

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2021

Vitality Programs are Subject to Change
Please note that Vitality Programs are subject to change at any given time. Residents may change programs. The importance of Vitality is through mind, body and spirit.

10:00 VC Gwen's Exercise
10:30 AR Computer Class
1:00 P Bubble Contest
2:00 AR Nelson's Bingo!
3:00 AR Chocolate Parfaits
5:00 AR Board Games
May Day

2
10:00 VC Morning Workout
10:30 VC New in the News
1:00 AR Experimental Science
2:00 TR Sunday Service
3:00 AR Karaoke Fun!
5:00 TR Residents Choice

3
10:00 VC Movement Monday
10:30 VC Wellness Class Gratitude
1:30 AR Pokeno
3:00 P Pictionary
4:00 L Happy Hour
5:00 TR Movie Showing

4
10:00 VC Tuesday Workout
10:30 W Walk to Walgreens
1:00 AR Name Game
2:00 AR Resident Council
3:30 AR Orange Smoothies
5:00 L Social Time

5
10:00 VC Wednesday Workout
10:30 VC Morning Meditation
1:00 AR Blackjack
2:00 AR Bingo, Bingo!
4:00 DR Cinco De Mayo Dinner
5:00 L Wine Time
Cinco de Mayo

6
10:00 VC Tone-Up Thursday
10:30 VC Word Jumble
1:00 AR Mother's Day Craft
3:00 AR Nails & Manicures
4:00 AR Floral Arrangements
5:00 P Readers Circle

7
10:00 VC Fitness Friday!
10:30 VC Granola Treat
1:00 L Kickball
3:00 L Music w/ Rick Del Carlo
4:00 DR Mother's Day Dinner
5:00 P Resident Social

8
10:00 VC Strength & Fitness
10:30 VC Morning Booster
1:00 P Parachute Play
2:00 AR Bingo Time!
3:00 AR Sign Language
5:00 AR Dominos

9
10:00 VC Sunday Stretch
10:30 VC Inspiration Quotes
1:00 AR Rock Painting
2:00 TR Prayer Meeting
3:00 AR Garden Club
5:00 TR Residents Choice
Mother's Day

10
10:00 VC Monday Workout
10:30 AR Coffee & Cookies
1:30 AR Pokeno w/ Jessica
3:00 L Trivia
4:00 L Wine Hour
6:00 L Pet Group

11
10:00 VC Fun & Fit!
10:30 AR Walgreens Walk
1:00 TR Day at the Movies
3:00 AR Ice Cream Malts
4:00 L On this Day
5:00 P Name That Bird

12
10:00 VC Work & Tone
10:30 VC Morning Reflection
1:00 P Outdoor Bowling
2:00 AR Bingo w/ Nelson!
4:00 L Cocktail Hour
6:00 L Evenings w/ Randy!

13
10:00 VC Train w/ Gwen
10:30 AR New Resident Orientation
1:00 AR Cherry Blossom Art
2:00 AR Apple Pie Day
3:00 AR Flower Arranging
5:00 TR Night at the Movies

14
10:00 VC Fit Fridays
10:30 VC Morning Snack
1:00 L Canvas Painting
3:00 L Live Entertainment w/ Nathan Bryce
5:00 AC Mexican Train

15
10:00 VC Workout w/ Gwen
10:30 AR Computer Class
1:00 P 3 Ring Toss
2:00 AR Bingo w/ Nelson!
3:00 AR Cooking Class
5:00 AR Card Games
Armed Forces Day

16
10:00 VC Ageless Strength
10:30 VC News & Stories
1:00 AR Glitter It Up
2:00 TR Church Service
3:00 AR Karaoke Time!
5:00 TR Residents Choice
Shavuot Begins

17
10:00 VC Vitality Monday!
10:30 AR Hangman
1:30 AR Pokeno
3:00 L Finish the Sentence
4:00 L Happy Hour
5:00 TR Showtime

18
10:00 VC Tuesday Stretch
10:30 W Walk to Walgreens
1:00 AR Unscramble
3:00 AR Fruit Smoothies
4:00 L Movie Trivia
5:00 P Patio Social

19
10:00 VC Workout Wednesday
10:30 VC Pass The Ball
1:00 AR Go-Fish
2:00 AR BINGO!
4:00 L Wine Time
5:00 AR Jigsaw Puzzles

20
10:00 VC Move & Tone
10:30 VC Word in a Word
1:00 AR Pinecone Animals
3:00 AR Nail Beauty
4:00 AR Floral Arrangements
5:00 AR Book Club

21
10:00 VC Fitness & Fun
10:30 VC Fitness Goals
1:00 P Lets Fly a Kite
3:00 L Happy Hour w/ Randy Carol!
5:00 P Social Hour

22
10:00 VC Strength Class
10:30 VC Brain Yoga
1:00 P Horseshoe Toss
2:00 AR Nelson's Bingo!
3:00 AR Vanilla Pudding Treat
5:00 AR Board Games

23
10:00 VC Morning Workout
10:30 VC Joke of the Day
1:00 L Guess The Band
2:00 AR Sunday Service
3:00 AR Garden Party!
5:00 TR Residents Choice

24
10:00 VC Movement Monday
10:30 AR Coffee & Cookies
1:30 AR Pokeno w/ Jessica
3:00 L Riddles
4:00 L Wine Hour
5:00 L Reminisce Group
Victoria Day (Canada)

25
10:00 VC Exercise w/ Jessica
10:30 W Walgreens Walk
1:00 TR Movie Matinee
3:00 L Wine Day!
4:00 L Wine Fun Facts

Senior Health & Fitness Day **26**
10:00 VC Healthy Living
10:30 VC Fitness Presentation
1:00 P Simon Says!
2:00 AR Bingo, Bingo!
3:30 AR Vegetable Kababs
4:00 L Cocktail Hour
6:00 L Music w/ Randy!

27
10:00 VC Training Thursdays
10:30 AR Chef Talk
1:00 AR Salt Painting
3:00 AR Flower Arranging
4:00 P Conversation Pit
5:00 TR Night Showing

28
10:00 VC Fitness Fridays
10:30 VC Energy Parfaits
1:00 L Free-style Drawing
3:00 L Entertainment w/ Al Turner
5:00 AC Readers Club

29
10:00 VC Gwen's Exercise
10:30 AR Computer Class
1:00 P Ball Toss
2:00 AR Bingo Time!
3:00 P Patio Poetry
5:00 AR Dominos

30
10:00 VC Sunday Stretch
10:30 VC Current News
1:00 AR Price is Right
2:00 TR Prayer Meeting
3:00 AR Karaoke!
5:00 TR Residents Choice

31
10:00 VC Monday Workout
10:30 AR Memorial Day Remembrance
1:30 AR Pokeno
3:00 L Do you Remember?
4:00 L Happy Hour
5:00 TR Movie Showing
Memorial Day

Location Key
L Lobby
P Patio
TR Theatre Room
AR Activity Room
VC Vitality Center
LL Library Lounge
DR Dining Room
GG Garden
Bolded activities are new activities

