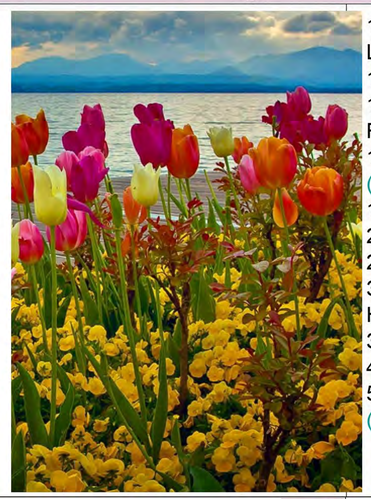
Mezzanine Activities Calendar

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am Zumba & Laughing Yoga (A3E) 10:45am Daily Chronicle (A3E) 11am Mother Goose Day-Nursery Rhyme Trivia (A3V) 12:30pm Refresh and Recharge (A3E) 1:30pm Chair Fitness (A3E) 2pm May Trivia (A3E) 2:30pm Drama Club (A3E) 3pm Lifelong Learning- A History of Horses (A3E) 3:30pm Walking Club 4pm Brain Games (A3V) 5:30pm Relax and Unwind (A3E)	2 Chair Fitness (A3E) 10am Move and Groove (A3E) 10:30am Daily Chronicle (A3E) 10:30am Music Therapy w/ Nancy! (A3E) 12:30pm Refresh and Recharge 1:30pm Walking Club (A3V) 2pm Finish the Song Lyric (A3E) 2:30pm Name that Instrument (A3E) 3pm Picture Bingo (A3E) 4pm Sit and Stretch (A3E) 5:30pm Relax and Unwind (A3E)	3 10am Moving to Music (A3E) 10:30am Daily Chronicle (A3E) 10:45am Trivia! (A3E) 12:30pm Refresh and Recharge (A3E) 12:30pm Kindness Chains Boutique (CAF) 1:30pm Noodle Ball (A3E) 2pm Smoothie Social (A3E) 3pm Happy Hour (BST) 4pm Social Circle (A3E)	4 10am Tai Chi With Diana (A3E) 10:30am Daily Chronicle (A3E) 1:30pm Walking Club (A3V) 2pm Derby Hat Making 2pm Musical Entertainment (A4T) 2:30pm Choir Rehearsal - Note earlier start time! (BST) 4pm Categories (A3E)	5 10am Dancing to Mariachi Music! (A3E) 10:30am Daily Chronicle (A3E) 10:45am Celebrating Cinco De Mayo! (A3E) 1:30pm Margaritas and Salsa Tasting! (A3E) 2pm Movie Matinee (A4T) 4pm Leisurely Walk (A3E)	6 9:30am Carrington Community Church (BST) 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle Me This (A3E) 11am Remembering the Royal Family (A3E) 1:30pm Bowling (A3E) 2pm Horse Racing (A3E) 3pm Kentucky Derby Social 5:30pm Relax and Unwind
7 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 11am Karaoke (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Afternoon Walk (A3E) 2pm Hotsie-Totsie Voices Concert For Residents (ADN) 5:30pm Sunday Evening Movie (A3E) 6pm Hotsie-Totsie Voices for Friends and Family (ADN)	8 10am Zumba & Laughing Yoga (A3E) 10:45am Daily Chronicle (A3E) 11am This or That (A3E) 12pm Nurses Luncheon 12:30pm Refresh and Recharge (A3E) 2pm Soul Collage (A3E) 3pm Classic Comedy Hour (BST) 4pm Brain Games (A3V) 5:30pm Relax and Unwind (A3E)	9 10am Move and Groove (A3E) 10:30am Daily Chronicle (A3E) 10:45am Spelling Bee (A3E) 12:30pm Refresh and Recharge 1:30pm Walking Club (A3V) 2pm Spring Card Craft (A3V) 2pm Painting with Colleen (A2E) 3pm Picture Bingo (A3E) 4pm Crossword Puzzle (A3E) 5:30pm Relax and Unwind (A3E)	10 10am Moving to Music (A3E) 10:30am Daily Chronicle (A3E) 10:45am Trivia! (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Noodle Ball (A3E) 2pm Fruit Smoothies 3pm Happy Hour (BST) 4pm Social Circle (A3E) 5:30pm Relax and Unwind (A3E)	11 10am Tai Chi With Diana (A3E) 10:30am Daily Chronicle (A3E) 10:45am Remembering Songs about Mothers and Mother's Day (A3E) 12:30pm Refresh and Recharge 1:30pm Walking Club (A3V) 2pm Janet & Grant! (A4T) 4pm Categories (A3E) 5:30pm Relax and Unwind (A3E)	12 **International Nurses Day!