Sunday Monday Tuesday Wednesday Thursday Friday Saturday \*MAY DAY\* **Kentucky Derby Day** 9:00 Oi Gong DVD - RR 9:00 Tai Chi DVD - RR 9:00 Tai Chi DVD - RR //ay 2025 10:00 Exercise with Weights- RR 9:45 Stretch & Strength Exercise 9:00 Catholic Communion - CH 11:00 Sit & Stretch DVD - RR 10:00 Exercise with Weights- RR 11:00 Seated Yoga - RR 2:00 Kentucky Derby 11:30 Wii Bowling Session 1- RR 11:30 Wii Bowling Session 1- RR **Horse Races with Hat** 12:00 Wii Bowling Session 2- RR 12:00 Wii Bowling Session 2- RR **Contest & Raffle Prizes** 1:00 Meaning of May Day - RR 2:00 Memories with Melody - LB 8 Ouarters Needed to Play! 2:30 Happy Hour & Music **Family Traditions 3:00** Race Legend-Secretariat with Mike Elv- RR 3:00 Wii Sports - RR **6:00** Friday Night Movie - RR **6:00** Bingo with Terry - RR 6:00 Saturday Night Movie - RR May the 4th Be with You Day 1 \*Cinco de Mavo\* **National Beverage Day** 10 9:00 Tai Chi DVD - RR 9:00 Oi Gona DVD - RR 9:00 Bus Outing- Aerospace 9:00 Tai Chi DVD - RR 9:00 Tai Chi DVD - RR 9:00 Qi Gong DVD - RR 9:00 Tai Chi DVD - RR Museum & Officer's Club 9:45 Stretch & Strenath DVD - RR 9:00 Catholic Communion - CH 9:45 Stretch & Strength Exercise 9:45 Stretch & Strength 10:00 Exercise with Weights- RR 10:00 Exercise with Weights- RR 11:00 Sit & Stretch Exercise 11:00 Seated Yoga - RR 10:00 Exercise with Weights- RR Restaurant 11:00 Sit & Stretch DVD - RR 11:00 Sit & Stretch DVD - RR Exercise DVD - RR 11:30 Wii Bowling Session 1- RR 2:00 Celebrate Moms 11:30 Wii Bowling Session 1- RR 9:00 Qi Gong DVD - RR 10:00 Brain Teasers - RR 11:30/12:00 Wii Bowling - RR 1:00 Chef Chat 12:00 Wii Bowling Session 2- RR 10:00 Exercise with Weights - RR 12:00 Wii Bowling Session 2- RR Strawberry 2:30 Cinco de Mayo Party Star Wars Themed with Louis - RR 2:00 Memories with Melody - LB 11:00 Sit & Stretch DVD - RR **Shortcake Social** 1:00 Funny Baby Sibling Videos with Alinicia Vela 2:30 Bean Bag Baseball - RR 11:00 Seated Exercise - RR Lessons from Mom & Dad on the Sunset Terrace 2:30 Happy Hour & Music with 1:30 Funniest Home Videos - RR 1:00 Matinee Movie 4:00 p.m. to 6:00 p.m. 3:30 How Coke-Cola is Made 3:30 History of Mother's Day-RR Beny & the Singing Sax - RR | 3:00 Afternoon Bingo - RR 3:00 Wii Sports - RR with Popcorn - RR Cinco de Mayo Dinner in the Factory - RR 6:00 Residents Card Night-LB **6:00** Bingo with Terry - RR **6:00** Friday Night Movie - RR 6:00 Saturday Night Movie - RR 6:00 Pencil Color Art-LB 6:00 Yahtzee Hour - LB 6:00 Bingo with Terry - RR \*ARMED FORCES DAY\* \*MOTHER'S DAY\* 17 13 16 9:00 Oi Gong DVD - RR 9:00 Tai Chi DVD - RR 9:00 Oi Gona DVD - RR 9:00 Tai Chi DVD - RR 9:00 Bus Outing- BBQ at 9:00 Tai Chi DVD - RR 9:00 Tai Chi DVD - RR 9:00 Bible Study & Worship - CH 9:00 Catholic Communion - CH **Folsom Lake & Scenic Drive** 10:00 Exercise with Weights- RR **10:00** Exercise with Weights- RR 9:45 Stretch & Strength Exercise 9:45 Stretch & Strength 11:00 Sit & Stretch Exercise - RR 11:00 Seated Massages - CR 9:45 Stretch & Strength DVD - RR 10:00 Exercise with Weights-RR 9:00 Qi Gong DVD - RR 11:00 Seated Yoga - RR Exercise DVD - RR 12:30 Name That Tune with 11:00 Sit & Stretch Exercise - RR 11:30 Wii Bowling Session 1- RR 10:00 Exercise with Weights- RR 11:30 Wii Bowling Session 1- RR 10:00 Brain Teasers - RR 11:30 Wii Bowling Session 1- RR 12:00 Wii Bowling Session 2- RR Piano Man Dan - RR **1:00** POKENO - RR 12:00 Wii Bowling Session 2- RR 11:00 Sit & Stretch DVD- RR 12:00 Wii Bowling Session 2- RR 11:00 Seated Exercise - RR 1:30 POKENO - RR 1:30 Teaching Kitchen: 2:30 Afternoon Bingo 1:00 Pentatonix Music - RR 2:30 Karaoke Hour with 1:00 Matinee Movie-RR 2:00 Memories with Melody - LB 3:00 Horse Races - RR with Ginger - RR 2:30 Happy Hour & Music with Cantaloupe-RR Jim & Linda and Ice **Favorite Relatives** 4:00-6:00 pm 2:30 Bean Bag Baseball - RR 3:30 TV