

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 May Day</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Bingo 3:00 May day craft 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>2</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Chair Yoga with Celia 1:45 Scenic Ride 3:00 Old time Shows 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>3</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice Cream Social 2:30 Make Ice cream sandwiches! 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>4</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 3:15 <b>Flash Allen</b> 🎵 4:30 Stretch your Muscles 6:00 Relaxation and Music
<b>5 Cinco de Mayo</b> 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 2:00 Movie Matinee 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>6 National Nurses Day</b> 10:00 Coffee and Chat 10:30 <b>Drumming w/Shirsten</b> 🎵 1:45 Scenic Ride 3:00 Travel Video 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>7</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Reading with Bill 3:00 Nail Salon 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>8</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Bingo 3:00 Plant Sunflowers 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>9</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Chair Yoga with Celia 1:45 Scenic Ride 3:00 Happy Hour 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>10</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice Cream Social 3:00 Old time Shows 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>11</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Coloring 4:30 Stretch your Muscles 6:00 Relaxation and Music
<b>12 Mother's Day</b> 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 2:00 Mothers Day word search 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>13</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Hand Massages 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>14</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Reading with Bill 3:00 Movie Matinee 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>15 National Chocolate chip day</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Bingo 3:00 Cooking with Heather 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>16 Do Good For Your Neighbor</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Chair Yoga with Celia 2:00 <b>Highlands Annual Community Celebration!</b> 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>17</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice Cream Social 3:00 lets Make Butterflies 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>18</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 <b>Golf cart rides!</b> 3:30 Old Time Shows 6:00 Relaxation and Music
<b>19</b> 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 2:00 <b>Mike McCarthy</b> 🎵 3:30 Old Time Show 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>20</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:45 Scenic Ride 3:00 Old Time Shows 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>21 National Wait staff Day</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Reading with Bill 3:15 <b>Peter Mezoian</b> 🎵 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>22</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Bingo 3:00 <b>Music with Dale</b> 🎵 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>23</b> 10:00 Coffee and Chat 10:30 Travel Video 11:15 <b>Ann Sparling</b> 🎵 1:45 Scenic Ride 3:00 Happy Hour 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>24 National Scavenger Hunt Day</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice Cream Social 3:00 Scavenger Hunt! 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>25</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Puzzle time 4:30 Stretch your Muscles 6:00 Relaxation and Music
<b>26</b> 10:00 Words of hope, hymns & Sermons 11:00 Exercise and Hydration 2:00 Movie Matinee 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>27 Memorial Day</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Sun Catchers 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>28</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Reading with Bill 3:15 <b>Jose Duddy</b> 🎵 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>29</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 1:30 Bingo 3:00 Old Time Shows 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>30</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Chair Yoga with Celia 1:45 Scenic Ride 3:00 Cross word puzzle 4:30 Stretch your Muscles 6:00 Relaxation and Music	<b>31</b> 10:00 Coffee and Chat 10:30 Travel Video 11:00 Exercise and Hydration 2:00 Ice Cream Social 3:00 Photo Albums 4:30 Stretch your Muscles 6:00 Relaxation and Music	