

Sunday

Monday

Tuesday

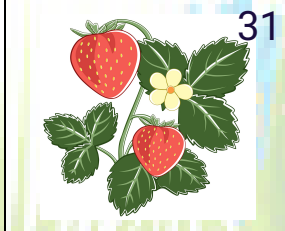
Wednesday

Thursday

Friday

Saturday

May 2026



3
10:00 Balance Exercise
10:30 BINGO
1:30 Dice Game

10
10:00 Balloon Tennis
10:30 Mother's Day Craft
1:30 BINGO

17
10:00 Seated Pilates
10:30 BINGO
1:30 Color Along
Victoria Day (Canada)

24
10:00 Seated Sretch
10:30 BINGO
1:30 Dominoes
Memorial Day

4
10:00 Balance Exercise
10:30 BINGO
1:30 Dice Game

11
10:00 Seated Yoga
10:30 Crafty Crew
1:30 CDM Social
Cinco de Mayo

18
10:00 Seated Pilates
10:30 Crafty Crew
1:30 Trivia Tuesday

25
10:00 Seated Sretch
10:30 BINGO
1:30 Dominoes

5
10:00 Seated Yoga
10:30 Crafty Crew
1:30 CDM Social
Cinco de Mayo

12
10:00 Seated Pilates
10:30 Crafty Crew
1:30 Trivia Tuesday

19
10:00 Walk&Roll
10:30 Crafty Crew
1:30 Name That Tune

26
10:00 Tai Chi
10:30 Crafty Crew
1:30 Loteria

6
10:00 Seated Walk
10:30 Loteria
1:30 Dominoes

13
10:00 Tai Chi
10:30 Name That Tune
1:30 Loteria

20
10:00 Seated Yoga
10:30 Loteria
1:30 Dominoes

27
10:00 Balloon Tennis
10:30 Dice Game
1:30 Loteria

1
10:00 Tia Chi
10:30 Name That Tune
1:30 Friday FUN Day

8
10:00 Seated Stretch
10:30 Creative Art
1:30 Friday FUN Day

15
10:00 Seated Walk
10:30 BINGO
1:30 Dominoes

22
10:00 Seated Walk
10:30 Dice Game
1:30 BINGO
Shavuot Begins

29
10:00 Seated Walk
10:30 Color Along
1:30 Bingo



Program Key:
Cognitive
Emotional
Physical
Social
Vocational
Announcements

Tentative schedule. All activities and times subject to change.