break</div> <div>11:00 ● Plymouth Park Church or watch TV church program</div> <div>11:00 Sunday Mass on Channel KFWD</div> <div>1:30 Prayer Session with Heidi</div> <div>2:00 ● Snack & Hydration cart</div> <div>3:00 Aaron Jacobs on the Piano</div> <div>3:30 Sunday Sundae</div> <div>5:30 ● Sunday Mothers Day Matinee /Popcorn</div>	<div>9:00 EASY LISTENING MUSIC/ BUDDY SWIM TEAM</div> <div>9:30 ● Sound of Jazz, sentimental journey, or Bird song chorus</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Movement and Motion exercise with colorful scarfs</div> <div>11:00 ● Team Bowling & Music (FAA)</div> <div>12:30 ● Musical Instruments & Sing- Along</div> <div>12:30 Sing-a-long with David C/ MC Choir</div> <div>2:00 ● Snack /Hydration cart</div> <div>2:30 ● IN2L Conversation starter game "Have you Ever "</div> <div>3:00 BRAIN FIT WITH RUTH</div> <div>6:00 ● Aroma Therapy & Jazz Music (TR)</div>	<div>Monthly Weigh In W/ Maria MC</div> <div>9:15 ● Exercise with Betty 9:15 Mc3 Exercise with Heather 9:45 MC2</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Sentimental Journeys Music Sing along (TR)</div> <div>11:00 ● Small Group Table Games (DR)</div> <div>1:30 Betcha Bingo / popcorn</div> <div>2:00 Snack /Hydration cart</div> <div>2:30 ● Music & Ball Toss (FAA)</div> <div>3:30 ● Book Club Read & Discuss (FSA)</div> <div>6:00 ● Hand Massages & Jazz Music (FAA)</div>	<div>9:00 EASY LISTENING MUSIC/ BUDDY SWIM TEAM</div> <div>9:30 ● Music & Movement Chair Exercise W Colorful Ribbons</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Book club reading /Art With Heart Soft background Jazz music</div> <div>1:00 Health Talk with Ruth Stroke /Brain injury</div> <div>2:00 ● Snack /Hydration cart</div> <div>2:30 ● Bible study and choir/ PLEASANT PUZZLES</div> <div>3:00 LEGACY SOCIAL EVENT</div> <div>5:30 ● Soft Music & Hand Massages (FAA)</div>	<div>8:00 MEN OF THE MORNING STAR</div> <div>9:15 ● Exercise with Betty 9:15 Mc3 Exercise with Heather 9:45 MC2</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Music & Ball Toss (FAA)</div> <div>11:00 Mens/ Ladies BOOK Club Readings</div> <div>1:30 ● "Mothers Daughter Tea Social"</div> <div>3:00 MARTY RUIZ ENTERTAINS</div> <div>5:00 ● GRIEF SUPPORT GROUP W HEIDI</div>	<div>9:30 ● Bird sound morning chorus</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● IN2L Conversation Starter "Would You Rather"</div> <div>11:00 ● Balloon Chair Tennis (FAA)</div> <div>1:30 ● Kick Ball FUN- Snack Hydration Cart Break</div> <div>2:30 LETS TRY TRIVIA</div> <div>3:00 ● Dance A GIG HAPPY HOUR "HAPPY BIRTHDAY JOAN MORRIS COURTNEY</div> <div>4:00 Evening Hymns Sing-along (FSA)</div> <div>5:30 ● Hand, Neck & Shoulder Massages & Jazz Music (BAA)</div> <div>6:00 ● Hand, Neck & Shoulder Massages & Jazz Music (BAA)</div>	<div>9:30 ● Exercise Video (TR)</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● IN2L Nutritional Facts Wellness video</div> <div>11:00 ● Morning Hand Massage & Music (FAA)</div> <div>1:00 AL BINGO</div> <div>1:30 ● Small Group Table Activities (DR)</div> <div>2:30 ● Ice Cream Social (DR)</div> <div>3:30 ● Puzzles & Painting PEACE</div> <div>5:00 SATURDAY MATINEE-THE KING AND I</div>
