

SUN	MON	TUE	WED	THUR	FRI	SAT	
<b>LOCATION KEY</b> 138 - Channel 138 591 - Channel 591 CDR - Cherry Dining Room CR - Club Room	CEC - Community Education Center HDR - Hickory Dining Room HL - Hickory Lounge SL - Seasons Lounge		8:30 Guided Meditation (591) 9:30 Calm Coloring (SL) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Mobility Work Day (SL) 11:00 Name That Tune: 1950's Hits! (SL) 2:00 Chair Volleyball (SL) 3:00 Hand Massages & Meditation Music (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Jigsaw Puzzles (SL)	<b>1</b> <b>Kentucky Derby</b> 8:30 Guided Meditation (591) <b>10:00 Catholic Communion Service hosted by Immaculate Conception Church (HDR)</b> 10:30 Chair Exercise Group: Full Body Day (SL) <b>2:00 The Arbor Derby Day Celebration (CDR)</b> <b>3:00 Mint Julep Mocktails &amp; Derby Day Treats (CDR)</b> 3:30 Afternoon Snacktime Social (SL) 6:00 Evening Coloring Group (SL)	<b>2</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercises with Noodles (SL) 11:00 Balloon Tennis (SL) <b>2:00 Birthday Celebration Ukulele Sing Along with Roberta (HDR)</b> <b>3:00 Monthly Birthday Celebration Social (CDR)</b> 3:30 Afternoon Snacktime Social (SL)	<b>3</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercises with Noodles (SL) 11:00 Balloon Tennis (SL) <b>2:00 Birthday Celebration Ukulele Sing Along with Roberta (HDR)</b> <b>3:00 Monthly Birthday Celebration Social (CDR)</b> 3:30 Afternoon Snacktime Social (SL)	<b>4</b> 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Gentle Chair Exercises (SL) 11:00 Chair Dancing Around the World (591) 2:00 Patio Party: Popsicles & Music of the 1960's (Hickory Patio) <b>3:00 Jack Falcone Performs for The Arbor (CDR)</b> 3:00 Rejuvenate Fitness (591)
<b>Cinco De Mayo</b> 8:30 Guided Meditation (591) 10:30 Gentle Chair Exercises (SL) 1:45 Calm Coloring Group (SL) 2:00 Sunday Sitcoms (SL) 3:00 Soothing Sounds & Aromatherapy (SL) 3:30 1940s & 50s classical musical sing-along (591)	<b>5</b> <b>National Nurses Day</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Legs (SL) <b>11:15 Rosary Group (HL)</b> 2:00 Manicure Studio (SL) 3:00 Crafty Corner (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Hand Massages and Aromatherapy (SL)	<b>6</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Core (SL) 11:00 Jewelry Making (SL) <b>2:00 Sunflower Paint &amp; Sip (Hickory Patio)</b> 2:30 Celebrity Guess Who (SL) 3:00 Garden Walk & Talk (Hickory Patio) 3:30 Afternoon Snacktime Social (SL) 4:00 Bananagrams (SL) 6:00 Evening Cinema (SL)	<b>7</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Mobility Work Day (SL) 11:00 Coffee Filter Butterfly Craft (SL) 2:00 Coca Cola & Coloring Social (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Jigsaw Puzzles (SL)	<b>8</b> <b>National Have a Coca-Cola Day</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Full Body Day (SL) 11:00 Caregivers Support Group (CEC) 2:00 Toss & Talk Ball Game (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Evening Coloring Group (SL)	<b>9</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercises with Noodles (SL) 11:00 Guess Who: Occupations (SL) <b>2:00 Flower Power 60's Party! (CDR)</b> 3:30 Afternoon Snacktime Social (SL)	<b>10</b> 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Gentle Chair Exercises (SL) 11:00 Chair Dancing Around the World (591) <b>11:00 Mother's Day Bingo with Girl Scout Troop 60028 (CDR)</b> 3:00 Rejuvenate Fitness (591)	
