

May Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 May Day Morning Meditation Today's Weather, Season, Month Current Events and Daily Poem Sittersize Ring Toss Senior Trivia	2 National Truffle Day Morning Meditation Today's Weather, Season, Month Current Events and Daily Poem Prayers and Communion with Sacred Heart Tasty Cake Bingo	3 National Day of Prayer Morning Meditation Today's Weather, Season, Month Current Events and Daily Poem Morning Stroll Cooking with Diane Animal Bingo 	4 National Orange Juice Day Morning Meditation Today's Weather, Season, Month Current Events and Daily Poem Seniorcise Memory Enhancement Conversation Cards	5 Cinco De Mayo Morning Meditation Current Events and Daily Poem Parachute Ball Toss Bingo Old Time Sing a long 
6 National Nurses Day Morning Meditation Current Events and Daily Poem Bowling Reminisce Hour Movie 	7 National Roast Leg of Lamb Day Morning Meditation Current Events and Daily Poem Fittercise Conversation Ball Game - 5 Second Rule	8 National Teacher Appreciation Day Morning Meditation Current Events and Daily Poem Sittercise Ring Toss Senior Trivia	9 National Butterscotch Brownie Day Morning Meditation Current Events and Daily Poem Seniorcise Bible Study Memory Enhancement Activity	10 National Shrimp Day Morning Meditation Current Events and Daily Poem Morning Stroll Cooking with Diane Bingo 	11 National Eat What You Want Day Morning Meditation Current Events and Daily Poem Seniorcise Conversation Cards Word Search	12 National Nutty Fudge Day Morning Meditation Current Events and Daily Poem Parachute Ball Toss Animal Bingo Old Time Sing a long 
13 Mother's Day Morning Meditation Current Events and Daily Poem Bowling Mother's day Luncheon Movie 	14 National Buttermilk Biscuit Day Morning Meditation Current Events and Daily Poem Fittercise Conversation Ball Game - 5 Second Rule	15 National Chocolate Chip Day Morning Meditation Current Events and Daily Poem Sittercise Ring Toss Senior Trivia 	16 National Love a Tree Day Morning Meditation Current Events and Daily Poem Seniorcise Bible Study Memory Game	17 National Cherry Cobbler Day Morning Meditation Current Events and Daily Poem Morning Stroll Cooking with Diane Animal Bingo	18 National Cheese Souffle Day Morning Meditation Current Events and Daily Poem Seniorcise Memory Enhancement Conversation Cards Word Search	19 Armed Forces Day Morning Meditation Current Events and Daily Poem Parachute Ball Toss Bingo Sing a long 
20 National Pick Strawberries Day Morning Meditation Current Events and Daily Poem Bowling Reminiscing Hour Movie 	21 National Waitstaff Day Morning Meditation Current Events and Daily Poem Fittercise Conversation Ball Game - 5 Second Rule	22 National Vanilla Pudding Day Morning Meditation Current Events and Daily Poem Sittercise Ring Toss Senior Trivia	23 National Lucky Penny Day Morning Meditation Current Events and Daily Poem Seniorcise Bible Study Memory Enhancement Acti 	24 Brother's Day Morning Meditation Current Events and Daily Poem Morning Stroll Cooking with Diane Animal Bingo 	25 National Wine Day Morning Meditation Current Events and Daily Poem Seniorcise Monthly Birthday Party Memorial Day Sing Along w/ Christa Synder Word Search	26 National Blueberry Cheesecake Day Morning Meditation Current Events and Daily Poem Parachute Ball Toss Bingo Sing a long 
27 National Grape Popsicle Day Morning Meditation Current Events and Daily Poem Bowling Reminiscing Hour Movie 	28 Memorial Day Morning Meditation Current Events and Daily Poem Fittercise Memorial Day Parade and Picnic to follow Game - 5 Second Rule 	29 National Paperclip Day Morning Meditation Current Events and Daily Poem Sittercise Ring Toss Senior Trivia 	30 Senior Health and Fitness Day Morning Meditation Current Events and Daily Poem Seniorcise Bible Study Memory Game	31 National Macaroon Day Morning Meditation Current Events and Daily Poem Morning Stroll Cooking with Diane Animal Bingo		

*Memory Enhancing Activities are available 24 hours for individual participation like puzzles, gardening & memory enhancing games.

- May 3 National Day of Prayer
- May 5 Cinco De Mayo
- May 6-12 National Nurses Week
- May 13-19 National Nursing Home Week
- May 13-19 National Women's Health Week
- May 13 Mother's Day
- May 19 Armed Forces Day
- May 20 World Autoimmune Arthritis Day
- May 25 Heat Safety Awareness Day
- May 28 Memorial Day

May Holiday's



- May 30 National Senior Health & Fitness Day
- May 31 World No Tobacco Day
- Arthritis Awareness Month
- Healthy Vision Month
- Melanoma/Skin Cancer Prevention Month
- Mental Health Month
- National Osteoporosis Month
- National Stroke Awareness Month

Birthday's

Residents

Shirley C 5/5
Karen 5/26
Lois 5/31

Staff

Tammy 5/8
Jenny 5/22

