

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|--|---|--|--|---|--|
| <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Trivia Pursuit</p> <p>1:30 MC: Afternoon Fitness</p> <p>2:00 Mind Games</p> <p>3:00 MC: Karaoke</p> <p>3:30 MC: Tic Tac Toe Challenge</p> <p>4:00 MC: Walk The Halls</p> | <p><i>Eid al-Fitr</i></p> <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Song & Dance</p> <p>1:30 MC: Stretch & Bend</p> <p>2:00 MC: Remanence Together</p> <p>3:00 MC: Snack & Wise Jokes</p> <p>3:30 MC: Nail Spa</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Bingo</p> <p>1:30 MC: Good Vibrations</p> <p>2:00 MC: Group Project</p> <p>3:00 MC: Relax & Hydrate</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Art Club</p> <p>1:30 MC: Afternoon Stretch</p> <p>2:00 MC: Mindfulness</p> <p>3:00 Bingo</p> <p>4:00 MC: Walk The Halls</p> | <p><i>Cinco de Mayo</i></p> <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Wheel Of Fortune</p> <p>1:30 MC: Jazzy R&B</p> <p>2:00 MC: Ball Games</p> <p>3:00 CINCO DE MAYO TRIVIA</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Book Club</p> <p>1:30 MC: Rocking Out W/ 50's Classic Rock</p> <p>2:00 MC: Dance Circle</p> <p>3:00 MC: Chitter Chatter</p> <p>4:00 MC: Walk The Halls</p> | <p>9:30 Bistro: Carrington Community Church</p> <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Bingo</p> <p>1:30 MC: Volley Balloon</p> <p>2:00 MC: Bean Bag Toss</p> <p>2:30 MC: Movie Matinee</p> <p>4:00 MC: Walk The Halls</p> |
| <p><i>Mother's Day</i></p> <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Trivia Pursuit</p> <p>1:30 MC: Afternoon Fitness</p> <p>2:00 Mind Games</p> <p>3:00 MC: Karaoke</p> <p>3:30 MC: Tic Tac Toe Challenge</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 Drumming Circle</p> <p>1:30 MC: Run W/ Pop Music</p> <p>2:00 MC: Freestyle Art</p> <p>3:00 MC: Bingo</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Need lyrics? We have plenty!</p> <p>1:30 MC: Good Vibrations</p> <p>2:30 MC: Scrabble Tournament</p> <p>3:00 MC: Chair Volleyball</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Scrabble Games</p> <p>1:30 MC: Afternoon Stretch</p> <p>2:00 MC: Group Project-Gardening</p> <p>3:00 MC: Sensory Mindfulness</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Relaxing Spa Time</p> <p>1:30 MC: Jazzy R&B</p> <p>2:00 MC: Balloon Toss</p> <p>3:00 Songs By Heart</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Animal Talk</p> <p>1:30 MC: Fantastic Fitness</p> <p>2:00 MC: Hoop Games</p> <p>3:00 MC: Nutrition Wellness Games</p> <p>4:00 MC: Walk The Halls</p> | <p>9:30 Bistro: Carrington Community Church</p> <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Sing Along</p> <p>1:30 MC: Chair Yoga</p> <p>2:00 MC: Bean Bag Toss</p> <p>2:30 MC: Movie Matinee</p> <p>4:00 MC: Walk The Halls</p> |
| <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Trivia Pursuit</p> <p>1:30 MC: Afternoon Fitness</p> <p>2:00 Mind Games</p> <p>3:00 Musical Trivia</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Song & Dance</p> <p>1:30 MC: Stretch & Bend</p> <p>2:00 Familiar Faces</p> <p>3:00 MC: Snack & Wise Jokes</p> <p>3:30 MC: Nail Spa</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Bingo</p> <p>1:30 MC: Good Vibrations</p> <p>2:00 MC: Group Project</p> <p>3:00 MC: Relax & Hydrate</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Art Club</p> <p>1:30 MC: Afternoon Stretch</p> <p>2:00 MC: Mindfulness</p> <p>3:00 Bingo</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Wheel Of Fortune</p> <p>1:30 MC: Jazzy R&B</p> <p>2:00 MC: Ball Games</p> <p>3:00 Musical Trivia</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Book Club</p> <p>1:30 MC: Rocking Out W/ 50's Classic Rock</p> <p>2:00 MC: Dance Circle</p> <p>3:00 MC: Chitter Chatter</p> <p>4:00 MC: Walk The Halls</p> | <p>9:30 Bistro: Carrington Community Church</p> <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Bingo</p> <p>1:30 MC: Volley Balloon</p> <p>2:00 MC: Bean Bag Toss</p> <p>2:30 MC: Movie Matinee</p> <p>4:00 MC: Walk The Halls</p> |
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| <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Trivia Pursuit</p> <p>1:30 MC: Afternoon Fitness</p> <p>2:00 Mind Games</p> <p>3:00 Musical Trivia</p> <p>4:00 MC: Walk The Halls</p> | <p><i>Memorial Day</i></p> <p>10:00 MC: Commit To Be Fit</p> <p>10:30 Daily Chronicle</p> <p>10:45 Mind Games</p> <p>1:30 Afternoon Stretch</p> <p>2:00 Word Games</p> <p>2:45 Bean Bag Toss</p> <p>3:30 White Board Games</p> <p>4:00 MC: Walk The Halls</p> | <p>10:00 MC: Commit To Be Fit</p> <p>10:30 MC- Daily Chronicles</p> <p>11:00 MC: Bingo</p> <p>1:30 MC: Good Vibrations</p> <p>2:00 MC: Group Project</p> <p>3:00 Trivia</p> <p>4:00 MC: Walk The Halls</p> | | | | |

May 2022

Tessera Calendar-Please Note:Subject to Change. Life Enrichment

