

# May

2023

## ADULT DAY CARE ACTIVITIES CALENDAR- DELRAY



Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<b>Morning Celebration</b> 10- <b>Music &amp; Muscle Exercise</b> 11- <b>Exercise w/Blanca</b> 1- <b>Bingo</b> 2- <b>Live Entertainment</b> 3- Reminisce Activity 4- Afternoon Stretches 5- <b>Open Art</b>	<b>Morning Celebration</b> 10- <b>This Day in History</b> 11- <b>Lady's Spa/Men's Club</b> 1- <b>Travel Talk</b> 2- <b>Table Games/Social Time</b> 3- Afternoon Stretches 4- <b>Nature Talk</b> 5- <b>Open Music</b>	<b>Morning Celebration</b> 10- <b>Stretch &amp; Flex</b> 11- <b>Coffee Shoppe Club</b> 1- <b>Current Events</b> 2- <b>Brain Games</b> 3- <b>White Board Games</b> 4- Word Wheel 5- <b>Open Game Play</b>	<b>Morning Celebration</b> 10- <b>Chair Exercise</b> 11- <b>Trivia or Art Class</b> 1- <b>Jeopardy</b> 2- <b>Live Entertainment</b> 3- Beading Craft 4-Chat Pack 5- <b>Relaxation Music</b>	<b>Morning Celebration</b> 10- <b>-Move Your Body!</b> 11- <b>Men's/Women's Club</b> 1- <b>TAI CHI</b> 2- <b>Movie Time</b> 3- <b>Nature Walk</b> 4- Game Battles 5- <b>Open Art</b>
8	9	10	11	12
<b>Morning Celebration</b> 10- <b>Music &amp; Muscle Exercise</b> 11- <b>Exercise w/Blanca</b> 1- <b>Bingo</b> 2- <b>Live Entertainment</b> 3-You Be the Judge 4- Word Wheel 5- <b>Open Art</b>	<b>Morning Celebration</b> 10- <b>Morning News</b> 11- <b>Lady's Spa/Men's Club</b> 1- <b>Travel Talk</b> 2- <b>Table Games/Social Time</b> 3- Afternoon Stretches 4- Trivia Time 5- <b>Open Game Play</b>	<b>Morning Celebration</b> 10- <b>Stretch &amp; Flex</b> 11- <b>Coffee Shoppe Club</b> 1- <b>Current Events</b> 2- Reminisce Activity 3- <b>White Board Games</b> 4- <b>Nature Talk</b> 5- <b>Relaxation Music</b>	<b>Morning Celebration</b> 10- <b>Music &amp; Muscle Exercise</b> 11- <b>Trivia or Art Class</b> 1- <b>Jeopardy</b> 2- <b>MOTHER'S DAY PARTY!</b> 3- Beading Craft 4-Chat Pack 5- <b>Relaxation Music</b>	<b>Morning Celebration</b> 10- <b>Move Your Body!</b> 11- <b>Men's/Women's Club</b> 1- <b>TAI CHI</b> 2- <b>Movie Time</b> 3- Play Ball! 4- <b>Nature Walk</b> 5- <b>Open Art</b>
15	16	17	18	19
<b>Morning Celebration</b> 10- <b>Music &amp; Muscle Exercise</b> 11- <b>Exercise w/Blanca</b> 1- <b>Bingo</b> 2- <b>Live Entertainment</b> 3- Reminisce Activity 4- Afternoon Stretches 5- <b>Open Art</b>	<b>Morning Celebration</b> 10- <b>This Day in History</b> 11- <b>Lady's Spa/Men's Club</b> 1- <b>Travel Talk</b> 2- <b>Table Games/Social Time</b> 3- Afternoon Stretches 4- <b>Nature Talk</b> 5- <b>Open Music</b>	<b>Morning Celebration</b> 10- <b>Stretch &amp; Flex</b> 11- <b>Coffee Shoppe Club</b> 1- <b>Current Events</b> 2- <b>Brain Games</b> 3- <b>White Board Games</b> 4- Word Wheel 5- <b>Open Game Play</b>	<b>Morning Celebration</b> 10- <b>Music &amp; Muscle Exercise</b> 11- <b>Trivia or Art Class</b> 1- <b>Jeopardy</b> 2- <b>Live Entertainment</b> 3- Beading Craft 4-Chat Pack 5- <b>Relaxation Music</b>	<b>Morning Celebration</b> 10- <b>-Move Your Body!</b> 11- <b>Men's/Women's Club</b> 1- <b>TAI CHI</b> 2- <b>Movie Time</b> 3- <b>Nature Walk</b> 4- Game Battles 5- <b>Open Art</b>
22	23	24	25	26
<b>Morning Celebration</b> 10- <b>Music &amp; Muscle Exercise</b> 11- <b>Exercise w/Blanca</b> 1- <b>Bingo</b> 2- <b>Live Entertainment</b> 3-You Be the Judge 4- Word Wheel 5- <b>Open Art</b>	<b>Morning Celebration</b> 10- <b>Current Events</b> 11- <b>Lady's Spa/Men's Club</b> 1- <b>Travel Talk</b> 2- <b>Table Games/Social Time</b> 3- Let's Learn! 4- <b>Nature Talk</b> 5- <b>Open Music Time</b>	<b>Morning Celebration</b> 10- <b>Stretch &amp; Flex</b> 11- <b>Coffee Shoppe Club</b> 1- <b>Current Events</b> 2- <b>Brain Games</b> 3- <b>White Board Games</b> 4- Word Wheel 5- <b>Open Game Play</b>	<b>Morning Celebration</b> 10- <b>Music &amp; Muscle Exercise</b> 11- <b>Trivia or Art Class</b> 1- <b>Jeopardy</b> 2- <b>MEMORIAL DAY PARTY!</b> 3- Beading Craft 4-Chat Pack 5- <b>Relaxation Music</b>	<b>Morning Celebration</b> 10- <b>Virtual Museum-Edgar Allen Poe Museum</b> 11- <b>Men's/Women's Club</b> 1- <b>TAI CHI</b> 2- <b>Movie Time</b> 3- <b>Nature Walk</b> 4- Game Battles 5- <b>Open Art</b>
29	30	31		
	<b>Morning Celebration</b> 10- <b>This Day in History</b> 11- <b>Lady's Spa/Men's Club</b> 1- <b>Travel Talk</b> 2- <b>Table Games/Social Time</b> 3- Afternoon Stretches 4- <b>Nature Talk</b> 5- <b>Open Music</b>	<b>Morning Celebration</b> 10- <b>Stretch &amp; Flex</b> 11- <b>Coffee Shoppe Club</b> 1- <b>Current Events</b> 2- <b>Brain Games</b> 3- <b>White Board Games</b> 4- Word Wheel 5- <b>Open Game Play</b>		

