

# May 2026

MONTHLY PLANNER

05 / 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 10AM: Yoga with Adriene 11AM: Music 1PM: Table Bowling 3PM: Bingo! 6PM: Movie and Popcorn	<b>2</b> 10AM: Yoga with Adriene 11AM: Music 1PM: Table Bowling 3PM: Bingo! 6PM: Movie and Popcorn
<b>3</b> 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM: Play Scramble 6PM: Resident choice Movie!	<b>4</b> 10AM: Seated strength 11AM: Music 1PM: Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	<b>5</b> 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	<b>6</b> 10AM: Stretch & weights 11AM: Music 1PM: Table Bowling 3PM: Happy Hour! 6PM: Trivia or Movie Night!	<b>7</b> 10AM: Seated Strength 11AM: Play Skat Cards 1PM: Walking/Cycling 3PM: Game Time! 6PM: Drama Movie!	<b>8</b> 10AM: Seated Strength 11AM: Karaoke Sunday 1PM: Move your Body! 3PM: Play Scramble 6PM: Romance/Drama Movie	<b>9</b> 10AM: Yoga with Adriene 11AM: Music 1PM: Table Bowling 3PM: Bingo! 6PM: Movie and Popcorn
<b>10</b> 10AM: Stretch & weights 11 AM: MOTHERS DAY 1PM: Walking/Cycling 3PM: Play Scramble 6PM: Resident choice Movie!	<b>11</b> 10AM: Seated strength 11AM: Music 1PM: Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	<b>12</b> 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	<b>13</b> 10AM: Stretch & weights 11AM: Music 1PM: Table Bowling 3PM: Happy Hour! 6PM: Trivia or Movie Night!	<b>14</b> 10AM: Seated Strength 11AM: Play Skat Cards 1PM: Walking/Cycling 3PM: Game Time! 6PM: Drama Movie!	<b>15</b> 10AM: Seated Strength 11AM: Karaoke Sunday 1PM: Move your Body! 3PM: Play Scramble 6PM: Romance/Drama Movie	<b>16</b> 10AM: Yoga with Adriene 11AM: Music 1PM: Table Bowling 3PM: Bingo! 6PM: Movie and Popcorn
<b>17</b> 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM: Play Scramble 6PM: Resident choice Movie!	<b>18</b> 10AM: Seated strength 11AM: Music 1PM: Activity with DAWN 3PM: Play Bingo! 6PM: Classic Movie	<b>19</b> 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	<b>20</b> 10AM: Stretch & weights 11AM: Music 1PM: Table Bowling 3PM: Happy Hour! 6PM: Trivia or Movie Night!	<b>21</b> 10AM: Seated Strength 11AM: Play Skat Cards 1PM: Walking/Cycling 3PM: Game Time! 6PM: Drama Movie!	<b>22</b> 10AM: Seated Strength 11AM: Karaoke Sunday 1PM: Move your Body! 3PM: Play Scramble 6PM: Romance/Drama Movie	<b>23</b> 10AM: Yoga with Adriene 11AM: Music 1PM: Table Bowling 3PM: Bingo! 6PM: Movie and Popcorn
<b>24</b> 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM: Play Scramble 6PM: Resident choice Movie!	<b>25</b> 10AM: Seated strength 11AM: Music 1PM: Activity with DAWN 3PM: Memorial Day 6PM: Classic Movie	<b>26</b> 10AM: Yoga with Adriene 11AM: Color or Paint 1PM: Balloon Toss 3PM: Play Bingo! 6:00PM: Romance/Drama Movie	<b>27</b> 10AM: Stretch & weights 11AM: Music 1PM: Table Bowling 3PM: Happy Hour! 6PM: Trivia or Movie Night!	<b>28</b> 10AM: Seated Strength 11AM: Play Skat Cards 1PM: Walking/Cycling 3PM: Game Time! 6PM: Drama Movie!	<b>29</b> 10AM: Seated Strength 11AM: Karaoke Sunday 1PM: Move your Body! 3PM: Play Scramble 6PM: Romance/Drama Movie	<b>30</b> 10AM: Yoga with Adriene 11AM: Music 1PM: Table Bowling 3PM: Bingo! 6PM: Movie and Popcorn
<b>31</b> 10AM: Stretch & weights 11 AM: Music 1PM: Walking/Cycling 3PM: Play Scramble 6PM: Resident choice Movie!						