** 10am Fantastic Fitness (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle of the Day (A3E) 11am Word Games 1:30pm Walking Club (A3E) 2pm Movie Matinee (A4T) 4pm Color by Numbers (A3E) 5:30pm Relax and Unwind (A3E)	13 9:30am Carrington Community Church (BST) 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle Me This (A3E) 11am Arts & Crafts (A3E) 11am Bean Bag Toss (A3E) 1:30pm Bowling (A3E) 2pm Jumbo Puzzle (A3E) 4pm Classic Comedy Shows (A3E) 5:30pm Relax and Unwind (A3E)
14 **Mother's Day** 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 11am Karaoke (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Colorful Creations (A3E) 2pm Bake it! (A3E) 3pm Celebrating Mothers and Others! (A3E) 5:30pm Sunday Evening Movie (A3E)	15 10am Zumba & Laughing Yoga (A3E) 10:45am Daily Chronicle (A3E) 11am This or That (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Afternoon Stretches (A3E) 3pm Reminiscing-Favorite TV shows 3pm Star of the Month-Henry Fonda (A3V) 4pm Brain Games (A3V) 5:30pm Relax and Unwind (A3E)	16 10am Move and Groove (A3E) 10:30am Daily Chronicle (A3E) 10:30am Music Therapy w/ Nancy! (A3E) 10:45am Spelling Bee (A3E) 12:30pm Refresh and Recharge 1:30pm Walking Club (A3V) 2pm Gardening Talks (A3V) 3pm Picture Bingo (A3E) 4pm Rhythm Band (A3V) 5:30pm Relax and Unwind (A3E)	17 10am Moving to Music (A3E) 10:30am Daily Chronicle (A3E) 10:45am Trivia! (A3E) 11am Nature Talks with Alyse (BST) 11am Outing-Picnic Lunch 12:30pm Refresh and Recharge (A3E) 1:30pm Noodle Ball (A3E) 2pm Gardening Club (APT) 3pm Happy Hour (BST) 4pm Social Circle (A3E)	18 10am Tai Chi With Diana (A3E) 10:30am Daily Chronicle (A3E) 10:45am Myra the Therapy Dog Visits! (A3E) 12:30pm Refresh and Recharge 1:30pm Walking Club (A3V) 2pm Dance Party (A3V) 2:30pm Crafters Corner-Sun Catchers (A3E) 3:30pm Mindful Mediations (A3V) 4pm Categories (A3E) 5:30pm Relax and Unwind (A3E)	19 10am Fantastic Fitness (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle of the Day (A3E) 1:30pm Colorful Creations (A3E) 2pm Movie Matinee (A4T) 4pm Leisurely Walk (A3E) 5:30pm Relax and Unwind (A3E)	20 9:30am Carrington Community Church (BST) 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle Me This (A3E) 11am Arts & Crafts (A3E) 1:30pm Bowling (A3E) 2pm Jumbo Puzzle (A3E) 4pm Classic Comedy Shows (A3E) 5:30pm Relax and Unwind (A3E)

