

REFLECTIONS - MAY 2025

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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- 10:00 Televised Mass
- 10:30 Zumba Fusion
- 11:00 Culinary Creations: Strawberries Sweet Cream Delight
- 1:30 Yoga for Vitality
- 2:30 Café Collaborations
- 3:00 Draw Four Fiesta
- 3:00 Falling for Foliage Walks
- 4:00 Life on Our Planet
- 6:00 Golden Hour Gathering

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Cinco de Mayo

- 10:00 Cardio Aerobics
- 10:30 Scenic Journey
- 11:00 Classical Listening Hour
- 1:30 Reader's Corner
- 1:30 Nature Stroll (OC) Lobby
- 2:00 Courtyard Conversations
- 3:00 Cinco de Mayo Happy Hour
- 4:00 Daily Gratitude Wrap-up
- 6:30 Feature Film

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- 10:00 Beginner Body Pump
- 10:30 Rosary & Holy Communion
- 11:00 Word Game Challenge
- 1:30 Low Intensity Cardio
- 1:30 Bar Class (OC) AL Coming
- 2:00 Resident Council
- 3:00 Mike Armentano Entertains
- 4:00 Brushstrokes
- 6:30 Broadway Musical

7

- 10:00 Tai Chi for Arthritis
- 11:00 SubText Search
- 1:30 Upper Body Weights
- 1:30 Resident Outing: IHOP
- 2:00 Aqua Muse
- 2:30 Dialogue: Spring has Sprung
- 3:00 Harmony Hub
- 4:15 Tea & Tales(OC)
- 6:00 Serenity Session(OC)

1

- 10:00 Core Endurance Class
- 10:30 Discussions of Gratitude
- 11:00 Whisk & Whimsy: Iced Coffee
- 1:30 Floral Arranging
- 2:00 Barre & Balance
- 2:30 Happy Hour
- 4:00 Poetic Flair
- 4:00 Biography: The Beatles
- 6:00 Our Planet Series

2

- 10:00 Cardio Pump Class
- 10:30 Philosophy Through Humor
- 11:00 Knowledge Bout Challenge
- 11:30 Lunch at the Bistro
- 1:15 Nail Spa Relaxation
- 2:00 Rhythm Revive Workout
- 3:00 Signature Cocktail Hour
- 4:00 Inspiring Devotionals
- 6:00 Trivia (OC) 1st FL Bistro

3

- 10:00 Tai Chi for Arthritis
- 11:00 Intellectual Puzzles
- 1:30 Reminiscing Memories
- 1:30 Manicure Lounge
- 2:00 Dance Movement Workshop
- 2:30 Card Player's Group
- 3:00 Vocal Ensemble
- 4:00 Short Story Hour
- 6:00 Mindful Meditation

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Happy Mother's Day!

- 10:00 Televised Mass
- 10:30 Zumba Fusion
- 11:00 Culinary Creations: Chocolate Parfaits
- 1:30 Yoga for Vitality
- 2:00 Strategic Game Society
- 2:30 Sundae Delight
- 3:00 Mother's Day Tea
- 4:00 Group Discussion
- 6:00 Sound Bowl Meditation

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- 10:00 Cardio Aerobics
- 10:30 Outing: Revolutions Bowling & Pizza
- 11:00 Reminiscent Radio
- 1:30 Jenga Challenge
- 1:30 Nature Stroll (OC) Lobby
- 2:30 Music Knowledge
- 4:00 Creative Writing Workshop
- 6:30 Feature Film

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- 10:00 Beginner Body Pump
- 10:30 Rosary & Holy Communion
- 11:00 Scrabble Challenge
- 1:30 Low Intensity Cardio
- 1:30 Bar Class (OC) AL Coming
- 3:00 Happy Hour with Louie D Entertaining
- 4:00 Painter's Palette
- 6:30 Broadway Musical

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- 10:00 Intro to Music with Richard
- 11:00 Tai Chi for Arthritis
- 1:30 Resident Outing
- 1:30 Upper Body Weights
- 2:00 Aqua Muse
- 3:00 Harmony Hub
- 4:15 Tea & Tales(OC)
- 6:00 Serenity Session(OC)

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- 10:00 Core Endurance Class
- 10:30 Discussions of Gratitude
- 11:00 Whisking up: Southern Sweet Tea
- 1:30 Floral Arranging
- 2:00 Barre & Balance
- 2:30 Happy Hour
- 4:00 Poetic Flair
- 4:00 Biography: The Rolling Stones
- 6:00 Our Planet Series

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- 10:00 Cardio Pump Class
- 10:30 Philosophy Through Humor
- 11:00 Knowledge Bout Challenge
- 11:30 Lunch at the Bistro
- 1:15 Nail Spa Relaxation
- 2:00 Rhythm Revive Workout
- 3:00 Cocktail Hour with Larry Batter Entertaining
- 4:00 Inspiring Devotionals
- 6:00 Trivia (OC) 1st FL Bistro

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- 10:00 Tai Chi for Arthritis
- 11:00 Intellectual Puzzles
- 1:30 Reminiscing Memories
- 1:30 Manicure Lounge
- 2:00 Dance Movement Workshop
- 2:30 Card Player's Group
- 3:00 Vocal Ensemble
- 4:00 Short Story Hour
- 6:00 Mindful Meditation

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- 10:00 Televised Mass
- 10:30 Zumba Fusion
- 11:00 Culinary Creations: Vanilla Pudding Cookies
- 1:30 Yoga for Vitality
- 2:30 Café Collaborations
- 3:00 Draw Four Fiesta
- 3:00 Falling for Foliage Walks
- 4:00 Life on Our Planet
- 6:00 Golden Hour Gathering

