

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> ■ - Be Connected ■ - Be Expressive ■ - Be Healthy ■ - Be Inspired ■ - Be Involved ■ - Be Social ■ - Be Spiritual V - Virtual Programming VI - Virtual and In Person 		<p>Location Key: C-Community Room SL-Sky Lounge B-IL Bistro EDR-East Dining Room T-Theater GH-Green House ET-Educational Theater (2nd Floor) ML-Main Lobby RC-Residents Club PG-Putting Green BP-Back Patio</p>		<p>Happy Birthday! Ralph P. 5/22 Sus T. 5/23</p>		<p>1 May Day</p> <ul style="list-style-type: none"> ■ 9:30 Brain Fitness Activity Packets (E&P Table) ■ 10:00 Exercise Video: Sit & Be Fit (T) ■ 11:30 New Albany Symphony "Songs About Ohio" (T) ■ 12:00 Kentucky Derby-Coverage Starts on NBC (T&B) ■ 2:00 Netflix Series: Sweet Magnolias
<p>2</p> <ul style="list-style-type: none"> ■ 9:00 Chicken Soup for the Soul: "Embracing My Truth" (E&P Table) ■ 10:15 Catholic Communion Service w/ St. Matthews (C) ■ 11:00 Virtual Church Service (Lifechurch.tv & Theater) ■ 2:00 Walking Group ■ 3:00 New Albany 	<p>3</p> <ul style="list-style-type: none"> ■ 9:30 Weekly Chronicles (E&P Table) ■ 10:00 Welcoming Committee Meeting (C) ■ 10:30 DIY Body Scrubs-Gifts for Daughters (C) VI 2:00 Yoga for Daily Life Movement (C) ■ 3:00 Ladies Pampering w/Mary Kay-Sign Up (C) 	<p>4</p> <ul style="list-style-type: none"> ■ 10:00 Exercise Video-Chair Dancing (C) ■ 11:00 Firefighters Day-Making Thank You Cards & Appreciation Gifts (C) ■ 1:00 Tech Help-Sign up at the E&P Table ■ 3:00 Audio Book Club: "Home Work by Julie Andrews" (T) 	<p>5 Cinco de Mayo</p> <ul style="list-style-type: none"> ■ 10:00 Craft: Photo Vase w/Flowers-Bring a picture (C) ■ 12:30 Three Creeks Food Critics Club: Tacos! (C) ■ 1:00 Garden Club-Cleaning & Watering (GH) V 2:00 Family Greetings w/Bomb Bomb (Room to Room) ■ 2:00 Feeling Fit Class w/Legacy (C) 	<p>6</p> <ul style="list-style-type: none"> ■ 10:00 International Nurses Week-Making Poster for Three Creeks Nurses (C) ■ 11:00 Mothers Celebrating Mothers-Making Cards for Neighbors (C) ■ 2:00 Tapestry Informational Session (EDR) ■ 2:30 Zumba Class w/Instructor 	<p>7</p> <ul style="list-style-type: none"> ■ 10:00 Gentle, Seated Tai Chi (C) ■ 10:45 Mothers Celebrating Sons & Daughters-Gift Boxes (C) ■ 2:00 Show & Tea: Mothers Day Edition-Bring Picture of your Mother (B) ■ 3:30 Happy Hour-Pick Up (ML) ■ 7:00 Movie Night: 	<p>8</p> <ul style="list-style-type: none"> ■ 9:30 Brain Fitness Activity Packets (E&P Table) ■ 10:00 Exercise Video: Sit & Be Fit (T) ■ 11:00 Seeds of Caring-Intergenerational Group: "Tunes & Togetherness" (BP) ■ 2:00 Netflix Series: Sweet Magnolias (T) ■ 3:00 Bingo (EDR)
<p>9 Mother's Day</p> <ul style="list-style-type: none"> ■ 9:00 Chicken Soup for the Soul: "My Flying Tribe" (E&P Table) ■ 10:15 Catholic Communion Service w/ St. Matthews (C) ■ 11:00 -1:00 PM Mothers Day Brunch Box Celebration-Reservation Required ■ 11:00 Virtual Church Service 	<p>10</p> <ul style="list-style-type: none"> ■ 9:30 Weekly Chronicles (E&P Table) ■ 10:00 Making Banner for National Receptionist Day (C) VI 2:00 Yoga for Daily Life Movement (C) ■ 3:00 Binky Patrol-Blanket Making for Children (C) 	<p>11</p> <ul style="list-style-type: none"> ■ 10:00 Exercise Video-Chair Dancing (C) ■ 1:00 Tech Help-Sign up at the E&P Table ■ 3:00 Paint Class w/Artist Kym Tepedino-Sign Up (C) 	<p>12</p> <ul style="list-style-type: none"> ■ 10:00 Receptionist Day-Coffee & Donuts (ML) ■ 12:00 