

REFLECTIONS - MAY 2025

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



4

9:30 Zumba Class
10:00 Catholic Mass & Communion
11:00 Crossword Challenge
12:30 Brushstrokes: Landscapes
1:30 Yoga for Vitality
2:30 Sundae Social
3:30 Philosophy Through Humor
4:00 Spa Session Hand Massage
6:00 Card Game Challenge

5

9:30 Resistance Band Training
10:00 Reflective Moments
11:15 Flower Design Workshop
12:30 Phrase Completion
1:00 Barre and Balance
2:00 Happy Hour
3:30 Brushstrokes-Acrylic
4:00 Music & Memories
6:00 Sound Bowl Meditation

6

9:30 Tai Chi and Meditation
10:00 Melodic Chorus
11:00 Social Hour with Heather
12:30 Jewelry Design Workshop
1:30 Cardio Drumming
2:30 High Tea Social
3:30 Five Letter Roulette
4:30 Travel & Discuss
6:00 Game Night

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9:30 Zumba Class
10:00 Today's Top Stories
11:00 Choice Dilemmas
12:30 Rhythmic Workout
1:30 Craft Workshop- Dragonfly
2:30 Captivating Narratives
3:30 Cornhole Tournament
4:00 Mindful Meditation
6:00 Rosary & Prayers

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9:30 Strength & Balance
10:00 Culinary Creations- Tart
11:00 Lucky Shot
12:30 Barre and Balance
2:15 Community Gathering
3:30 Anagrams
4:30 A Touch of Bliss-Spa Hour
6:00 Music Listening Hour

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9:30 Strength & Balance
10:00 Culinary Creation Brownie
12:30 Barre and Balance
1:00 Gospel
2:00 Spring Fling Garden Party
2:15 Community Gathering
3:30 Anagrams
4:30 A Touch of Bliss-Spa Hour
6:00 Music Listening Hour

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9:00 Blood Pressure Clinic
9:30 Cardio Drumming
10:00 Words with Friends
11:00 Sun Catchers Art Workshop
12:30 Choice Dilemmas
1:30 Cardio Walk
2:00 Cornhole Tournament
3:30 Mocktail Hour
4:00 New Entertainer Al R.
6:00 Music and Memories

9 Happy Birthday Dawn!

9:30 Cardio Drumming
10:00 Words with Friends
11:00 Visual Art Workshop Bees
12:30 Choice Dilemmas
1:00 Pianist-Richard Wang
2:00 Cornhole Tournament
3:30 Mocktail Hour
4:00 2nd Chance Acoustic
5:30 Sing along with Joy

3

9:30 Resistance Band Training
10:00 Choice Dilemmas
11:00 Bowling Tournament
12:30 Working with Watercolors
1:30 A Taste of Culture
2:30 Community Gathering
3:30 Tai Chai and Meditation
4:30 Community Showdown
6:00 Classic Film Club

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9:30 Resistance Band Training
10:00 Choice Dilemmas
11:00 Bowling Tournament
12:30 Working with Watercolors
1:30 A Taste of Culture
2:00 Entertainment by Tony R.
2:30 Community Gathering
3:30 Tai Chai and Meditation
4:30 Community Showdown
6:00 Classic Film Club

11 Mothers Day

9:00 Cardio Circuit
10:00 Catholic Mass & Communion
11:00 Cornhole Tournament
1:30 Jewelry Design Workshop
1:30 Yoga for Vitality
2:30 Sundae Social
3:00 Spa Session Nails
6:00 Card Game Challenge

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9:30 Resistance Band Training
10:00 Reflective Moments
11:15 Flower Design Workshop
12:30 Phrase Completion
1:00 Barre and Balance
2:00 Happy Hour
3:30 Brushstrokes-Acrylic
3:30 Hot Cat Jazz Band
4:00 Music & Memories
6:00 Sound Bowl Meditation

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9:30 Tai Chi and Meditation
10:00 Melodic Chorus
11:00 Culinary Creations Cookie
12:30 Jewelry Design Workshop
1:30 Cardio Drumming
2:30 High Tea Social
3:30 Five Letter Roulette
4:30 Travel & Discuss
6:00 Game Night

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9:30 Zumba Class
10:00 Today's Top Stories
11:00 Resident Council
12:30 Rhythmic Workout
1:30 Craft Workshop Rock Art
2:30 Captivating Narratives
3:30 Cornhole Tournament
4:00 Mindful Meditation
6:00 Rosary & Prayers

15

9:30 Strength & Balance
10:00 Culinary Creations Bread
11:00 Lucky Shot
12:30 Barre and Balance
2:15 Community Gathering
3:30 Anagrams
4:30 A Touch of Bliss-Spa Hour
6:00 Music Listening Hour

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9:00 Blood Pressure Clinic
9:30 Cardio Drumming
10:00 Words with Friends
11:00 Pressed Flowers Workshop
12:30 Choice Dilemmas
1:30 Cardio Walk
2:00 Cornhole Tournament
3:30 Mocktail Hour
4:00 Entertainment by Shawn
6:00 Rosary and Prayers

