



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 PLEASE PRACTICE Facemask Required SOCIAL DISTANCING The Arbors ASSISTED LIVING COMMUNITIES THIS CALENDAR OF ACTIVITIES IS LIMITED DUE TO THE STRICT GUIDELINES OF THE DEPARTMENT OF HEALTH FOR CORONA VIRUS PREVENTION			STAFF KEY V - Vanessa M - Malik AM - Amanda K - Kayeshaw D - Dylan T - Taylor ME - Meleny I - Independent RS - Recreation Staff LOCATION KEY DR - Dining Room LR- Living Room B - Bistro P - Patio L - Lobby G - Game Room O - Outing MR - Media Room IR - In Room	FOR YOUR DINING PLEASURE BREAKFAST 8AM LUNCH 12NOON DINNER 5PM *All trips are if weather permits. All programs are subject to change. All changes will be reflected on the Daily Board. Your Director Vanessa will be happy to answer any questions you may have regarding this calendar.		1 KENTUCKY DERBY 9:30 SATURDAY SUNSHINE STRETCH ME LR 10:30 LIFESTYLE STATIONS ME LR 10:30 MORNING MOVEMENT GAME ME LR 11:30 PLACE YOUR BETS! ME/M DR 1:00 CHAIR SOCCER ON THE PATIO ME/M P 2:00 BINGO ME/M LR 3:00 HORSE RACES THROUGH HISTORY ME/M LR 4:00 KENTUCKY DERBY HISTORY & FACTS ME/M LR 6:00 AND THEY'RE OFF! M LR
2 9:30 STRENGTH TRAINING ME LR 10:00 STREAMING SUNDAY MASS ME M 10:00 LIFESTYLE STATIONS ME LR 11:00 TABLETOP GAMES ME/M LR 1:00 KARAOKE ON THE PATIO D/M LR 2:00 BINGO D/M LR 3:00 SUNDAY ICE CREAM SOCIAL D/M LR 4:00 INSTRUMENTS & MUSIC BEFORE DINNER D/M LR 6:00 SUNDAY NIGHT COMEDY M LR	3 9:30 FITNESS & FUN K LR 10:15 MORNING ART WORKSHOP K DR 11:15 WALKING CLUB BEFORE LUNCH K/M LR 1:00 BALLOON VOLLEYBALL M/ME LR 1:00 LIFESTYLE STATIONS M/ME LR 2:00 AFTERNOON MANICURES M/ME LR 3:00 HAPPY HOUR SOCIAL M/ME LR 4:00 SENSORY HOUR M/ME LR 6:00 MUSIC APPRECIATION M M	4 STAR WARS DAY 9:30 TONE & SCULPT K/ME/TI LR 10:15 FREEZE DANCE' PARTY K/ME/TI LR 11:15 WHO AM I? MAY BIRTHDAYS K/ME/TI LR 1:00 BIRD WATCHING ON THE PATIO TI/K/T P 2:00 WHITE BOARD WORD GAME TI/K/T LR 3:00 SNACKIN SOCIAL TI/K/T LR 4:00 LIFESTYLE STATIONS T/M/ME/AM LR 4:00 BIBLE STUDY WITH TAYLOR TI/K/T LR 6:00 AROMATHERAPY COOL DOWN ME M	5 CINCO DE MAYO! 9:30 BALANCE & AGILITY K LR 10:15 SPA HOUR: MANICURES & MASSAGE K LR 10:15 FLAMENCO DANCE PERFORMANCE K LR 11:15 MARIACHI PARADE! K DR 1:00 COMEDY HOUR LIVE T/M LR 2:00 BINGO T/M LR 3:00 MEXICAN CHEESE DIP FIESTA HAPPY HOUR T/M LR 4:00 FIESTA FIESTA DANCE PARTY T/M LR 6:00 SOOTHING SPANISH GUITAR M LR	6 9:30 EASY BREEZY YOGA K/AM LR 10:30 