19

- 10:00 Cardio Aerobics
- 10:30 Scenic Journey
- 11:00 Classical Listening Hour
- 1:30 Reader's Corner
- 1:30 Nature Stroll (OC) Lobby
- 2:00 Courtyard Conversations
- 4:00 Daily Gratitude Wrap-up
- 6:30 Feature Film

20

- 10:00 Beginner Body Pump
- 10:30 Rosary & Holy Communion
- 11:00 Word Game Challenge
- 1:30 Low Intensity Cardio
- 1:30 Bar Class (OC) AL Coming
- 2:30 Nourish & Nosh
- 3:00 Blaise Tramazzo Entertains
- 4:00 Brushstrokes
- 6:30 Broadway Musical

21

- 10:00 Tai Chi for Arthritis
- 11:00 SubText Search
- 1:30 Resident Outing
- 1:30 Upper Body Weights
- 2:00 Aqua Muse
- 2:30 Dialogue: Green Thumb Garden
- 3:00 Harmony Hub
- 4:15 Tea & Tales(OC)
- 6:00 Serenity Session(OC)

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- 10:00 Core Endurance Class
- 10:30 Discussions of Gratitude
- 11:00 Whisking up: Root Beer Floats
- 1:30 Painter's Palette
- 2:00 Barre & Balance
- 2:30 Reminiscent Radio
- 3:00 Intro to Sign Language
- 4:00 Biography: Patsy Cline
- 6:00 Our Planet Series

23

- 10:00 Cardio Pump Class
- 10:00 Memorial Day Brunch
- 10:30 Words With Friends
- 11:00 Literature Listening Hour
- 11:30 Lunch at the Bistro
- 1:15 Nail Spa Relaxation
- 2:00 Rhythm Revive Workout
- 3:00 Signature Cocktail Hour
- 4:00 Visual Art Studio
- 6:00 Trivia (OC) 1st FL Bistro

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- 10:00 Tai Chi for Arthritis
- 10:30 Coffee Club Social
- 11:00 Chicken Soup Discussion
- 1:30 Card Player's Group
- 1:30 Manicure Lounge
- 2:00 Dance Movement Workshop
- 2:30 Intellectual Puzzle
- 4:00 Our Universe Docuseries
- 4:00 Short Story Hour
- 6:00 Mindful Meditation

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- 10:00 Televised Mass
- 10:30 Zumba Fusion
- 11:00 Culinary Creations: Goopy Brownies
- 1:30 Yoga for Vitality
- 2:00 Strategic Game Society
- 2:30 Sundae Delight
- 3:00 Jewel Craft Atelier
- 4:00 Group Discussion
- 6:00 Sound Bowl Meditation

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Happy Memorial Day!

- 10:00 Cardio Aerobics
- 10:30 Scenic Journey
- 11:00 Reminiscent Radio
- 1:30 Jenga Challenge
- 1:30 Nature Stroll (OC) Lobby
- 2:30 Music Knowledge
- 4:00 Creative Writing Workshop
- 6:30 Feature Film

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- 10:00 Beginner Body Pump
- 10:30 Rosary & Holy Communion
- 11:00 Scrabble Challenge
- 1:30 Low Intensity Cardio
- 1:30 Bar Class (OC) AL Coming
- 2:30 Nourish & Nosh
- 3:00 Virtual Voyages: London
- 4:00 Painter's Palette
- 6:30 Broadway Musical

28

- 10:00 Intro to Music with Richard
- 11:00 Tai Chi for Arthritis
- 1:30 Upper Body Weights
- 1:30 Resident Outing: IHOP Coffee
- 2:00 Aqua Muse
- 3:00 Harmony Hub
- 4:15 Tea & Tales(OC)
- 6:00 Serenity Session(OC)

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- 10:00 Core Endurance Class
- 10:30 Discussions of Gratitude
- 11:00 Whisking up: 'Spring 'Sangria'
- 1:30 Floral Arranging
- 2:00 Barre & Balance
- 2:30 Happy Hour
- 4:00 Poetic Flair
- 4:00 Biography: Johnny Cash
- 6:00 Our Planet Series

30

- 10:00 Cardio Pump Class
- 10:30 Philosophy Through Humor
- 11:00 Knowledge Bout Challenge
- 11:30 Lunch at the Bistro
- 1:15 Nail Spa Relaxation
- 2:00 Rhythm Revive Workout
- 3:00 Signature Cocktail Hour
- 4:00 Inspiring Devotionals
- 6:00 Trivia (OC) 1st FL Bistro

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- 10:00 Tai Chi for Arthritis
- 11:00 Intellectual Puzzles
- 1:30 Reminiscing Memories
- 1:30 Manicure Lounge
- 2:00 Dance Movement Workshop
- 2:30 Card Player's Group
- 3:00 Vocal Ensemble
- 4:00 Short Story Hour
- 6:00 Mindful Meditation

Bright May Moments

May, is nature's way of saying, 'Let's throw a garden party!' So bloom big, laugh loud and let the sunshine in!

Looking forward to seeing you all, for our entertainment and events.

Our engagement program is built upon both our residents' interests and our Five Principles for Vitality.

By providing quality and choice, we hope to encourage socialization and well-being for mind, body, and spirit.

Continued Learning
Arts & Culture
Physical Fitness
Community Connections
Wellness & Self-Care