Explore & Experience: Belgium (T) ■ 1:00 Garden Club-Lets Get Planting (SL) V 2:00 Family Greetings w/Bomb Bomb (Room to Room) ■ 2:00 Feeling Fit Class w/Legacy (C) ■ 3:00 Pictionary (C) 	<p>13</p> <ul style="list-style-type: none"> ■ 10:00 Making Homemade Playdough for Goddard School (C) ■ 10:45 Family Feud (C) ■ 2:00 Exercise Video: Sit & Be Fit- Arthritis Workout (C) ■ 3:00 Audio Book Club: "Home Work by Julie Andrews" (T) 	<p>14</p> <ul style="list-style-type: none"> ■ 10:00 Gentle, Seated Tai Chi (C) ■ 10:45 Feel Good Stories, You may have missed (B) ■ 2:00 Mindful Meditation & Aromatherapy (SL) ■ 3:30 Happy Hour-Pick Up (ML) ■ 7:00 Movie Night: "The Hustle" (T) 	<p>15 Armed Forces Day</p> <ul style="list-style-type: none"> ■ 9:30 Brain Fitness Activity Packets (E&P Table) ■ 10:00 Exercise Video: Sit & Be Fit (T) ■ 2:00 Netflix Series: Sweet Magnolias (T) ■ 3:00 Bingo (EDR) ■ 7:00 Movie Night: "Safe Haven" (T)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>9:00 Chicken Soup for the Soul: "Remember to Remember You" (E&P Table)</p> <p>10:15 Catholic Communion Service w/ St. Matthews (C)</p> <p>11:00 Virtual Church Service (Lifechurch.tv & Theater)</p> <p>2:00 Walking Group (ML)</p>	<p>17</p> <p>9:30 Weekly Chronicles (E&P Table)</p> <p>10:00 Cooking with Terri (C)</p> <p>VI 2:00 Yoga for Daily Life Movement (C)</p> <p>3:00 Spring Bingo Tournament-Sign Up (EDR)</p>	<p>18</p> <p>10:00 Exercise Video-Chair Dancing (C)</p> <p>1:00 Tech Help-Sign up at the E&P Table</p> <p>3:00 Grab & Go-Make Your Own Sundae (ML)</p> <p>4:00 Happy Birthday, Perry Como! Perry Como's Music Hall (T)</p>	<p>19</p> <p>10:00 Spring Poetry Reading (C)</p> <p>10:30 Catholic Mass (C)</p> <p>1:00 Garden Club-Giggles in the Garden & Helping MC (SL)</p> <p>V 2:00 Family Greetings w/Bomb Bomb (Room to Room)</p> <p>2:00 Feeling Fit Class w/Legacy (C)</p> <p>3:00 Bible Study w/Pastor Jen from</p>	<p>20</p> <p>10:00 Crystal Growing Science Experiment (C)</p> <p>2:00 Zumba Class w/Instructor Kimberly (C)</p> <p>3:00 Audio Book Club: "Home Work by Julie Andrews" (T)</p>	<p>21</p> <p>10:00 Gentle, Seated Tai Chi (C)</p> <p>10:45 National Waiter & Waitress Day-Making Placements (C)</p> <p>2:00 Rummikub (C)</p> <p>3:00 Entertainment: Mark Gordon Gaskill (B)</p> <p>3:30 Happy Hour-Pick Up (ML)</p> <p>7:00 Movie Night: "The High Note" (T)</p>	<p>22</p> <p>9:30 Brain Fitness Activity Packets (E&P Table)</p> <p>10:00 Exercise Video: Sit & Be Fit (T)</p> <p>2:00 Netflix Series: Sweet Magnolias (T)</p> <p>3:00 Bingo (EDR)</p> <p>7:00 Movie Night: "Just Mercy" (T)</p>
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MAY 2021

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday! Helen C. 5/10 Dorothy V. 5/27						1 May Day 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 Aromatherapy & Adult Coloring 1:00 Finish the Phrase 2:00 Kentucky Derby & Mint Juleps 3:00 Afternoon Movie: Secretariat
2 10:00 Virtual Church Service (Joel Osteen Ministries) 11:00 Daily Chronicle & News 1:00 Music Bingo 2:00 B-3 Smoothies 2:30 What am I? Trivia Game 3:30 Fun with Caregivers	3 10:00 Exercise Video: Sherry Zak Morris 10:30 Daily Chronicle & Hydration Station 11:00 Musical Fill In The Word 1:00 Don't Pick My Apple 2:00 B-3 Smoothies 2:30 May IQ 3:00 Ladies Club-Spa Day 3:00 Men's Group-Fishing	4 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 TheraPutty Exercise 1:00 Bowling 2:00 B-3 Smoothies 2:30 Travel