

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

PERSONAL CARE ACTIVITY CALENDAR



10:00 Coffee Talk (B) **3**
 10:30 Mindbender (B)
 11:00 Devotions (B)
 2:00 Movie (T)
 2:30 Worship Service (AR2)
 3:15 Chicken Soup/Soul (LR)
 4:00 Week in Review (LR)

10:00 Coffee Talk (B) **4**
 10:30 Mindbender (B)
 11:00 Fox /Resist. Bands (AR2)
 11:30 Fox/ Smash Balloon (AR2)
 1:00 Fox/Outdoor Walking Club
 1:30 Armchair Travel/Jamaica (T)
 2:00 Men's Group (AR1)
 3:00 Bingo (AR2)

10:00 Coffee Talk (B) **5**
 11:00 Fox/Seated Kick Boxing(AR2)
 11:30 Fox/Corn Hole (AR2)
 1:30 **Cinco de Mayo Party (B)**
 2:00 Fox/Fall Prevention (AR2)
 2:30 Fox/Ball Toss (AR2)
 3:00 Nail Painting & MAN-icures

Cinco de Mayo

10:00 Coffee Talk (B) **6**
 10:30 Mindbender (B)
 11:00 Fox/Upper Body (AR2)
 11:30 Fox/Ring Toss (AR2)
 1:30 Garden Club (AR1)
 2:00 Fox/Chair Yoga (AR2)
 2:30 Fox/Grab It (Ball & Stick) (AR2)
 3:00 Bingo (AR2)
 4:00 Wine Down

10:00 Coffee Talk (B) **7**
 10:30 Mindbender (B)
 11:00 Fox/Lower Body (AR2)
 11:30 Fox/Cup Stacking (AR2)
 1:00 Fox/Walk-n-Talk
 1:15 **Trip to Shoprite**
 2:00 Mini Spa for our Moms(AR2)
 3:00 Wii Bowling (AR2)
 3:30 Senior Sleuths (B)

10:00 **Grand Opening of The Hidden Gem Gift Shop** **1**
 11:00 Cath. Mass/Communion(AR2)
 11:00 Fox/Core Strength (AR1)
 11:30 Balloon Volley (AR1)
 2:00 Fox/Fall Prevention (AR2)
 2:30 Fox/Leg Launcher (AR2)
 3:00 **Happy Hour (Kentucky Derby)**

May Day

Kentucky Derby Day **2**
 10:00 Coffee Talk (B)
 10:30 Mindbender (B)
 11:00 Morning Stretch (AR2)
 2:00 Nail Painting & MAN-icures (AR1)
 3:00 Bingo (AR2)
 4:00 You Be the Judge (T)
 6:57 Post time for Derby/NBC

HAPPY MOTHER'S DAY 10:30-12:00 MUFFIN & MIMOSA BAR (B) **10**
 2:00 Movie (T)
 2:30 Worship Service (AR2)
 3:15 Chicken Soup/Soul (LR)
 4:00 Week in Review (LR)

Mother's Day
National Skilled Nursing Care Week

10:00 Coffee Talk (B) **11**
 10:30 Mindbender (B)
 11:00 Fox /Resist. Bands (AR2)
 11:30 Fox/ Smash Balloon (AR2)
 1:00 Fox/Outdoor Walk-n-Talk
 1:30 Armchair Travel/Wash.DC (T)
 2:00 Men's Group (AR1)
 3:00 Bingo (AR2)

NURSE'S DAY **12**
 10:00 Coffee Talk (B)
 11:00 Fox Stretch/Flex (AR2)
 11:30 Fox Corn Hole (AR2)
 2:00 Nail Painting & MAN-icures
 2:00 Fox/Fall Prevention (AR2)
 2:30 Fox/Core Strength (AR2)
 3:00 Sing/Kazoo Choir Practice

APPLE PIE DAY **13**
 10:00 Coffee Talk (B)
 11:00 Fox/Upper Body (AR2)
 11:30 Fox/Ring Toss (AR2)
 1:30 Racing Club (AR1)
 2:00 Fox/Chair Yoga (AR2)
 2:30 Fox/Grab It (Ball & Stick) (AR2)
 3:00 Bingo (AR2)
 4:00 Wine Down

10:00 Coffee Talk (B) **14**
 10:30 Mindbender (B)
 11:00 Rosary (AR1)
 11:00 Fox/Lower Body (AR2)
 11:30 Fox/Cup Stacking (AR2)
 12:00 **(Trip)Picnic in the Park**
 1:00 Fox/Walk-n-Talk
 2:00 Crafting Fun (AR1)
 3:00 Wii Bowling (AR2)
 3:30 Senior Sleuths (B)

10:00 Coffee Talk (B) **15**
 10:30 Mindbender (B)
 11:00 Fox/Core Strength (AR2)
 11:30 Balloon Volley (AR2)
 12:00 **Health Fair**
 2:00 Fox/Fall Prevention (AR2)
 2:30 Fox/Leg Launcher (AR2)
 3:00 **Happy Hour (Patriotic)**

10:00 Coffee Talk (B) **16**
 10:30 Mindbender (B)
 11:00 Morning Stretch (AR2)
 2:00 Nail Painting & MAN-icures (AR1)
 3:00 Bingo (AR2)
 4:00 You Be the Judge (T)

