

Monday

Tuesday

Wednesday

Thursday

Friday



# May 2026 CALENDAR

SEATED STRETCHES **1**

YOU BE THE JUDGE

MUSIC W/ JOSHUA

MONDAY MEDITATION <b>4</b>	ARM LIFTS <b>5</b>	CARDIO <b>6</b>	FULL BODY WORKOUT <b>7</b>	CATHOLIC MASS <b>8</b>
PARROT CANVAS PAINTING	HOMEMADE SALSA	IRIS MUSIC PROGRAM	EXPLORING JAMAICAN CULTURE	MOTHER'S DAY GALA
JENGA	CINCO DE MAYO CELEBRATION	MAY SCRAPBOOKS	TABLE TOP GAMES	MOTHER'S DAY HAPPY HOUR
OUTDOOR WALK <b>11</b>	RANGE OF MOTION <b>12</b>	WEIGHT LIFTING <b>13</b>	SEATED STRETCHES <b>14</b>	ARM LIFTS <b>15</b>
IRIS MUSIC PROGRAM	SPRING SLUSHIES	GREEN MEADOWS PETTING FARM OUTING	BIRDS AND THEIR MIGRATION	TABOO
CONNECT 4	RUMMIKUB	WWII TRIVIA	GLENN MILLER DISCUSSION	BINGO
CHAIR YOGA <b>18</b>	POOL NOODLE WORKOUT <b>19</b>	CORE WORKOUT <b>20</b>	OUTDOOR WALK <b>21</b>	CATHOLIC MASS <b>22</b>
BING COSBY DISCUSSION	BARBARA STRIESAND DISCUSSION	JAMES BROWN TRIBUTE	CHER TRIBUTE	THE BEATLES MUSIC DISCUSSION
FAMOUS LANDMARKS	PUZZLE CLUB	BINGO	LET'S TALK ABOUT SHAVUOT	THE BEATLES SING A LONG
<b>25</b>	MUSIC & MOVEMENT <b>26</b>	WEIGHT LIFTING <b>27</b>	SQUAT WORKOUT <b>28</b>	CARDIO <b>29</b>
MEMORIAL DAY WG CLOSED	GUESS WHO?	BAKING CLASS	TRAVEL TO BERMUDA	VOICE ACTORS
	FRANK SINATRA DISCUSSION	JENGA	SCAVENGER HUNT	BIRTHDAY CELEBRATIONS