

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May

			<p>1 9:45- Morning Stretch 10:00- Calendar's Go Up 11:00- Travelogue 1:45- 1-1 visits 2:30- CINCO DE MAYO w JAY 3:45- Coffee and Chats May Day</p>	<p>2 9:30 Price Is Right Show 1:30 The Love Boat</p>	<p>3 9:30- Morning Stretch 10:00- Seated Basket Ball 11:00- Funny Videos 1:45- Colouring To Music 2:30- Words and You 3:30- Coffee & Chats</p>	<p>4 9:45- Seated Zumba 10:00- Seated Tennis 11:00- Journey to pet Animals 1:30- Mother's Day Craft with 4West 2:00 - Music w/ Doug</p>
<p>5 9:30- Gentle Stretch 10:00- Being Spiritual 11:00- Documentary 1:45- Baking Cookies 3:00- Music and Dance Social Cinco de Mayo</p>	<p>6 9:30- Morning Stretch 10:00-Holland Landing SDA Service (Chapel) 11:00- I Love Lucy 1:45- Places you Know 2:30- MUSIC w DAVE 3:45- Tuck Cart</p>	<p>7 9:30- Seated Zumba 10:00- Seated Basket Ball 11:00- Music and fun 1:45- Coloring To Music 2:30- Word Scrambles 3:30 Spring Drinks and Chats</p>	<p>8 9:30 Carol Burnett Show 2:30- MUSIC w EILEEN on 3 east</p>	<p>9 8:30- SPECIAL BREAKFAST 10:30- Bees Gees Seated Exercise 11:00- Funny Videos 1:30- RESIDENT COUNCIL 2:00 FODD COMMITTEE 3:00- 1-1 Visits</p>	<p>10 9:30- HASfit Chair Exercise 10:00- Bowling 11:00- Chit Chats- Current Affairs 1:45 Mother's Day Social 2:30- Coffee & Chats</p>	<p>11 9:30 Bonanza Show 1:30 Mamma Mia</p>
<p>12 9:30 Morning Prayers 1:30 Little House on the Prairie Mother's Day National Skilled Nursing Care Week</p>	<p>13 9:30- Chair Yoga 10:00-Holland Landing SDA Service (Chapel) 10:00- Coloring to pots 11:15- Let's Walk to Dining Room 1:45- "Plants and US" 3:45- Tuck Cart</p>	<p>14 9:30- Disco Seated Exercise 10:00- Seated Tennis 11:00- Funny Videos 1:45- Coloring To Music 2:30 Afternoon Social 3:15- 1-1 Social</p>	<p>15 9:30- Morning Stretch 10:00- Rowling Bowling 11:00- Joyful Music & US 1:45- Who, What, Where 2:30- BIRTHDAY PARTY with ROBERT</p>	<p>16 9:30 Planet Earth Doc 2:00 Young At Heart Art Class 2E, 4W, 4E</p>	<p>17 9:30- Gentle Stretch 10:00- Seated Badminton 11:00- Funny Videos 1:45- May Humor 2:15- Purple Heart 3:00- Coffee & Chats</p>	<p>18 9:30- Sit and Be Fit 10:00- Parachute Group 11:00- Funny Videos 1:45- Pizza and Trivia 3:45- Music and Us Armed Forces Day</p>
<p>19 9:30- Seated Yoga 10:00- Being Spiritual 11:00- Words from Word 1:45- Bingo 3:00- Music and Dance Social</p>	<p>20 9:30- Bees Gees Seated Exercise 10:00-Holland Landing SDA Service (Chapel) 10:15- Reading Group 11:00- Funny Videos 1:45- Art and Craft 3:45- Tuck Cart Victoria Day (Canada)</p>	<p>21 9:30- Sit and Be Fit 10:00- Bowling 11:00- Steps on Beats 1:45- Walking Club 2:30 Refreshing Drinks Time 3:45- Movie Time</p>	<p>22 9:30 Carol Burnett Show 1:30 Musical Concert</p>	<p>23 8:30 SPECIAL BREAKFAST 10:30- Parachute Group 11:15- Let's Walk to Dining Room 1:30- 1-1 Visits 2:30- MUSIC w ROSIE</p>	<p>24 9:30- Seated Zumba 10:00- Beach Ball 11:00- Words and Us 1:45- Coloring to Music 2:30- Coffee & Chats 3:30- Music and Us</p>	<p>25 9:30 Morning Prayers 1:30 Residents Choice</p>
<p>26 9:30 Morning Prayers 1:30 Residents Choice</p>	<p>27 9:30- Stretching Time 10:00-Holland Landing SDA Service (Chapel) 10:00- Documentary 11:00- Alphabets & Words 1:45- Art and Craft 3:45- Tuck Cart Memorial Day</p>	<p>28 9:30- Sit and Be Fit 10:00- Movie Time 11:30- Let's Walk to Dining Room 2:00 - Sing A Long With Judy And Robin 3:30 Healthy Drinks</p>	<p>29 9:30- Scottish Chair Dance 10:15- Parachute Group 11:00- Music Time 1:45- Coloring to Music 2:45- Nails care time 3:30- 1-1 Visits</p>	<p>30 9:30- Exercise and Brain 10:00- Chair Fitness 11:00- Funny Videos 1:45- Sights & Sounds of Nashville, Tennessee 2:45- Cranium Crunch 3:30- Chats and us</p>	<p>31 9:30- Exercise 10:00- Seated Tennis 11:00- Documentary 1:45- Art and Craft 2:30- Coffee & Chats 3:15- Sensory Trivia</p>	