









Discovery and Harmony Activity Calendar

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>5/9 MJ</b> <b>5/10 Nancy L.</b> <b>5/27 Debbie B</b>			<b>1 May Day</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 Parachute Game & All About You <b>H</b> 11:00 Reminisce All things May 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: Dominos	<b>2 National Herb Week</b>  10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Garden Cooking Activity</u> 11:00 <u>Rock Painting for the Garden</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Kentucky Derby Facts &amp; Fun</u> 12:45 <u>Alternate: Black Jack w/ Bob</u>	
<b>5 National Salsa Month</b>  10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 <u>Create Joy w/ Frankie</u> 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Cinco De Mayo Celebration on the Patio</u>	<b>6 National Nurses &amp; Teachers Day</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 Florence Nightingale Story <b>H</b> 11:00 Sensory Box w/ Jo 11:40 Core Class/ Move & Groove 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: Scrabble w/ Jo	<b>7 Meditation Month</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 <u>Yoga &amp; Relaxation w/ Jess</u> <b>H</b> 11:00 Active Game: Chair Lacrosse 11:45 Noodle & Ball Exercises 12:00 Lunch and Social Hour 12:45 <u>Flowers &amp; Floats Activity w/ Jen &amp; Barbara</u>	<b>8 National Strawberry Month</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 <u>Mother's Day Craft w/ Jess</u> <b>H</b> 11:00 Trivia & Word Game 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Oldies but Goodies Dance Party</u> 12:45 Alternate: Table Games	<b>9 Celebrate MJ &amp; Nancy L.'s Bday</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 Name That Musical <b>H</b> 11:00 <u>Mother's Day Activity w/ Jo</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Mother's Day Celebration w/ Jess</u> 12:45 Virtual Visit to National Parks	
<b>12 Mini Horses Visit</b>  10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Romeo &amp; Ziggy Visit</u> 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Mother's Day Tea w/ Jo</u> 12:45 Alt: Bean Bag Toss & Trivia	<b>13 National Apple Pie Day</b>  10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Sweet Treats w/ Jess</u> 11:00 Active Game: Hula Hoop toss 11:45 Move and Groove Exercises 12:00 Lunch and Social Hour <b>D</b> 12:45 What is Jeopardy? <b>H</b> 12:45 Patio Social	<b>14 National Tennis Month</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 <u>Art w/ Jess</u> <b>H</b> 11:00 Balloon Tennis 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u>	<b>15 National choc chip Day</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 Tai Chi w/ Jess & Word Game <b>H</b> 11:00 Active Game: Balloon Swat 11:45 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Music Tribute: Stevie Wonder</u> 12:45 Alternate: Dominos	<b>16 National Pizza Party Day</b>  10:00 Coffee Klatch 10:30 News & Discussion 11:00 Patio Social 11:00 <u>Creative Crew w/ Lori</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour <b>D</b> 12:45 Fun & Games w/ Paola <b>H</b> 12:45 Chair Dancing & Trivia	
<b>19 International Drum Month</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 <u>Art w/ Jess</u> <b>H</b> 11:00 Drumming w/ Jo 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alternate: to be determined	<b>20 World Bee Day</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 Balloon Tennis & Trivia <b>H</b> 11:00 All about James Stewart 11:40 Noodle & Ball Exercises 12:00 Lunch and Social Hour <b>D</b> 12:45 The Secret Lives of Bees <b>H</b> 12:45 Active Game: Bowling	<b>21 Pet Therapy</b>  10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 Alternate Activity w/ Paola 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 <u>Matthew's Cello Performance</u> 12:45 <u>Creative Writing w/ Jo</u>	<b>22 National Vanilla Pudding Day</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 Name That Tune <b>H</b> 11:00 Active Game: Ring Toss 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour 12:45 Musical Sing Along 12:45 <u>Painting Club w/ Jo</u>	<b>23 World Turtle Day</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 The Story of The Andrew Sisters <b>H</b> 11:00 Table Games 11:40 Fitness Friday 12:00 Lunch and Social Hour <b>D</b> 12:45 <u>All about Turtles w/ Jess</u> <b>H</b> 12:45 Turtle Facts & video	
<b>26</b> 	<b>27 National Strawberry Month</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 <u>Yoga w/ Beth</u> <b>H</b> 11:00 Creative Arts 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Patriotic Remembrance &amp; Songs</u> <u>Celebrate Debbie's Birthday</u>	<b>28 World Otter Day</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 Wacky Words w/ Jess <b>H</b> 11:00 Trivia & Word Game 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour <b>D</b> 12:45 Billy & Molly An Otter Love Story <b>H</b> 12:45 Picture Match Game	<b>29 Art &amp; Baking Thursday</b>  10:00 Coffee Klatch 10:30 News & Discussion <b>D</b> 11:00 <u>Art Class w/ Jess</u> <b>H</b> 11:00 <u>Baking w/ Jo &amp; Table Games</u> 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour <b>D</b> 12:45 Celebrity Bingo <b>H</b> 12:45 Table Top Games	<b>30 Friday Fun Day</b>  10:00 Coffee Klatch 10:30 News & Discussion 11:00 Jeopardy 11:00 <u>Creative Crew w/ Lori</u> 11:40 Fitness Friday 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Nail Care w/ Jess	<p>Note: If an activity is only scheduled for <b>Discovery</b> group, you will see it noted with the letter <b>D</b> or <b>H</b> for <b>Harmony</b>. All other activities will be done in both groups. Your loved one is also welcome to join the other group if they prefer doing that activity instead of what their group is doing.</p>