<b>Mother's Day</b> 8:30 Guided Meditation (591) 10:30 Gentle Chair Exercises (SL) <b>11:00 Mother's Day Morning Tea (CDR)</b> 1:45 Calm Coloring Group (SL) 2:00 Sunday Sitcoms (SL) 3:00 Soothing Sounds & Aromatherapy (SL) 3:30 1940s & 50s classical musical sing-along (591)	<b>11</b> <b>World Cocktail Day</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Legs (SL) <b>11:15 Rosary Group (HL)</b> 2:00 Manicure Studio (SL) 3:00 Crafty Corner (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Hand Massages and Aromatherapy (SL)	<b>12</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Core (SL) <b>11:00 LTC Resident Council (CDR)</b> 2:00 Garden Walk & Talk (Hickory Patio) 2:30 Celebrity Guess Who (SL) 3:30 Afternoon Snacktime Social (SL) 4:00 Bananagrams (SL) 6:00 Evening Cinema (SL)	<b>13</b> <b>National Pizza Party Day</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Mobility Work Day (SL) 11:15 Homemade Pizza Bagels (CR) 2:00 Book Club: "Alice's Adventure's in Wonderland" Chapters 1-3 (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Jigsaw Puzzles (SL)	<b>14</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Full Body Day (SL) 11:00 Creating Collages (SL) 2:00 Creating with Clay (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Evening Coloring Group (SL)	<b>15</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercises with Noodles (SL) 11:00 Balloon Volleyball (SL) <b>2:00 Eleanor Jackson Entertains (CDR)</b> 3:30 Afternoon Snacktime Social (SL)	<b>16</b> 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Gentle Chair Exercises (SL) 11:00 Chair Dancing Around the World (591) 2:00 Paint & Sip in the Garden (Hickory Patio) 3:00 Rejuvenate Fitness (591)	
<b>World Baking Day</b> 8:30 Guided Meditation (591) 10:30 Gentle Chair Exercises (SL) <b>11:00 National Baking Day: Decorating Cupcakes (CR)</b> 1:45 Calm Coloring Group (SL) 2:00 Sunday Sitcoms (SL) 3:00 Soothing Sounds & Aromatherapy (SL) 3:30 1940s & 50s classical musical sing-along (591)	<b>17</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Legs (SL) <b>11:15 Rosary Group (HL)</b> 2:00 Manicure Studio (SL) 3:00 Crafty Corner (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Hand Massages and Aromatherapy (SL)	<b>18</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Core (SL) <b>2:00 Dan the Piano Man (CDR)</b> 2:00 Garden Walk & Talk (Hickory Patio) 2:30 Celebrity Guess Who (SL) 3:30 Afternoon Snacktime Social (SL) 4:00 Bananagrams (SL) 6:00 Evening Cinema (SL)	<b>19</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Mobility Work Day (SL) 11:00 Book Club: "Alice's Adventure's in Wonderland" Chapters 4-6 (SL) 2:00 Gardening Group (Hickory Patio) 3:30 Afternoon Snacktime Social (SL) 6:00 Jigsaw Puzzles (SL)	<b>20</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Full Body Day (SL) 11:00 Pet Care Club (SL) 2:00 Picture Bingo: Spring Edition (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Evening Coloring Group (SL) <b>6:00 The Arbor Family Celebration (HDR)</b>	<b>21</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercises with Noodles (SL) 11:00 Kitchen Club: Fruit Salad (SL) 2:00 The Arbor Scavenger Hunt! (CDR) 3:15 Scavenger Hunt Social (CDR) 3:30 Afternoon Snacktime Social (SL)	<b>22</b> 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138) 10:00 Gentle Chair Exercises (SL) 11:00 Chair Dancing Around the World (591) 2:00 Garden Party & Snacks (Hickory Patio) 3:00 Rejuvenate Fitness (591)	