	<div>" ITS INTERNATIONAL FAMILY DAY</div> <div>9:30 ● Devotion & Hymns (FAA)</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Small Group Table Games (BAA)</div> <div>11:00 ● Plymouth Park Church or watch TV church program</div> <div>11:00 Sunday Mass on Channel KFWD</div> <div>1:30 Prayer Session with Heidi</div> <div>2:00 Irving Bible Church</div> <div>2:00 ● Snack & Hydration cart</div> <div>3:00 Aaron Jacobs on the Piano</div> <div>3:00 Sunday Sundae</div> <div>3:30 ● Sunday Matinee -The Pride of Jesus Hallum</div>	<div>9:00 EASY LISTENING MUSIC /BUDDY SWIM TEAM</div> <div>9:30 ● Sound of Jazz, sentimental journey, or Bird song chorus</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Kick N noodle stick ball</div> <div>11:00 ● Musical Instruments & Sing- Along</div> <div>2:30 ● Snack /Hydration cart</div> <div>3:00 BRAIN FIT WITH RUTH</div> <div>5:00 ● MONDAY NIGHT MOVIE "Father of the bride</div>	<div>9:15 ● Exercise with Betty 9:15 Mc3 Exercise with Heather 9:45 MC2</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:00 ● Sentimental Journeys Music Sing along (TR)</div> <div>10:30 ● Devotion/ Daily chronicles /Senior Ministry Short stories/ Balloon Tennis or Kick n Stick</div> <div>11:00 ● Small Group Table Games (DR)/ Betcha Bingo</div> <div>1:30 ● Resident Council And Food Forum AL</div> <div>3:00 ● Snack /Hydration cart</div> <div>3:00 Town Hall Food Forum AL</div> <div>3:30 Train Your Brain (IN2L)</div> <div>6:00 ● Hand Massages & Jazz Music (FAA)</div>	<div>HAPPY BIRTHDAY SONG FOR MARY CHAPLIN</div> <div>9:00 EASY LISTENING MUSIC/BUDDY SWIM TEAM</div> <div>9:30 ● Sound of Jazz, sentimental journey, or Bird song chorus</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Chair & Weight Exercise (FAA)</div> <div>11:00 ● Bible Trivia & Discussion (FAA)</div> <div>2:00 ● Snack /Hydration cart</div> <div>3:00 ● DON AND SHARON PERFORMS</div> <div>5:30 ● Music & Hand Massages (FAA)</div>	<div>NATIONAL BAKE A CAKE DAY</div> <div>8:00 MEN OF THE MORNING STAR</div> <div>9:15 ● Exercise with Betty 9:15 Mc3 Exercise with Heather 9:45 MC2</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Wheel N Walk Sit N Flock</div> <div>11:00 Mens /Ladies "BOOK CLUB</div> <div>2:00 ● Cake COMPETITION Day" MAYONNAISE VS MIRACLE WHIP [MR]</div> <div>3:30 ● Wheel of Fortune</div> <div>5:00 ● Hand, Shoulder & Neck Massages (FSA)</div> <div>6:15 Evening Snack</div>	<div>10:00 Snack And Hydration Cart</div> <div>10:30 ● Parachute Fun</div> <div>11:00 ● Wheel N Walk Sit N Flock</div> <div>2:00 Hydration & Refreshment Break</div> <div>2:30 ● Chair Volley Ball (FAA)</div> <div>3:00 ● Happy Hour With THE PAKE MCENTIRE SHOW</div> <div>5:30 ● Hand, Neck & Shoulder Massages & Jazz Music (BAA)</div>	<div>9:30 ● Easy Listening Fun Weekend Music</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Sit & Be Fit Morning Exercise w Brittany</div> <div>11:00 ● Spanish one-on-one W Brittany</div> <div>1:30 ● Noodle Ball (FAA)</div> <div>3:00 ● Happy Hour Celebrate National Strawberry And Chocolate Dipping Day</div> <div>3:30 ● Peaceful Puzzles</div> <div>5:30 ● TVLand Oldies (FSA)</div> <div>6:15 Evening Snack</div>
