

Monday

Tuesday


Wednesday

Thursday

Friday

May 2024
Seasons Adult Day Health Services

6
C: **Cinco De Mayo Trivia**
P: Can Weights
E/C: **Spirituality with Pastor Paul** or **Cinco De Mayo Guess a Letter**
LUNCH
A/C: **Paint Class w/ Merry Leo** or **Cactus Cuisine**
P: **Sombrero Ring Toss**
A: Musical Connections
C: Conversation Cards



7
C: Little Known Facts
P: Dance Aerobics
C: Bingo or Shake Awake Your Taste
LUNCH
P: Texas Horseshoes
C: Word Ladder or Name Ten
A: Sing, Dance, Reminisce
E: Kids Say the Darndest Things

1
C: May Fun Facts
P: Healthy Bodies
C/E: Bible Study or What's in the Bag?
LUNCH
E/C: **Pet Therapy with Billy** or ABC Word Challenge
P: Bean Bag Bocce
A: Weather Songs Sing Along
C: Have You Ever?

2
C: Brain Boosters
P: Core Exercise
C: Last Letter Challenge or Metaphors
LUNCH
A: **Music with Merry and Leo**
P: Pasta, Plant or Fast Car or Word Teasers
C: Guinness Book of World Records
C: Country Life Trivia

3
C: **Kentucky Derby Fun Facts**
P/O: **Bean Bag Exercise** or **Derby Pie**
C: **Derby Bingo** or **Melting Pot Trivia**
LUNCH
P: **Derby Toss**
C: **Words in Words** or **Twister Trivia**
C: **Kentucky Derby Dining**
C: **Table Ball**




13
C: Random Trivia
P: Arm Aerobics
E: **Spirituality with Pastor Paul** or **Sharpen Your Senses**
LUNCH
P: Bowling
C/A: Rhyme Time or Magic of Music
E: Everyday Life Trivia
C: Swatter Ball

14
C: Finishing Lines
P: Bean Bag Exercise
C: Famous Faces or Mind Stretchers
LUNCH
P: Ring Toss
E/C: Observation Challenge or A to Z Trivia
A: Picture the Song
C: Yesterdays Photos

8
C: iPad Memory Lane Games
P: Chair Yoga
C/A: Bible Study or Musical Twister
LUNCH
A: **Music with Paul**
P: Shuffle Board
C: Remembering Recess and Outdoor Games
C: What's that Occupation

9
C: Elder Trivia
P: Upper Body Stretch
C/A: Travelogue: Pacific Northwest Trail or Musical Toss
LUNCH
P: Basketball
C/A: The History Of... or Inventive Songs
C: Where in the World?
P: Battle Ball

10
O: **Mother's Day Breakfast and Trivia**
P: Resistance Band Exercise
C/A: **Famous Mothers Trivia** or **Grandma's Parlour Sing Along**
LUNCH
P: Corn Hole
C: **Mothering Through the Decade**
C: **Things Your Mother Should Have Told You**
C: **Motherly Humor**



20
C: Music Trivia
P: **Chair Yoga with Keri**
E/C: **Spirituality with Pastor Paul** or Recipe Recall
LUNCH
P: Hoop Dice
C: How Do They Make That? or Elvis Sing Along
E: Guess That Bird
C: Our Moments

21
C: Down Memory Lane
P: Core Exercise
A: Musical Wheel of Fortune
LUNCH
P: Top Toss
C: Elder Trivia
C: Remembering Going Dancing
P: Zig Zag Zoom

22
C: Storylines
P: Dance Aerobics
C/A: Bible Study or Traveling Tunes
LUNCH
P: Disc Golf
C/A: Jeopardy or Seasons Choral
C: Old Wives Tales
P: Swatter Ball

23
C: Category Trivia
P: Arm Aerobics
C: Blank Slate or Finishing Lyrics
LUNCH
A/E: **Native American Flutes** or What Do You See?
P: Floor Darts
C: Trivia Treasury
C: Name that Memory

24
C: **Memorial Day Facts**
P: **Upper Body Stretch** or **Red White and Blue Baking**
C: **Which War Was It? or America Sings**
MEMORIAL DAY LUNCH
P: **Battle Buckets**
C/A: **Advice Columns** or **Finish the Lyrics**
C: **BBQ and Backyard Game Trivia**
C: **Book of Firsts**



27

IN HONOR OF
Memorial Day
WE WILL BE CLOSED

28
C: Trivia Time
P: Resistance Band Exercise
C/A: **Spirituality with Pastor Paul** or **Sizzling 70's Sing Along**
LUNCH
P: Disc Golf
C: Three Letters or Name that Instrument
E: Life in the 50's
C: Mind Joggers

29
C: Toss n Talk Ball
P: Arm Aerobics
C: Bible Study or Six Words
LUNCH
P: Bottle Ring Toss
C/A: Tribond or Springtime Sing Along
C: Train of Thought
C: Choices

30
C: Spin Trivia
P: Can Weights
C: Word Wonders or Quizmania
LUNCH
P: Ladder Golf
C: Words in Words or What's that Occupation
E: Retro Videos
C: Pondering Prompts

31
C: School Days Trivia
P/O: Bean Bag Exercise
C/A: Bingo or Seasons Choral
LUNCH
P: Pizza Toss
C: Sports Trivia or Hits of the 50's
A: Shake Loose a Memory
C: The Good Old Days