

TLC ADULT DAY CARE AND RECREATION CENTER

May 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Special Events:</p> <p>5/1: Kentucky Derby Hat Day 5/5: Cinco De Mayo Party 5/8: Mother's Day Event 5/25: Memorial Day Celebration</p>	<p>May Birthdays PAUL L. - 05/02 MARY P. - 05/03 JANET O. - 05/12 TOM W. - 05/13 NORMA F. - 05/30</p>			<p>8:00 Breakfast, Coffee & Social 1 9:00 WELCOME MAY 10:00 Stretch and Move 11:00 Balloon Volleyball 1:00 Bingo \$\$ 2:00 Kentucky Derby Horse Race 3:00 Snack/Derby Trivia 4:00 Relaxation/Music Therapy</p>	<p>2</p>
<p>3</p>	<p>8:00 Breakfast, Coffee & Social 4 9:00 Daily Chronicles 10:00 Scarf Stretching Exercise 11:00 Pinata Craft! 1:00 Cinco de Mayo Bingo \$\$ 2:00 Skill Ball Competition 3:00 Snack & Travel to Mexico 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 5 9:00 Daily Chronicles 10:00 Drum Circle Exercise 11:00 Cinco de Mayo Craft 1:00 Bingo \$\$ 2:00 Mexican Fiesta Party! 3:00 Snack & Laughing Yoga 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 6 9:00 Daily Chronicles 10:00 Exercise with Paul 11:00 Hook and Ladder Game 1:00 Bingo \$\$ 2:00 Soccer Tournament 3:00 Snack & Game Show Fun 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 7 9:00 Daily Chronicle 10:00 Stretch and Move 11:00 Making Cards Craft 1:00 Bingo \$\$ 2:00 Balloon Bash 3:00 Snack & Conversation UNO 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 8 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 Mother's Day (Tea Party) 1:00 Mother's Day Bingo \$\$ 2:00 Live Music w/ NOLAN 3:00 Snack & Simon Says! 4:00 Relaxation/Music Therapy</p>	
<p>10</p>	<p>8:00 Breakfast, Coffee & Social 11 9:00 Daily Chronicles 10:00 Stretch and Move 11:00 The Price is Right 1:00 Bingo \$\$ 2:00 Musical Chairs Game 3:00 Snack & Guess the Animal 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 12 9:00 Daily Chronicles 10:00 Exercise with Paul 11:00 Mini Golf 1:00 Bingo \$\$ 2:00 True or False Circle Fun! 3:00 Snack & Dominoes 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 13 9:00 Daily Chronicles 10:00 Yoga Meditation Exercise 11:00 MAY Arts & Crafts 1:00 Bingo \$\$ 2:00 Carnival Games 3:00 Snack & Healthy Trivia 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 14 9:00 Daily Chronicles 10:00 Drum Circle Exercise 11:00 Skill Ball Competition 1:00 Bingo \$\$ 2:00 Hula Hoop Contest 3:00 Snack & Laughing Yoga 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 15 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 Balloon Volleyball 1:00 Bingo \$\$ 2:00 Game Show Fun 3:00 Banana Split Day! 4:00 Relaxation/Music Therapy</p>	<p>16</p>
<p>17</p>	<p>8:00 Breakfast, Coffee & Social 18 9:00 Daily Chronicle 10:00 Stretch and Move 11:00 Hang Man Time 1:00 Bingo \$\$ 2:00 Bean Bag Toss Table Game 3:00 Snack & Water Painting 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 19 9:00 Daily Chronicles 10:00 Scarf Zumba Exercise 11:00 Pling Pong Tournament 1:00 Bingo \$\$ 2:00 Sticky Raquet Ball 3:00 Snack & Geographic Trivia 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 20 9:00 Daily Chronicles 10:00 Drum Circle Exercise 11:00 Bocce Ball 1:00 Bingo \$\$ 2:00 Balloon Bash 3:00 Chocolate Chip Cookie Day! 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 21 9:00 Daily Chronicles 10:00 Yoga Meditation Exercise 11:00 Spring Arts & Crafts 1:00 Bingo \$\$ 2:00 LIVE Music w/ VALERY 3:00 Snack & Healthy Trivia 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 22 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Ladder Toss Game 1:00 Bingo \$\$ 2:00 Parachute Challenge 3:00 Snack & TLC Spa Afternoon 4:00 Relaxation/Music Therapy</p>	
<p>24</p>	<p>8:00 Breakfast, Coffee & Social 25 9:00 Daily Chronicles 10:00 Sing Along Exercise 11:00 Memorial Day Craft 1:00 Memorial Day Bingo \$\$ 2:00 Memorial Day Celebration 3:00 Snack & Spelling Bee Fun 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 26 9:00 Daily Chronicles 10:00 Noodle Exercise 11:00 Basketball Hoops 1:00 Bingo \$\$ 2:00 Granny Pants Game 3:00 Ice Cream Social 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 27 9:00 Daily Chronicles 10:00 Stretching Chair Exercise 11:00 Spring Arts & Crafts 1:00 Bingo \$\$ 2:00 Bowling Challenge 3:00 Snack & JUMBO Jenga 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 28 9:00 Daily Chronicles 10:00 Scarf Stretching Exercise 11:00 Baseball Toss Game 1:00 Bingo \$\$ 2:00 Painting with a Twist 3:00 Snack & Hang Man Challenge 4:00 Relaxation/Music Therapy</p>	<p>8:00 Breakfast, Coffee & Social 29 9:00 Daily Chronicles 10:00 Friday Zumba! 11:00 Around the World Travel 1:00 Bingo \$\$ 2:00 Chair Volleyball 3:00 Snack & Giant YAHTZEE 4:00 Relaxation/Music Therapy</p>	<p>30</p>

*Activities are subject to change based on daily participation.

www.tlc-adultdaycare.com