	<div>HAPPY BIRTHDAY BETTY HOSEA</div> <div>9:30 ● Devotional and Hymns (FAA)</div> <div>10:00 Snack /Hydration "Celebrate National Vanilla Puddin Day</div> <div>11:00 ● Plymouth Park Church or watch TV church program</div> <div>11:00 ● Spanish 101 with Brittany</div> <div>11:00 Sunday Mass on Channel KFWD</div> <div>1:30 Prayer Session with Heidi</div> <div>2:00 Irving Bible Church</div> <div>2:30 ● Snack & ReFreshment</div> <div>3:00 Aaron Jacobs on the Piano</div> <div>3:00 Sunday Sundae</div> <div>3:30 ● Sunday Matinee -Born To Be Sold</div>	<div>9:00 EASY LISTENING MUSIC /BUDDY SWIM TEAM</div> <div>9:30 ● Sound of Jazz, sentimental journey, or Bird song chorus</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Arms & Legs Exercise (FAA)</div> <div>11:00 ● IN2L Music Trivia/ Life Skill Train Your Brain</div> <div>1:30 ● DAVID CALLAHAN SING-A-LONG</div> <div>2:30 ● Snack /Hydration cart</div> <div>3:00 BRAIN FIT WITH RUTH</div> <div>3:30 ● Kick N Stick Noodle Ball Fun</div> <div>4:00 ● Music & Hand Massages (FSA)</div> <div>6:15 Evening Snack</div>	<div>HAPPY NATIONAL SCAVENGER HUNT DAY</div> <div>9:15 ● Exercise with Betty 9:15 Mc3 Exercise with Heather 9:45 MC2</div> <div>10:00 Hydration & Refreshment Break</div> <div>11:00 ● Small Group Table Games (DR)</div> <div>1:30 ● Betcha Bingo/ Book club Readings</div> <div>2:00 ● Snack /Hydration cart</div> <div>3:00 ● THE PAKE MC ENTIRE SHOW " Western Attire"</div> <div>3:30 ● Bowling (BAA)</div> <div>5:30 ● Read & Reminisce (FSA)</div> <div>6:15 Evening Snack</div>	<div>Facts about National Senior Health Fitness Day</div> <div>HOORAY "FIELD TRIP " FRONTIER FLIGHT MUSEUM "FIELD TRIP" HOORAY</div> <div>9:00 ● EASY LISTENING MUSIC /BUDDY SWIM TEAM</div> <div>9:30 ● Sound of Jazz, sentimental journey, or Bird song chorus</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Youtube Health video benefits</div> <div>11:00 ● MC Choir Sing Hymns</div> <div>1:30 HOORAY FRONTIER FLIGHT MUSEUM FIELD TRIP IS TODAY</div> <div>3:00 SPELLING BEE CONTEST</div> <div>3:00 ● Snack /Hydration cart</div> <div>4:00 ● Small Group Sensory Activities (DR)</div> <div>6:30 ● Tea & Cookies (BAA)</div>	<div>8:00 MEN OF THE MORNING STAR</div> <div>9:15 ● MEN'S BREAKFAST</div> <div>9:30 ● Music & Ball Toss (FAA)</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Wheel N Walk Sit N Flock</div> <div>11:00 MC Choir Sings Familiar Songs</div> <div>1:30 ● Wheel of Fortune</div> <div>2:30 ● Snack /Hydration cart</div> <div>3:30 ● Dominoes and Table games / NAME THAT TUNE-AL</div> <div>5:30 ● Country Music Classics (FSA)</div>	<div>9:30 ● Balloon Chair Tennis (FAA)</div> <div>10:00 Snack Hydration "Happy National Grape Popsicle Day</div> <div>10:30 ● Daily Chronicles Reading & Discussion (FAA)</div> <div>11:00 ● Finish the Phrase</div> <div>1:00 ● Popcorn /Trivia / Parachute Fun</div> <div>2:30 ● Happy National Hamburger Day</div> <div>2:30 ● Outdoor Sing-a-longs Lets "Celebrate Memorials Day Early"</div> <div>3:00 ● Wheel and Walk Sit and Flock (talk)</div> <div>6:00 ● Hand, Neck & Shoulder Massages & Jazz Music (BAA)</div> <div>6:15 Evening Snack</div>	<div>9:30 ● Exercise Video (TR)</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:00 Snack /Hydration cart</div> <div>10:30 ● Morning Hand Massage & Music (FAA)</div> <div>11:00 ● Small Group Table Activities (DR)</div> <div>1:30 ● Movie Mania/popcorn</div> <div>3:00 ● Ice Cream Social (DR)</div> <div>3:30 ● Puzzles & Board Games</div> <div>5:30 ● TVLand Oldies (FSA)</div>
	<div>9:30 ● Devotion & Hymns (FAA)</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:00 ● Hydration & Refreshment Break!</div> <div>10:30 ● Opportunity to worship/ watch church on Tv</div> <div>10:30 ● Small Group Table Games (BAA)</div> <div>11:00 ● Movie Mania</div> <div>11:00 ● Plymouth Park Church or watch TV church program</div> <div>11:00 Sunday Mass on Channel KFWD</div> <div>1:30 Prayer Session with Heidi</div> <div>2:00 HAPPY BIRTHDAY VIRGINIA HUBBARD SMITH</div> <div>2:00 Irving Bible Church</div> <div>2:30 ● Snack & ReFreshment</div> <div>3:00 Aaron Jacobs on the Piano</div> <div>3:30 ● " Reminsce With A Conversation Ball "</div>	<div>Memorial Day</div> <div>9:00 ● EASY LISTENING MUSIC /BUDDY SWIM TEAM</div> <div>9:00 ● Sound of Jazz, sentimental journey, or Bird song chorus</div> <div>9:30 ● Let's Try Trivia</div> <div>10:00 Hydration & Refreshment Break!</div> <div>10:15 ● Wheel & Walk Sing and Flock</div> <div>11:00 MEMORIAL DAY PICNIC</div> <div>2:00 Hydration & Refreshment Break</div> <div>3:00 BRAIN FIT WITH RUTH</div> <div>3:30 ● Noodle Ball (FAA)</div> <div>4:00 ● Music & Hand Massages (FSA)</div> <div>5:00 ● Team Bowling & Music (FAA)</div> <div>5:30 ● Read & Reminisce</div> <div>6:00 ● Aroma Therapy & Jazz Music (TR)</div> <div>6:15 Evening Snack</div>	<div>9:15 ● Exercise with Betty 9:15 Mc3 Exercise with Heather 9:45 MC2</div> <div>9:30 ● Sentimental Journeys Music Sing along (TR)</div> <div>10:00 Hydration & Refreshment Break</div> <div>10:30 ● Betcha Bingo funny money and snack for prizes</div> <div>11:00 ● Pretty & Handsome Faces & Manicures (FAA)</div> <div>11:30 ● Small Group Table Games (DR)</div> <div>2:00 ● Snack /Hydration cart</div> <div>3:00 ● Popcorn /Betcha Bingo</div> <div>4:00 ● Music & Ball Toss (FAA)</div> <div>4:30 ● Music with David & Birthday Celebration (MC2/FAA)</div> <div>5:00 ● Bowling (BAA)</div> <div>5:30 ● Read & Reminisce (FSA)</div> <div>6:00 ● Hand Massages & Jazz Music (FAA)</div> <div>6:15 Evening Snack</div>	