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May 2023

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21 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 11am Karaoke (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Colorful Creations (A3E) 2pm Bake it! (A3E) 3pm Sunday Afternoon Social (A3E) 5:30pm Sunday Evening Movie (A3E)	22 10am Zumba & Laughing Yoga (A3E) 10:45am Daily Chronicle (A3E) 11am This or That (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Sit and Stretch (A3E) 2pm Karaoke (A3E) 2:30pm Rhythm Band (A3E) 4pm Arm Chair Travels (A3E) 4pm Brain Games (A3V) 5:30pm Relax and Unwind (A3E)	23 10am Move and Groove (A3E) 10:30am Daily Chronicle (A3E) 10:45am Spelling Bee (A3E) 12:30pm Refresh and Recharge 1:30pm Walking Club (A3V) 2pm Documentary Hour (A3E) 2pm Painting with Colleen (A2V) 3pm Picture Bingo (A3E) 4pm Crossword Puzzle (A3E) 5:30pm Relax and Unwind (A3E)	24 10am Moving to Music (A3E) 10:30am Daily Chronicle (A3E) 10:45am Trivia! (A3E) 12:30pm Refresh and Recharge (A3E) 1pm Outing to the Botanic Gardens (A3V) 1:30pm Noodle Ball (A3E) 2pm Gardening Club (APT) 3pm Happy Hour (BST) 4pm Social Circle (A3E)	25 10am Tai Chi With Diana (A3E) 10:30am Daily Chronicle (A3E) 10:30am Drum Circle w/ Chris (A3E) 12:30pm Refresh and Recharge 1:30pm Walking Club (A3V) 2pm Cooking Club-Sweet Spring Strawberry Shortcake 2:30pm BookTalk: Author Peter Nolan (BST) 4pm Categories (A3E) 5:30pm Relax and Unwind (A3E)	26 10am Fantastic Fitness (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle of the Day (A3E) 1:30pm Colorful Creations (A3E) 2pm Movie Matinee (A4T) 4pm Color by Numbers (A3E) 5:30pm Relax and Unwind (A3E)	27 9:30am Carrington Community Church (BST) 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 10:45am Riddle Me This (A3E) 11am Arts & Crafts (A3E) 11am Bean Bag Toss (A3E) 1:30pm Bowling (A3E) 2pm Jumbo Puzzle (A3E) 4pm Classic Comedy Shows (A3E) 5:30pm Relax and Unwind (A3E)
28 10am Commit To Be Fit (A3E) 10:30am Daily Chronicle (A3E) 11am Karaoke (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Colorful Creations (A3E) 2pm Bake it! (A3E) 3pm Sunday Afternoon Social (A3E) 5:30pm Sunday Evening Movie (A3E)	29 **Memorial Day** 10am Zumba & Laughing Yoga (A3E) 10:45am Daily Chronicle (A3E) 11am Patriotic Sing a long (A3E) 12:30pm Refresh and Recharge (A3E) 2pm Art-Poppy Field Collage (A3E) 4pm Brain Games (A3V) 5:30pm Relax and Unwind (A3E)	30 10am Move and Groove (A3E) 10:30am Daily Chronicle (A3E) 10:45am Spelling Bee (A3E) 12:30pm Refresh and Recharge 1:30pm Walking Club (A3V) 2pm Gardening Club (APT) 3pm Picture Bingo (A3E) 4pm Rhythm Band (A3V) 5:30pm Relax and Unwind (A3E)	31 10am Moving to Music (A3E) 10:30am Daily Chronicle (A3E) 10:45am Trivia! (A3E) 12:30pm Refresh and Recharge (A3E) 1:30pm Noodle Ball (A3E) 2pm Birthday Bash! (A2E) 3pm Happy Hour (BST) 4pm Social Circle (A3E)			

Location Key

A2E	AL Fl-2 Activity Room
A3E	AL Fl-3 Activity Room
A3V	3rd Floor Living Room
A4T	AL 4th Floor Theater
BST	Bistro

All activities are subject to change