





# May



2026

## ADULT DAY CARE ACTIVITIES CALENDAR- DELRAY



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>MAY DAY 1</b> <b>RISE &amp; SHINE</b> 10- Morning Mobility 11- Knowledge Knockout 1- Gents & Gems Club 2- Bingo Time 3- Nature Insights 4- Game Masters 5- Creative Studio
4	5	6	7	8
<b>RISE &amp; SHINE</b> 10- Move & Groove 11- Cognitive Quest 1- Bingo Bonanza 2- Live Entertainment 3- Storytelling Session 4- Golden Motion 5- Imagination Station	<b>RISE &amp; SHINE</b> 10- Historical Highlights 11- Drawing for Seniors 1- Sing a Long 2- Blanca's Fitness Flow 3- Golden Motion 4- Nature Insights 5- Soothing Sounds	<b>RISE &amp; SHINE</b> 10- Senior Strength 11- Morning Coffee Chat 1- Hot Topics 2- Cognitive Quest 3- White Board Challenge 4- Word Quest 5- Game Zone	<b>RISE &amp; SHINE</b> 10- Ageless Energy 11- TAI CHI Time 1- Jeopardy Masters 2- Delray Disco 3- Bead Majic 4- Friendly Faces Chit Chat 5- Relaxing Rhythms	<b>RISE &amp; SHINE</b> 10- Morning Mobility 11- Knowledge Knockout 1- Gents & Gems Club 2- Mother's Day Celebration 3- Nature Insights 4- Game Masters
11	12	13	14	15
<b>RISE &amp; SHINE</b> 10- Move & Groove 11- Cognitive Quest 1- Bingo Bonanza 2- Live Entertainment 3- Storytelling Session 4- Golden Motion 5- Imagination Station	<b>RISE &amp; SHINE</b> 10- Historical Highlights 11- Spring Arts & Crafts 1- Sing a Long 2- Blanca's Fitness Flow 3- Golden Motion 4- Nature Insights 5- Soothing Sounds	<b>RISE &amp; SHINE</b> 10- Senior Strength 11- Morning Coffee Chat 1- Cookie Tasting 2- Cognitive Quest 3- White Board Challenge 4- Word Quest 5- Game Zone	<b>RISE &amp; SHINE</b> 10- Ageless Energy 11- TAI CHI Time 1- Jeopardy Masters 2- Delray Disco 3- Bead Majic 4- Friendly Faces Chit Chat 5- Relaxing Rhythms	<b>RISE &amp; SHINE</b> 10- Morning Mobility 11- Knowledge Knockout 1- Gents & Gems Club 2- Classic Flicks 3- Nature Insights 4- Game Masters 5- Creative Studio
18	19	20	21	22
<b>RISE &amp; SHINE</b> 10- Move & Groove 11- EARTH DAT CRAFT 1- Bingo Bonanza 2- Ice Cream Social 3- Storytelling Session 4- Golden Motion 5- Imagination Station	<b>RISE &amp; SHINE</b> 10- Historical Highlights 11- Aroma Therapy 1- Sing a Long 2- Blanca's Fitness Flow 3- Golden Motion 4- Nature Insights 5- Soothing Sounds	<b>RISE &amp; SHINE</b> 10- Senior Strength 11- Morning Coffee Chat 1- Cookie Tasting 2- Cognitive Quest 3- White Board Challenge 4- Word Quest 5- Game Zone	<b>RISE &amp; SHINE</b> 10- Ageless Energy 11- TAI CHI Time 1- Jeopardy Masters 2- Delray Disco 3- Bead Majic 4- Friendly Faces Chit Chat 5- Relaxing Rhythms	<b>RISE &amp; SHINE</b> 10- Morning Mobility 11- Knowledge Knockout 1- Gents & Gems Club 2- Memorial Day Party! 3- Nature Insights 4- Game Masters 5- Creative Studio
25	26	27	28	29
	<b>RISE &amp; SHINE</b> 10- Historical Highlights 11- Aroma Therapy 1- Sing a Long 2- Blanca's Fitness Flow 3- Golden Motion 4- Nature Insights 5- Soothing Sounds	<b>RISE &amp; SHINE</b> 10- Senior Strength 11- Morning Coffee Chat 1- Cookie Tasting 2- Cognitive Quest 3- White Board Challenge 4- Word Quest 5- Game Zone	<b>RISE &amp; SHINE</b> 10- Ageless Energy 11- TAI CHI Time 1- Jeopardy Masters 2- Delray Disco 3- Bead Majic 4- Friendly Faces Chit Chat 5- Relaxing Rhythms	<b>RISE &amp; SHINE</b> 10- Morning Mobility 11- Knowledge Knockout 1- Gents & Gems Club 2- Classic Flicks 3- Nature Insights 4- Game Masters 5- Creative Studio

