

MAY						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Games: Bingo, Puzzles, Sit and Be Fit. News Review.	2 Games: Charades, Puzzles, Chair Yoga. Movie Review. Health Talk Group. Arts and Crafts Project.	3 Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group.	4
5	6 Games: Memory puzzles, Sit and Be Fit. Movie and Music	7 Games: Rummikub Puzzles. Chair Yoga. Cognitive Exercise. Health Talk Group. Arts and Craft Project.	8 Games: Bingo, Puzzles, Sit and Be Fit. News Review.	9 Games: Charades, Puzzles, Chair Yoga. Movie Review. Health Talk Group. Arts and Crafts Project. Victory Day	10 Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group.	11
12	13 Games: Memory puzzles, Sit and Be Fit. Movie and Music	14 Games: Rummikub Puzzles. Chair Yoga. Cognitive Exercise. Health Talk Group. Arts and Craft Project. Trip to Bowling	15 Games: Bingo, Puzzles, Sit and Be Fit. News Review. Trip to Idaho-Springs	16 Games: Charades, Puzzles, Chair Yoga. Movie Review. Health Talk Group. Arts and Crafts Project.	17 Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group.	18
19	20 Games: Memory puzzles, Sit and Be Fit. Movie and Music	21 Games: Rummikub Puzzles. Chair Yoga. Cognitive Exercise. Health Talk Group. Arts and Craft Project.	22 Games: Bingo, Puzzles, Sit and Be Fit. News Review.	23 Games: Charades, Puzzles, Chair Yoga. Movie Review. Health Talk Group. Arts and Crafts Project. CASINO	24 Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group. Denver Art Festival	25
26	27 Games: Memory puzzles, Sit and Be Fit. Movie and Music	28 Games: Rummikub Puzzles. Chair Yoga. Cognitive Exercise. Health Talk Group. Arts and Craft Project.	29 Games: Bingo, Puzzles, Sit and Be Fit. News Review.	30 Games: Charades, Puzzles, Chair Yoga. Movie Review. Health Talk Group. Arts and Crafts Project. Birthday Party!	31 Games: Monopoly, Puzzles. Sit and Be Fit. Cognitive Exercise. News Review Group.	

DAILY: Exercise/ Dance, Local Trips, Walking Groups, Resting and Chat Time

Breakfast 10 AM, Snack 12 PM, Lunch 2:00 PM