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9:30 Resistance Band Training
10:00 Choice Dilemmas
11:00 Bowling Tournament
12:30 Working with Watercolors
1:30 A Taste of Culture
2:30 Community Gathering
3:30 Tai Chai and Meditation
4:30 Community Showdown
6:00 Classic Film Club

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9:30 Zumba Class
10:00 Catholic Mass & Communion
11:00 Crossword Challenge
12:30 Brushstrokes: Landscapes
1:30 Yoga for Vitality
2:30 Sundae Social
3:30 Philosophy Through Humor
4:00 Spa Session Hand Massage
6:00 Card Game Challenge

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9:30 Resistance Band Training
10:00 Reflective Moments
11:15 Flower Design Workshop
12:30 Phrase Completion
1:00 Barre and Balance
2:00 Happy Hour
3:30 Brushstrokes-Acrylic
4:00 Music & Memories
6:00 Sound Bowl Meditation

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9:30 Tai Chi and Meditation
10:00 Melodic Chorus
11:00 Culinary Creation Cupcake
12:30 Jewelry Design Workshop
1:30 Cardio Drumming
2:30 High Tea Social
3:30 Five Letter Roulette
4:30 Travel & Discuss
6:00 Game Night

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9:30 Zumba Class
10:00 Today's Top Stories
11:00 Choice Dilemmas
12:30 Rhythmic Workout
1:30 Craft Workshop Birdhouse
2:30 Captivating Narratives
3:30 Cornhole Tournament
4:00 Mindful Meditation
6:00 Rosary & Prayers

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9:30 Strength & Balance
10:00 Culinary Creations Cake
12:30 Barre and Balance
2:00 Gospel Sing with Andrew
2:15 Shortcake Social
3:30 Anagrams
4:30 A Touch of Bliss-Spa Hour
6:00 Music Listening Hour

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9:30 Cardio Drumming
10:00 Words with Friends
11:00 Visual Art Workshop Frame
12:30 Choice Dilemmas
1:00 Pianist-Richard Wang
2:00 Cornhole Tournament
3:30 Mocktail Hour
4:30 Sound Bowl Meditation
6:00 Sing along with Joy

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9:30 Resistance Band Training
10:00 Choice Dilemmas
11:00 Bowling Tournament
12:30 Working with Watercolors
1:30 A Taste of Culture
2:30 Community Gathering
3:30 Tai Chai and Meditation
4:30 Community Showdown
6:00 Classic Film Club

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9:00 Cardio Circuit
10:00 Catholic Mass & Communion
11:00 Cornhole Tournament
1:30 Jewelry Design Workshop
1:30 Yoga for Vitality
2:30 Sundae Social
3:00 Spa Session Nails
6:00 Card Game Challenge

26 Memorial Day

9:30 Resistance Band Training
10:00 Reflective Moments
11:15 Flower Design Workshop
11:30 Memorial Day Buffet
12:30 Phrase Completion
1:00 Barre and Balance
2:00 Happy Hour
3:30 Brushstrokes-Acrylic
4:00 Music & Memories
6:00 Sound Bowl Meditation

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9:30 Tai Chi and Meditation
10:00 Melodic Chorus
11:00 Culinary Creations Muffin
12:30 Jewelry Design Workshop
1:30 Cardio Drumming
2:30 High Tea Social
3:30 Five Letter Roulette
4:00 Entertainment Al. R.
4:30 Travel & Discuss
6:00 Game Night

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9:30 Zumba Class
10:00 Today's Top Stories
10:30 Community Showdown
12:30 Rhythmic Workout
1:30 Craft Workshop Buttons
2:30 Captivating Narratives
3:30 Cornhole Tournament
4:00 Mindful Meditation
6:00 Rosary & Prayers

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9:30 Strength & Balance
10:00 Cooking Club Popsicles
11:00 Lucky Shot
12:30 Barre and Balance
2:15 Community Gathering
3:30 Anagrams
4:30 A Touch of Bliss-Spa Hour
6:00 Music Listening Hour

30

9:00 Blood Pressure Clinic
9:30 Cardio Drumming
10:00 Words with Friends
11:00 Visual Art Workshop
12:30 Choice Dilemmas
1:30 Cardio Walk
2:00 Cornhole Tournament
3:30 Mocktail Hour
4:30 Sound Bowl Meditation

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9:30 Resistance Band Training
10:00 Choice Dilemmas
11:00 Bowling Tournament
12:30 Working with Watercolors
1:30 A Taste of Culture
2:30 Community Gathering
3:30 Tai Chai and Meditation
4:30 Community Showdown
6:00 Classic Film Club

Community Highlights

Happy Birthday!
5/9 Dawn

Alzheimers Support Group:
5/14 Supporting Anxious Moments

Signature Series
5/8 Spring Fling
5/13 Martinis and Microgardens

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