8:30 Guided Meditation (591) 10:30 Gentle Chair Exercises (SL) 1:45 Calm Coloring Group (SL) 2:00 Sunday Sitcoms (SL) 3:00 Soothing Sounds & Aromatherapy (SL) 3:30 1940s & 50s classical musical sing-along (591)	<b>23</b> <b>Memorial Day</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Legs (SL) <b>11:15 Rosary Group (HL)</b> <b>2:00 Mark Miklos Bluegrass Performance (CDR)</b> 3:00 Crafty Corner (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Hand Massages and Aromatherapy (SL)	<b>24</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Core (SL) 2:00 Garden Walk & Talk (Hickory Patio) <b>2:00 NGXB Music (HDR)</b> 2:30 Celebrity Guess Who (SL) 3:30 Afternoon Snacktime Social (SL) 4:00 Bananagrams (SL) 6:00 Evening Cinema (SL)	<b>25</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Mobility Work Day (SL) 11:00 Book Club: "Alice's Adventure's in Wonderland" Chapters 7-9 (SL) 2:00 Art Studio (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Jigsaw Puzzles (SL)	<b>26</b> <b>National Creativity Day</b> 8:30 Guided Meditation (591) <b>10:00 Catholic Communion Service hosted by Immaculate Conception Church (HDR)</b> 10:30 Chair Exercise Group: Full Body Day (SL) 11:00 Card Making (SL) 2:00 Chair Dancing (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Evening Coloring Group (SL)	<b>27</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercises with Noodles (SL) 11:00 Book Club: "Alice's Adventure's in Wonderland" Chapters 10-12 (SL) 2:00 Karaoke (SL) <b>3:00 Shabbat Service with Rabbi Daniel Selsberg (CR)</b> 3:30 Afternoon Snacktime Social (SL)	<b>28</b> 8:30 Guided Meditation (591) 9:30 Shabbat Morning Services (138)	
<b>26</b> 8:30 Guided Meditation (591) 10:30 Gentle Chair Exercises (SL) 1:45 Calm Coloring Group (SL) 2:00 Sunday Sitcoms (SL) 3:00 Soothing Sounds & Aromatherapy (SL) 3:30 1940s & 50s classical musical sing-along (591)	<b>29</b> <b>Memorial Day</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Legs (SL) <b>11:15 Rosary Group (HL)</b> <b>2:00 Mark Miklos Bluegrass Performance (CDR)</b> 3:00 Crafty Corner (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Hand Massages and Aromatherapy (SL)	<b>30</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Core (SL) 2:00 Garden Walk & Talk (Hickory Patio) <b>2:00 NGXB Music (HDR)</b> 2:30 Celebrity Guess Who (SL) 3:30 Afternoon Snacktime Social (SL) 4:00 Bananagrams (SL) 6:00 Evening Cinema (SL)	<b>31</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercise Group: Mobility Work Day (SL) 11:00 Book Club: "Alice's Adventure's in Wonderland" Chapters 7-9 (SL) 2:00 Art Studio (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Jigsaw Puzzles (SL)	<b>30</b> <b>National Creativity Day</b> 8:30 Guided Meditation (591) <b>10:00 Catholic Communion Service hosted by Immaculate Conception Church (HDR)</b> 10:30 Chair Exercise Group: Full Body Day (SL) 11:00 Card Making (SL) 2:00 Chair Dancing (SL) 3:30 Afternoon Snacktime Social (SL) 6:00 Evening Coloring Group (SL)	<b>31</b> 8:30 Guided Meditation (591) 10:00 Current Events & Chronicles (SL) 10:30 Chair Exercises with Noodles (SL) 11:00 Book Club: "Alice's Adventure's in Wonderland" Chapters 10-12 (SL) 2:00 Karaoke (SL) <b>3:00 Shabbat Service with Rabbi Daniel Selsberg (CR)</b> 3:30 Afternoon Snacktime Social (SL)	<b>31</b> 8:30 Guided Meditation (591)	

# May 2024

## Seasons Lifestyle Programs

Mady Klett Community Life Manager 908 595 6552



**LAUREL CIRCLE**  
your life embraced

