

TLC ADULT DAY CARE AND RECREATION CENTER

May 2024



"May is the month of expectation, the month of wishes, the month of hope." — Emily Brontë

HAPPY BIRTHDAY

Tom W. 05/13 Mary Ann K. 05/17
Janet O. 05/14 Bobbie F. 05/24

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Stretching Chair Exercise</p> <p>11:00 Painting with a Twist</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Volleyball</p> <p>3:00 Snack/Game Show Fun</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Tuesday Meditation Yoga</p> <p>11:00 Hang Man Challenge</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Traveling to MEXICO</p> <p>3:00 Snack/Music Trivia</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Noodle Exercise</p> <p>11:00 HAPPY CINCO DE MAYO</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Carnival Games</p> <p>3:00 Snack/LOTERIA MAYO Game</p> <p>4:00 Movie Friday!</p>	<p>SATURDAY - OPEN</p> <p>9:00 Breakfast, Coffee, Social</p> <p>10:00 Daily Chronicle & Exercise</p> <p>11:00 Morning Craft</p> <p>12:30 Lunch Time</p> <p>1:00 Animal Bingo</p> <p>2:00 Wii Bowling</p> <p>2:30 Relaxation/Sing Along</p>
<p>CINCO DE MAYO</p> <p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Scarf Stretching Exercise</p> <p>11:00 Box It</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Kentucky Derby Race Game</p> <p>3:00 Snack/Travel to Jamaica</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Sing Along Exercise</p> <p>11:00 Magazine Hunt</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Soccer Tournament</p> <p>3:00 Snack/Word Search</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Balloon Bash</p> <p>11:00 Skill Ball Competition</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Karaoke Fun</p> <p>3:00 Snack/Geographic Trivia</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Stretching Chair Exercise</p> <p>11:00 Spring Arts and Crafts</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Spring Tea Party</p> <p>3:00 Snack/Guess the Artist</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Friday Zumba!</p> <p>11:00 Mother's Day Celebration</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Live Music w/ NOLAN LIVE MUSIC</p> <p>3:00 Snack/Art Fun</p> <p>4:00 Movie Friday!</p>	<p>SATURDAY - OPEN</p> <p>9:00 Breakfast, Coffee, Social</p> <p>10:00 Daily Chronicle & Exercise</p> <p>11:00 Morning Craft</p> <p>12:30 Lunch Time</p> <p>1:00 Animal Bingo</p> <p>2:00 Wii Bowling</p> <p>2:30 Relaxation/Sing Along</p>	
<p>Happy Mother's Day</p> <p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Meditation Yoga</p> <p>11:00 Target Golf</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Spring Arts and Crafts</p> <p>3:00 Snack/Riddle Me This?</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Exercise with Paul</p> <p>11:00 Hula Hoop Contest</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Bean Bag Toss</p> <p>3:00 Snack/Tuesday Crafts</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Fun Zumba Exercise!</p> <p>11:00 Musical Chairs Game</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Ladder Toss</p> <p>3:00 Snack/Coloring and Art</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Drum Circle Exercise</p> <p>11:00 Bocce Ball</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Mini Golf</p> <p>3:00 Snack/Jewelry Creations</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Yoga Meditation Exercise</p> <p>11:00 Simon Says!</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Retro Bowling</p> <p>3:00 Snack/TLC Spa Afternoon</p> <p>4:00 Movie Friday!</p>	<p>SATURDAY - OPEN</p> <p>9:00 Breakfast, Coffee, Social</p> <p>10:00 Daily Chronicle & Exercise</p> <p>11:00 Saturday Art</p> <p>12:30 Lunch Time</p> <p>1:00 Celebrity Bingo</p> <p>2:00 Beach Ball Fun</p> <p>2:30 Relaxation/Music Therapy</p>	
<p>May - is the fifth month of the year on the Gregorian calendar and one of seven months with 31 days.</p> <p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Noodle Exercise</p> <p>11:00 FLART Challenge</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Prize Drop</p> <p>3:00 Snack/Healthy Trivia</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Scarf Zumba Exercise</p> <p>11:00 Pictionary</p> <p>2:00 Musical Chairs</p> <p>1:00 Bingo \$\$\$</p> <p>3:00 Snack/TLC Spa Afternoon</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Stretching Chair Exercise</p> <p>11:00 Reminiscing Photo Fun</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 LIVE MUSIC w/ Valery LIVE MUSIC</p> <p>3:00 Snack/UNO CARDS</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Yoga Relaxation</p> <p>11:00 Magazine Craft</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Hula Hoop Toss</p> <p>3:00 Snack/1950's Trivia</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Stretching Chair Exercise</p> <p>11:00 Ping Pong Challenge</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 FLICKIN' Chicken</p> <p>3:00 Snack/Banana Splits</p> <p>4:00 Movie Friday!</p>	<p>SATURDAY - OPEN</p> <p>9:00 Breakfast, Coffee, Social</p> <p>10:00 Daily Chronicle & Exercise</p> <p>11:00 Saturday Art</p> <p>12:30 Lunch Time</p> <p>1:00 Celebrity Bingo</p> <p>2:00 Beach Ball Fun</p> <p>2:30 Relaxation/Music Therapy</p>	
<p>MEMORIAL DAY</p> <p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Sing Along Exercise</p> <p>11:00 Memorial Day Celebration</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Frisbee Competition</p> <p>3:00 Snack/Hang Man Challenge</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Tuesday Meditation Yoga</p> <p>11:00 Tuesday Craft</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Retro Bowling</p> <p>3:00 Snack/Banana Splits</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Noodle Exercise</p> <p>11:00 Junk Drawer Detective</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Volleyball</p> <p>3:00 Snack/Comedy Time</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Chair Stretching Exercise</p> <p>11:00 Legume Mosaics</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Soccer Tournament</p> <p>3:00 Snack/Spot the Difference</p> <p>4:00 Relaxation/Table Games</p>	<p>8:00 Breakfast, Coffee & Social</p> <p>9:00 Daily Chronicles</p> <p>10:00 Zumba Sing Along</p> <p>11:00 Stories out of a Hat</p> <p>1:00 Bingo \$\$\$</p> <p>2:00 Balloon Bash</p> <p>3:00 Snack/70's Disco Songs</p> <p>4:00 Movie Friday!</p>		

*Activities are subject to change based on daily participation.

www.tlc-adultdaycare.com