

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>MAY</h1> <h1>2026</h1>	<p>As the days grow longer and sunnier, May invites us to step outside and enjoy the warmth of the season while taking in the beauty of nature coming back to life all around us. It's a wonderful time to connect with one another, to laugh, share stories, and appreciate the simple joy of good company.</p> <p>This month also offers quiet moments for reflection, gratitude, and hope, gentle reminders of all the meaningful experiences we carry with us. Whether it's trying something new, revisiting a fond memory, or simply noticing the beauty in small things, each day brings its own special charm. Most of all, May is a time for sharing smiles and conversations with friends, creating moments that brighten our days and bring us closer together.</p>				<p>1</p> <p>9am-5pm Foot Care-Hair Salon 9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Fit Minds 11 am Therapy Dog Visit – Agnes & “Sassi” 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>🌐 International Workers Day</p>	<p>2</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 11:00 am Tai Chi 11:30 am Hand Therapy 12:30 pm Seated Yoga 1:30 pm Mediation 2 pm Resident Bingo 3 pm Tea Social 7 pm Movie</p> <p>🌿 World Tuna Day</p> <p>👑 MARGARET P</p>
<p>3</p> <p>2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>🌐 World Press Freedom Day</p>	<p>4</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Arts & Crafts 11 am Church Service w/ Rev. David at the Chapel 1:45 pm – Bus Outing 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>👑 International Firefighters Day</p>	<p>5</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 11:00 am Tai Chi by Yvonne 11:30 am Qi Dong by Yvonne 11:30 am Anglican Service 2 pm Sing Along w/ Patrick 3 pm CINCO DE MAYO! 4 pm Resident Trivia 7 pm Movie</p>	<p>6</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Sandy’s Knotty Knitters 11:00 am Tai Chi by Yvonne 11:30 am Qi Dong by Yvonne 2 pm Bingo (by W.W.) 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>7</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Arts & Crafts 11am Sing Along w/ Bry & Ries 2:30 pm She Wolves of the Throne: Queens Who Ruled by Lianne Harris 3pm Tea Social 4pm Resident Trivia 7pm Movie</p> <p>👑 National Nurses Day</p>	<p>8</p> <p>9am-5pm Foot Care-Hair Salon 9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Fit Minds 11 am Therapy Dog Visit – Agnes & “Sassi” 2:30 pm Golden Hits: 1940s–1970s Live by Michael and Hope 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>👑 Mother’s Day 📷 Photo booth at the Lobby</p>	<p>9</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 11:00 am Tai Chi 11:30 am Hand Therapy 12:30 pm Seated Yoga 1:30 pm Mediation 2 pm Resident Bingo 3 pm Tea Social 7 pm Movie</p> <p>👑 Mother’s Day Photo booth</p>
<p>10</p> <p>2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>👑 Mother’s Day 📷</p>	<p>11</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Arts & Crafts 11 am Church Service w/ Rev. David at the Chapel 1:45 pm – Bus Outing 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>12</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 11:00 am Tai Chi by Yvonne 11:30 am Qi Dong by Yvonne 2 pm Sing Along w/ Patrick 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>👑 International Nurses Day</p>	<p>13</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Sandy’s Knotty Knitters 11:00 am Tai Chi by Yvonne 11:30 am Qi Dong by Yvonne 2 pm Bingo (by W.W.) 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>14</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Arts & Crafts 11am Sing Along w/ Bry & Ries 2pm Drum Fit 3pm Tea Social 4pm Resident Trivia 7pm Movie</p> <p>📖 World Fair Trade Day</p>	<p>15</p> <p>9am-5pm Foot Care-Hair Salon 9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Fit Minds 11 am Therapy Dog Visit – Agnes & “Sassi” 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>🌐 International Day of Families</p> <p>👑 BRUCE S</p>	<p>16</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 11:00 am Tai Chi 11:30 am Hand Therapy 12:30 pm Seated Yoga 1:30 pm Mediation 2 pm Resident Bingo 3 pm Tea Social 7 pm Movie</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>18</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Arts & Crafts 11 am Church Service w/ Rev. David at the Chapel 1:45 pm – Bus Outing 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>🌸 Victoria Day Long Weekend 🌸</p>	<p>19</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 11:00 am Tai Chi by Yvonne 11:30 am Qi Dong by Yvonne 2 pm Sing Along w/ Patrick 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>🌸 Victoria Day (Observed)</p>	<p>20</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Sandy's Knotty Knitters 11:00 am Tai Chi by Yvonne 11:30 am Qi Dong by Yvonne 2 pm Bingo (by W.W.) 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>21</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Arts & Crafts 11am Sing Along w/ Bry & Ries 2pm Horticulture Therapy 3pm Tea Social 4pm Resident Trivia 7pm Movie</p>	<p>22</p> <p>9am-5pm Foot Care–Hair Salon 9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Fit Minds 11 am Therapy Dog Visit – Agnes & “Sassi” 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>23</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 11:00 am Tai Chi 11:30 am Hand Therapy 12:30 pm Seated Yoga 1:30 pm Mediation 2 pm Resident Bingo 3 pm Tea Social 7 pm Movie</p>
<p>24</p> <p>2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>🍰 BILL C</p>	<p>25</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Arts & Crafts 11 am Church Service w/ Rev. David at the Chapel 1:45 pm – Bus Outing 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>26</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 11:00 am Tai Chi by Yvonne 11:30 am Qi Dong by Yvonne 2 pm Sing Along w/ Patrick 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>27</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Sandy's Knotty Knitters 11:00 am Tai Chi by Yvonne 11:30 am Qi Dong by Yvonne 2 pm Bingo (by W.W.) 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>🍰 ERNEST T</p>	<p>28</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Arts & Crafts 11am Sing Along w/ Bry & Ries 2:30 pm Musical Entertainment and Birthday Celebrations with Tony! 3pm Tea Social 4pm Resident Trivia 7pm Movie</p> <p>🍰 DONNA M</p>	<p>29</p> <p>9am-5pm Foot Care–Hair Salon 9 am Balance Exercise by MM 10 am PhysioFit by MM 10:30 am Fit Minds 11 am Therapy Dog Visit – Agnes & “Sassi” 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p>	<p>30</p> <p>9 am Balance Exercise by MM 10 am PhysioFit by MM 11:00 am Tai Chi 11:30 am Hand Therapy 12:30 pm Seated Yoga 1:30 pm Mediation 2 pm Resident Bingo 3 pm Tea Social 7 pm Movie</p> <p>🍰 GILBERT S</p>
<p>31</p> <p>2 pm Resident Bingo 3 pm Tea Social 4 pm Resident Trivia 7 pm Movie</p> <p>🌐 World No-Tobacco Day 🌸 End of May — Hello June! 🍰 Clint Eastwood (b.1930) 🍰 Colin Farrell (b.1976)</p>	<p>Legend:</p> <p>Lobby Multipurpose Room Crafts Room Dining Room Outside / Offsite</p> <p>🌸 May is Mental Health Awareness Month & Asian Heritage Month</p>	<h1>May 2026</h1> <p>🌿 A Thought for the Month</p> <p>“May is nature’s way of saying, <i>let’s start fresh.</i>”</p> <p>May this month bring peace in your heart, warmth in your days, and joy in your moments together. Let’s embrace the season with hope, kindness, and a spirit of togetherness.</p>				