

Discovery and Harmony Activity Calendar

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 5/2 Joshua V. 5/9 MJ B. 5/10 Nancy L.	Friday Funday 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Active Game Time 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour D 12:45 Bingo Bash! H 12:45 Musical Social	
4 Pet Therapy 10:00 Coffee Klatch/ News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 Alt: Art w/ Paola 11:40 Sittercises 12:00 Lunch and Social Hour D 12:30 Parachute Fun & Social Circle H 12:30 Active Game Group 4, 8th graders visit!	5 National Salsa Month 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Sing Along with Allen</u> 11:00 <u>Mother's Day Arts & Crafts</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour 12:45 <u>Cinco De Mayo Celebration</u> 12:45 Alt: Dominoes Table	6 National Nurses Day 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Paola Jones, The Music Lady</u> 11:00 Alt: Mother's Day Craft Table 11:40 Sittersices 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alt: Crafts w/ Jo	7 National Nurses Week 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Ball Exercises & Reminiscence: Nurses H 11:00 Creative Music Fun 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Mother's Day Tea Social</u> 12:45 Alt: Bean Bag Cup Toss & Trivia	8 National Strawberry Month 10:00 Coffee & News/Discussion 11:00 <u>Mother's Day Self Care</u> 11:00 <u>Creative Crew w/ Lori</u> 11:00 Alt: Patio Social 11:40 Sit and Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Mother's Day Arts & Crafts</u> 12:45 Alt: Table Games	 HAPPY NURSES WEEK 
11 National Hot Tea Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Spa Day Activity H 11:00 Patio Social 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Mother's Day Tea Social</u> 12:45 Alt: Active Game Challenge	12 Trivia Tuesday 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Core Class w/ Paola</u> H 11:00 Music & Movement 11:40 May Trivia 12:00 Lunch and Social Hour 12:45 <u>Phil on The Guitar</u> 12:45 Alt: Painting Club w/ Jo	13 National Apple Pie Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Apple Art w/ Paola & Erinn</u> H 11:00 <u>Baking w/ Jo</u> 11:40 Ageless Grace Exercises 12:00 Lunch and Social Hour D 12:45 Active Game Time H 12:45 Sensory Activity & Music	14 Tennis Month 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Balloon Tennis & Trivia 11:45 Noodle Exercises 12:00 Lunch and Social Hour D 12:45 Fill in the blank: Music H 12:45 Table Games	15 National Chocolate Chip Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Baking w/ Erinn</u> H 11:00 <u>Gardening Group</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour D 12:45 Active Game Fun H 12:45 Getting to know you	
18 Phil on the Guitar 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Paper Air Plane Game H 11:00 Zumba Class & Word Game 11:40 Sittercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alt: Dominoes Table	19 National Strawberry Month 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Musical Fun</u> 11:00 <u>Arts & Crafts</u> 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour D 12:45 Name That Musical H 12:45 Trivia & Word Game	20 Pet Therapy 10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Love on a Leash: Pet Therapy</u> 11:00 Alt: Craft group w/ Paola 11:40 Stretch & Restore Exercises 12:00 Lunch and Social Hour 12:45 <u>Ukulele Strummers & Singers</u> 12:45 Alt: Table Top Activities	21 Variety Thursday 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Art Project</u> H 11:00 Match Game 11:45 Move and Groove Exercises 12:00 Lunch and Social Hour D 12:45 Active Game Time H 12:45 Patio Social	22 National Vanilla Pudding Day 10:00 Coffee Klatch 10:30 News & Discussion 11:00 Music Drum Circle 11:00 <u>Creative Crew w/ Lori</u> 11:40 Noodle & Band Exercises 12:00 Lunch and Social Hour 12:45 <u>John Monday Performs</u> 12:45 Alt: Dominoes Table	
25 Center Closed  Memorial Day Remember & Honor	26 National Cherry Dessert Day 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Chair Volleyball H 11:00 Sing A Long 11:40 Move & Groove Exercises 12:00 Lunch and Social Hour D 12:45 <u>Art Group w/ Paola & Erinn</u> H 12:45 Active Game	27 Romeo's Roadshow & Dance Party  10:00 Coffee Klatch 10:30 News & Discussion 11:00 <u>Mini Horses Visit: Romeo & Ziggy</u> 11:40 Sit & Get Fit Exercises 12:00 Lunch and Social Hour 12:45 <u>Debbie's Dance Studio</u> 12:45 Alt: Art Group	28 Variety Thursday 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 <u>Art w/ Erinn</u> H 11:00 Active Game 11:40 Music & Movement 12:00 Lunch and Social Hour D 12:45 Cup Racing Game H 12:45 Trivia & Word Game	29 Garden for Wildlife Month 10:00 Coffee Klatch 10:30 News & Discussion D 11:00 Active Game Fun H 11:00 Nature Talk on the patio 11:40 Noodle & Band Exercises 12:00 Lunch and Social Hour 12:45 <u>Phil on the Guitar</u> 12:45 Alt: Creative Hands	Note: If an activity is only scheduled for Discovery group, you will see it noted with the letter D or H for Harmony . 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.