Trivia - RR **Come Place Your Bets! Todd Morgan - RR Cream Bar Social** 3:00 Wii Sports - RR **Mother's Day Dinner** 6:00 Pencil Color Art - LB 6:00 Yahtzee Hour - LB 6:00 Residents Card Night- LB 6:00 Bingo with Terry - RR **6:00** Friday Night Movie 6:00 Saturday Night Movie - RR **6:00** Bingo with Terry - RR 19 20 **National Taffy Day** 23 18 **Amelia Earhart Day** 9:00 Qi Gong DVD- RR 21 24 9:00 Tai Chi DVD - RR **9:00** Qi Gong DVD - RR 9:00 Tai Chi DVD - RR 9:00 Tai Chi DVD - RR 9:00 Bus Outing- Alpaca 9:00 Tai Chi DVD - RR 9:45 Stretch & Strenath 10:00 Exercise with Weights-RR 9:45 Stretch & Strength Exercise 9:30 Donut & Coffee 9:00 Catholic Communion - CH Farm & Texas Roadhouse 10:00 Exercise with Weights - RR 11:00 Seated Yoga - RR Exercise DVD - RR 11:00 Sit & Stretch Exercise - RR Social - RR 10:00 Exercise with Weights- RR 9:00 Oi Gong DVD - RR 11:00 Morning Walk & Shop to 10:00 Brain Teasers - RR 11:30 Wii Bowling Session 1- RR 9:45 Stretch & Strength DVD - RR 11:30/12:00 Wii Bowling - RR 11:30 Wii Bowling Session 1- RR 10:00 Exercise with Weights- RR Bliss Market w/Ginger-FL 11:00 Seated Exercise - RR 12:00 Wii Bowling Session 2- RR 11:00 Sit & Stretch Exercise - RR 12:00-1:30 p.m. 12:00 Wii Bowling Session 2- RR 11:00 Sit & Stretch DVD - RR 1:00 Veteran's Meeting - LB **1:00** Matinee Movie 1:00 Arts & Crafts Class 1:00 POKENO - RR 2:00 Memories with Melody - LB **Outside Farmer's Market** 1:30 How Salt Water Taffv is 1:00 Cornhole - RR with Popcorn - RR Summer Door Decor 2:30 Afternoon Bingo - RR 2:30 Happy Hour & Music with Music from Your Youth 2:30 Bean Bag Baseball - RR Made Video - RR 6:00 Bingo with Terry - RR 3:00 Horse Races - RR 3:00 Wii Sports - RR 3:30 Golf Putting - RR Alincia Vela- RR 3:30 Life of Amelia Earhart 3:00 Afternoon Bingo - RR 6:00 Pencil Color Art - LB 6:00 Residents Card Night - RR 6:00 Saturday Night Movie - RR **6:00** Bingo with Terry - RR 6:00 Friday Night Movie - RR 6:00 Yahtzee Hour - LB 9:00 Catholic Communion - CH International Jazz Day 30 \*MEMORIAL DAY\* 9:00 Tai Chi DVD - RR 26 31 9:00 Tai Chi DVD - RR 9:00 Tai Chi DVD - RR 9:00 Oi Gona DVD - RR 9:00 Tai Chi DVD - RR 9:00 Bus Outing- Empire Mine 9:00 Oi Gona DVD - RR 9:45 Stretch & Strength 10:00 Exercise with Weights- RR 9:00 Bible Study & Worship - CH **9:45** Stretch & Strength Exercise 10:00 Exercise with Weights-RR 10:00 Exercise with Weights-RR **State Park & Picnic Lunch** 11:00 Seated Massages - CR 11:00 Seated Yoga - RR Exercise DVD - RR 9:45 Stretch & Strength DVD - RR 11:00 Sit & Stretch Exercise - RR 11:30 Wii Bowling Session 1- RR 9:00 Qi Gong DVD - RR 12:30 Name That Tune with 10:00 Brain Teasers - RR 11:30 Wii Bowling Session 1- RR 11:00 Sit & Stretch Exercise - RR 11:30/12:00 Wii Bowling - RR 12:00 Wii Bowling Session 2- RR 10:00 Exercise with Weights- RR Piano Man Dan - RR 12:00 Wii Bowling Session 2- RR 11:00 Seated Exercise - RR 1:00 POKENO - RR 1:00 Gardening Club - ST 1:00 50's Music Videos - RR 11:00 Sit & Stretch DVD - RR 1:00 Matinee Movie 1:30 Cruising to the 2:30 Afternoon Bingo 2:00 Memories with Melody - LB Checking on Garden 2:30 Birthday Party & 1:30 Jazz Music Video - RR **School Competitions** with Popcorn - RR Alaska Video - RR with Ginger - RR **Happy Hour with** 3:00 Afternoon Bingo 4:00 p.m. to 6:00 p.m. **6:00** Bingo with Terry - RR 2:45 Bean Bag Baseball- RR 3:30 TV Trivia - RR 3:00 Wii Sports - RR **Memorial Day BBO** Del & Susan with Ginger- RR 6:00 Yahtzee Hour - LB 6:00 Residents Card Night-LB **6:00** Saturday Night Movie - RR 6:00 Pencil Color Art - LB **6:00** Bingo with Terry - RR \(^1\) 6:00 Friday Night Movie - RR RR = Rose Room (1st floor) \*\*\* LB = Library (1st floor) \*\*\* DR = Dining Room (1st floor) \*\*\* CR = Craft Room (1st floor) \*\*\* CH = Chapel (2nd floor) \*\*\* ST = Sunset Terrace \*\*\* Events on the calendar are subject to change!