MUSIC THROUGH THE DECADES K/AM LR 11:15 TRAVEL TO: SAN FRANCISCO K/AM LR 11:15 PATIO NATURE WALK K/AM DR 1:00 CASINO HOUR AM/T LR 2:00 PUTT PUTT GOLF PRACTICE AM/T LR 3:00 CRUNCH N MUNCH HAPPY HOUR AM/T LR 4:00 GROUP SING A LONGS AM/T P 6:00 CLASSIC MOVIE AFTER DINNER T LR	7 9:30 FRIDAY FULL BODY WORKOUT ME LR 10:30 BALLOON TAP CHALLENGE ME LR 11:15 CATEGORIES ME DR 1:00 LIFESTYLE STATIONS K/AM LR 1:15 PATIO BEACH BALL TOSS K/AM P 2:00 GROUP MOVEMENT GAMES K/AM LR 3:00 TGIF SOCIAL HOUR! K/AM LR 4:00 GARDENING CLUB K/AM P 6:00 RELAXATION ART ME LR	8 9:30 SATURDAY SUNSHINE STRETCH ME LR 10:30 LIFESTYLE STATIONS ME LR 10:30 MOTHER'S DAY CARD WRITING ME LR 11:30 SENSORY SOAP STATION ME/M DR 1:00 CHAIR SOCCER ON THE PATIO ME/M P 2:00 BINGO ME/M LR 3:00 BIG BAND CONCERT HAPPY HOUR ME/M LR 4:00 ACOUSTIC SET WITH RECREATION ME/M LR 6:00 HAND MESSAGES & RELAXATION M LR
9 MOTHER'S DAY 9:30 STRENGTH TRAINING ME LR 10:00 STREAMING SUNDAY MASS ME M 10:00 LIFESTYLE STATIONS ME 10:45 TEA & PASTRIES FOR MOMS ME LR 11:00 MOTHER'S DAY FAMILY FEUD ME/M LR 1:00 KARAOKE ON THE PATIO D/M LR 2:00 BINGO D/M LR 3:00 SUNDAY ICE CREAM SOCIAL D/M LR 4:00 REMINISCING: BEING A MOM D/M LR 6:00 SUNDAY NIGHT COMEDY M LR	10 9:30 FITNESS & FUN K LR 10:15 MORNING ART WORKSHOP K LR 11:15 GROUP BALL TOSS GAME K/M LR 1:00 BALLOON VOLLEYBALL M/ME LR 1:00 LIFESTYLE STATIONS M/ME LR 2:00 AFTERNOON MANICURES M/ME LR 3:00 HAPPY HOUR SOCIAL M/ME LR 4:00 GROUP WORD GAMES M/ME LR 6:00 MUSIC APPRECIATION M M	11 9:30 TONE & SCULPT K/ME/TI LR 10:15 RHYTHM & SHAKERS K/ME/TI LR 11:15 SENSORY SOAP K/ME/TI D 1:00 BIRD WATCHING ON THE PATIO TI/K/T P 2:00 CHARADES SHOWDOWN TI/K/T LR 3:00 BUTTERSCOTCH BROWNIE SOCIAL HOUR TI/K/T LR 4:00 LIFESTYLE STATIONS T/M/ME/AM LR 4:00 BIBLE STUDY WITH TAYLOR TI/K/T LR 6:00 AROMATHERAPY COOL DOWN ME M	12 INTERNATIONAL NURSES DAY 9:30 BALANCE & AGILITY K LR 10:15 MORNING MOVEMENT GAME K LR 11:15 REMINISCING ABOUT NURSES K DR 1:00 COMEDY HOUR LIVE K LR 2:00 BINGO T/M LR 3:00 SNACKIN SOCIAL HOUR T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 LIVE MUSIC HOUR T/M LR 6:00 SYMPHONIC MELODIES M LR	13 9:30 EASY BREEZY YOGA K/AM 10:30 NAME THAT CELEBRITY K/AM 11:15 TRAVEL TO: YELLOWSTONE NATIONAL PARK K/AM 11:15 PATIO NATURE WALK K/AM 1:00 CASINO HOUR AM/T 2:00 PUTT PUTT GOLF PRACTICE AM/T 3:00 CHEDDAR BAY BISCUIT SOCIAL AM/T 4:00 GROUP SING A LONGS AM/T 6:00 CLASSIC MOVIE AFTER DINNER