Armed Forces Day

10:00 Coffee Talk (B) **17**
 10:30 Mindbender (B)
 11:00 Devotions (B)
 2:00 Movie (T)
 2:30 Worship Service (AR2)
 3:15 Chicken Soup/Soul (LR)
 4:00 Week in Review (LR)

SENIOR CITIZEN DAY **18**
 10:00 Coffee Talk (B)
 10:30 Mindbender (B)
 11:00 Fox /Resist. Bands (AR2)
 11:30 Fox/ Smash Balloon (AR2)
 1:00 Fox/Outdoor Walking Club
 1:30 Sundaes On Monday (B)
 3:00 Bingo (AR2)

Victoria Day (Canada)

Monthly Birthday Party **19**
 10:00 Coffee Talk (B)
 10:30 Pet Therapy
 11:00 Fox Stretch/Flex (AR2)
 11:30 Fox Corn Hole (AR2)
 2:00 Birthday Celebration/Entert.
 2:00 Fox/Fall Prevention (AR2)
 2:30 Fox/Core Strength (AR2)
 3:00 Nail Painting & MAN-icures

Mental Health Fair Day **20**
 10:00 Coffee Talk (B)
 11:00 Fox/Upper Body (AR2)
 11:30 Fox/Ring Toss (AR2)
 1:00 Aromatherapy (AR1)
 2:00 Silent Disco (B)
 2:30 Fox/Grab It (Ball & Stick) (AR2)
 3:00 Chiropractic Benefits (T)
 4:00 Wine Down

10:00 Coffee Talk (B) **21**
 10:30 Mindbender (B)
 11:00 Fox/Lower Body (AR2)
 11:30 Fox/Cup Stacking (AR2)
 1:00 Fox/Walk-n-Talk
 2:00 Silver Apron Club (B)
 3:00 Wii Bowling (AR2)
 3:30 Senior Sleuths (B)

Shavuot Begins

10:00 Coffee Talk (B) **22**
 10:30 Mindbender (B)
 11:00 Fox/Core Strength (AR2)
 11:30 Balloon Volley (AR2)
 2:00 Fox/Fall Prevention (AR2)
 2:30 Fox/Leg Launcher (AR2)
 3:00 Happy Hour (Jimmy Buffett)

10:00 Coffee Talk (B) **23**
 10:30 Mindbender (B)
 11:00 Morning Stretch (AR2)
 2:00 Nail Painting & MAN-icures (AR1)
 3:00 Bingo (AR2)
 4:00 You Be the Judge (T)

10:00 Coffee Talk (B) **24**
 10:30 Mindbender (B)
 11:00 Devotions (B)
 12:45 Indy 500 (T)
 2:30 Worship Service (AR2)
 3:15 Chicken Soup/Soul (LR)
 4:00 Week in Review (LR)

RED, WHITE & BLUE Film Festival Day **25**
 10:00 **Movie (Follow Schedule)**
 11:00 Fox /Resist. Bands (AR2)
 11:30 Fox/ Smash Balloon (AR2)
 1:00 **Movie (Follow Schedule)**
 1:00 Fox/Outdoor Walking Club
 3:00 Bingo (AR2)
 3:30 **Movie (Follow Schedule)**

Memorial Day

10:00 Coffee Talk (B) **26**
 11:00 Fox Stretch/Flex (AR2)
 11:30 Fox Corn Hole (AR2)
 2:00 **Town Council Mtg. (AR2)**
 2:00 Fox/Fall Prevention (AR2)
 2:30 Fox/Core Strength (AR2)
 3:00 Sing/Kazoo Choir Practice

Senior Health & Fitness **27**
 10:00 Coffee Talk (B)
 11:00 Fox/Upper Body (AR2)
 11:30 Fox/Ring Toss (AR2)
 1:30 Racing Club (AR1)
 2:00 Fox/Chair Yoga (AR2)
 2:30 Fox/Grab It (Ball & Stick) (AR2)
 3:00 **The Birches' Senior Prom**

10:00 Coffee Talk (B) **28**
 10:30 Mindbender (B)
 11:00 Rosary (AR1)
 11:00 Fox/Lower Body (AR2)
 11:30 Fox/Cup Stacking (AR2)
 1:00 Fox/Walk-n-Talk
 1:15 **Trip to Wind Creek Casino**
 2:00 Crafting Fun (AR1)
 3:00 Wii Bowling (AR2)
 3:30 Senior Sleuths (B)

10:00 Coffee Talk (B) **29**
 10:30 Mindbender (B)
 11:00 Fox/Core Strength (AR2)
 11:30 Balloon Volley (AR2)
 2:00 Fox/Fall Prevention (AR2)
 2:30 Fox/Leg Launcher (AR2)
 3:00 **Happy Hour (Open Mic)**

10:00 Coffee Talk (B) **30**
 10:30 Mindbender (B)
 11:00 Morning Stretch (AR2)
 2:00 Nail Painting & MAN-icures (AR1)
 3:00 Bingo (AR2)
 4:00 You Be the Judge (T)

10:00 Coffee Talk (B) **31**
 10:30 Mindbender (B)
 11:00 Devotions (B)
 2:00 Movie "Every Which Way But Loose" Clint Eastwood
 2:30 Worship Service (AR2)
 3:15 Chicken Soup/Soul (LR)
 4:00 Week in Review (LR)