T	14 9:30 FRIDAY FULL BODY WORKOUT ME LR 10:30 BOCCI BALL CHALLENGE ME DR 11:30 SENSORY SANITIZER ME LR 1:00 LIFESTYLE STATIONS K/AM LR 1:15 PATIO BEACH BALL TOSS K/AM P 2:00 GROUP MOVEMENT GAMES K/AM LR 3:00 TGIF SOCIAL HOUR! K/AM LR 4:00 GARDENING CLUB K/AM P 6:00 RELAXATION ART ME LR	15 9:30 SATURDAY SUNSHINE STRETCH ME LR 10:30 LIFESTYLE STATIONS ME LR 10:30 TRIVIAL TRIVIA ME LR 11:30 SENSORY SOAP STATION ME/M DR 1:00 CHAIR SOCCER ON THE PATIO ME/M P 2:00 BINGO ME/M LR 3:00 FAMOUS SONGS SOCIAL HOUR ME/M LR 4:00 ACOUSTIC SET WITH RECREATION ME/M LR 6:00 HAND MESSAGES & RELAXATION M LR
16 9:30 STRENGTH TRAINING ME LR 10:00 STREAMING SUNDAY MASS ME M 10:00 LIFESTYLE STATIONS ME 11:00 PARACHUTE POP UP ME/M LR 1:00 KARAOKE ON THE PATIO D/M LR 2:00 BINGO D/M LR 3:00 SUNDAY ICE CREAM SOCIAL D/M LR 4:00 INSTRUMENTS & MUSIC BEFORE DINNER D/M LR 6:00 SUNDAY NIGHT COMEDY M LR	17 9:30 FITNESS & FUN K LR 10:15 MORNING ART WORKSHOP K LR 11:15 BEFORE LUNCH STRETCH K/M LR 1:00 BALLOON VOLLEYBALL M/ME LR 1:00 LIFESTYLE STATIONS M/ME LR 2:00 AFTERNOON MANICURES M/ME LR 3:00 HAPPY HOUR SOCIAL M/ME LR 4:00 SENSORY HOUR M/ME LR 6:00 MUSIC APPRECIATION M M	18 9:30 TONE & SCULPT K/ME/TI LR 10:15 CHA CHA & RHUMBA DANCING K/ME/TI LR 11:15 SENSORY SOAP K/ME/TI D 1:00 BIRD WATCHING ON THE PATIO TI/K/T P 2:00 AFTERNOON YOGA STRETCH TI/K/T LR 3:00 CHERRY COBBLER SOCIAL HOUR TI/K/T LR 4:00 LIFESTYLE STATIONS TI/K/T LR 4:00 BIBLE STUDY WITH TAYLOR TI/K/T LR 6:00 AROMATHERAPY COOL DOWN ME M	19 9:30 BALANCE & AGILITY K LR 10:15 RHYTHM DRUM CIRCLE K LR 11:15 AROMATHERAPY BEFORE LUNCH K DR 1:00 COMEDY HOUR LIVE K LR 2:00 BINGO T/M LR 3:00 SNACKIN SOCIAL HOUR T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 LIVE MUSIC HOUR T/M LR 6:00 VIOLIN MUSIC TO RELAX TO M LR	20 9:30 EASY BREEZY YOGA K/AM 10:30 HANDS ON SENSORY K/AM 11:15 TRAVEL TO: CHICAGO K/AM 11:15 PATIO NATURE WALK K/AM 1:00 CASINO HOUR AM/T 2:00 PUTT PUTT GOLF PRACTICE AM/T 3:00 MINI FRITTATA SOCIAL AM/T 4:00 GROUP SING A LONGS AM/T 6:00 CLASSIC MOVIE AFTER DINNER T	21 NATIONAL PIZZA PARTY DAY! 9:30 FRIDAY FULL BODY WORKOUT ME LR 10:30 MORNING MUSIC MAKING ME LR 11:15 HOW TO: MAKE A PIZZA ME LR 12:00 PIZZA PARTY!! K/AM DR 1:00 LIFESTYLE STATIONS K/AM LR 1:15 PATIO BEACH BALL TOSS K/AM P 2:00 GROUP MOVEMENT GAMES K/AM P 3:00 TGIF SOCIAL HOUR! K/AM LR 4:00 GARDENING CLUB ME P	22 9:30 SATURDAY SUNSHINE STRETCH ME LR 10:30 LIFESTYLE STATIONS ME LR 10:30 3 PIN BOWLING ME LR 11:30 SENSORY SOAP STATION ME/M DR 1:00 CHAIR SOCCER ON THE PATIO ME/M P 2:00 BINGO ME/M LR 3:00 I LOVE LUCY HAPPY HOUR ME/M LR 4:00 ACOUSTIC SET WITH RECREATION ME/M LR 6:00 HAND MESSAGES & RELAXATION M LR
23/30 9:30 STRENGTH TRAINING ME LR 10:00 STREAMING SUNDAY MASS ME M 10:00 LIFESTYLE STATIONS ME LR 11:00 BALLOON VOLLEY ME/M LR 1:00 KARAOKE ON THE PATIO D/M LR 2:00 BINGO D/M LR 3:00 SUNDAY ICE CREAM SOCIAL D/M LR 4:00 INSTRUMENTS & MUSIC BEFORE DINNER D/M LR 6:00 SUNDAY NIGHT COMEDY M LR	24/31 MEMORIAL DAY 31ST 9:30 FITNESS & FUN K LR 10:15 RED, WHITE & BLUE ART WORKSHOP K LR 11:15 GROUP BALL TOSS GAME K/M LR 1:00 BALLOON VOLLEYBALL M/ME LR 1:00 LIFESTYLE STATIONS M/ME LR 2:00 AFTERNOON MANICURES M/ME LR 3:00 HAPPY HOUR SOCIAL (24TH) M/ME LR 3:00 PATRIOTIC HAPPY HOUR (31ST) M/ME LR 4:00 MEMORIAL DAY MUSIC ON THE PATIO (31ST) M/ME P 6:00 MUSIC APPRECIATION M M	25 9:30 TONE & SCULPT K/ME/TI LR 10:15 CHA CHA & RHUMBA DANCING K/ME/TI LR 11:15 SENSORY SOAP K/ME/TI D 1:00 BIRD WATCHING ON THE PATIO TI/K/T P 2:00 FREEZE DANCE' PARTY TI/K/T LR 3:00 BLUEBERRY SWIRL CHEESECAKE TI/K/T LR 4:00 LIFESTYLE STATIONS TI/K/T LR 4:00 BIBLE STUDY WITH TAYLOR TI/K/T LR 6:00 AROMATHERAPY COOL DOWN ME M	26 9:30 BALANCE & AGILITY K LR 10:15 RHYTHM DRUM CIRCLE K LR 11:15 AROMATHERAPY BEFORE LUNCH K DR 1:00 HANGMAN WITH DICE K LR 2:00 BINGO T/M LR 3:00 SNACKIN SOCIAL HOUR T/M LR 4:00 LIFESTYLE STATIONS T/M LR 4:00 LIVE MUSIC HOUR T/M LR 6:00 SOUNDS OF THE OCEAN M LR	27 9:30 EASY BREEZY YOGA K/AM LR 10:30 CRAFT CORNER K/AM LR 11:15 TRAVEL TO: AUSTIN K/AM LR 11:15 PATIO NATURE WALK K/AM DR 1:00 CASINO HOUR AM/T LR 2:00 PUTT PUTT GOLF PRACTICE AM/T LR 3:00 MINI BBQ FRANK SOCIAL AM/T LR 4:00 GROUP SING A LONGS AM/T P 6:00 CLASSIC MOVIE AFTER DINNER T LR	28 9:30 FRIDAY FULL BODY WORKOUT ME LR 10:30 MORNING MUSIC MAKING ME LR 11:15 WALKING STROLL BEFORE LUNCH K/AM LR 1:00 LIFESTYLE STATIONS K/AM LR 1:15 PATIO BEACH BALL TOSS K/AM P 2:00 GROUP MOVEMENT GAMES K/AM LR 3:00 TGIF SOCIAL HOUR! K/AM LR 4:00 GARDENING CLUB ME P 6:00 RELAXATION ART M LR	29 9:30 SATURDAY SUNSHINE STRETCH ME LR 10:30 LIFESTYLE STATIONS ME LR 10:30 MORNING STROLL ME P 11:30 SENSORY SOAP STATION ME/M DR 1:00 CHAIR SOCCER ON THE PATIO ME/M P 2:00 BINGO ME/M LR 3:00 STAND UP COMEDY HAPPY HOUR ME/M LR 4:00 ACOUSTIC SET WITH RECREATION ME/M LR 6:00 HAND MESSAGES & RELAXATION M LR