Fun-Alabama 3:00 Garden Club	5 Cinco de Mayo 10:00 Meditation & Relaxation 10:30 Daily Chronicle & Hydration Station 11:00 Bell Choir Practice 1:00 Cooking a Spanish Treat 2:00 B-3 Smoothies 2:00 Feeling Fit Class w/Legacy 3:00 Melodic Moments - Cinco de Mayo	6 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 TheraPutty Exercise 1:00 Garden Club 2:00 B-3 Smoothies 3:00 Craft Hour: Mother's Day Apron	7 10:00 Chair Dancing Through the Decades 10:30 Daily Chronicle & Hydration Station 11:00 Hymn Sing Along 1:00 Travel Fun- Alaska 1:30 Bingo 2:00 B-3 Smoothies 3:00 Happy Hour & Music	8 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 Aromatherapy & Adult Coloring 1:00 Finish the Phrase 2:00 B-3 Smoothies 2:30 Noodleball 3:30 Fun with Caregivers
9 Mother's Day 10:00 Virtual Church Service (Joel Osteen Ministries) 11:00 -1:00 PM Mothers Day Brunch Box Celebration-Reservation Required 11:00 Daily Chronicle & News 1:00 Music Bingo 2:00 B-3 Smoothies 2:30 What am I? Trivia Game	10 10:00 Exercise Video: Sherry Zak Morris 10:30 Daily Chronicle & Hydration Station 11:00 Musical By The Letter 1:00 Uno 2:00 B-3 Smoothies 3:00 Cranium Crunches	11 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 TheraPutty Exercise 1:00 Parachute Fun 2:00 B-3 Smoothies 2:30 Travel Fun - Arizona 3:00 Garden Club	12 10:00 Meditation & Relaxation 10:30 Daily Chronicle & Hydration Station 11:00 Bell Choir Practice 1:00 Bingo 2:00 B-3 Smoothies 2:00 Feeling Fit Class w/Legacy 2:30 National Limerick Day- Let's write Limericks 3:00 Melodic Moments	13 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 TheraPutty Exercise 1:00 Canvas Painting- Spring Flowers 2:00 B-3 Smoothies 2:30 Garden Club 3:00 Taste Testing- Fruits	14 10:00 Chair Dancing Through the Decades 10:30 Daily Chronicle & Hydration Station 11:00 Hymn Sing Along 1:00 Don't Pick My Apple 2:00 B-3 Smoothies 3:00 Happy Hour & Music	15 Armed Forces Day 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 Aromatherapy & Adult Coloring 1:00 Cooking Adventure- Chocolate chip cookies 2:00 B-3 Smoothies 2:30 Patriotic Salute to the Armed Forces 3:30 Fun with Caregivers



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16 10:00 Virtual Church Service (Joel Osteen Ministries) 11:00 Daily Chronicle & News 1:00 Music Bingo 2:00 B-3 Smoothies 2:30 Travel Fun- Arkansas 3:30 Fun with Caregivers	17 10:00 Exercise Video: Sherry Zak Morris 10:30 Daily Chronicle & Hydration Station 1:00 "You've Got Nails" 2:00 B-3 Smoothies 2:30 Name Ten 3:00 Golf/Putting Fun	18 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 TheraPutty Exercise 1:00 Cornhole 2:00 B-3 Smoothies 2:30 Madlib 3:00 Garden Club	19 10:00 Meditation & Relaxation 10:30 Daily Chronicle & Hydration Station 11:00 Bell Choir Practice 1:00 Giggles in the Garden w/IL 2:00 B-3 Smoothies 2:00 Feeling Fit Class w/Legacy 3:00 Melodic Moments	20 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 TheraPutty Exercise 1:00 Garden Club 1:30 Pick A Penny 2:00 B-3 Smoothies 2:30 Let's Take A Trip - California 3:30 Feel Good Stories You May Have Missed	21 10:00 Chair Dancing Through the Decades 10:30 Daily Chronicle & Hydration Station 11:00 Hymn Sing Along 1:00 Paint By Number 2:00 B-3 Smoothies 3:00 Happy Hour & Music	22 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 Aromatherapy & Adult Coloring 1:00 Finish the Phrase 2:00 B-3 Smoothies 2:30 Noodleball 3:30 Fun with Caregivers
23 10:00 Virtual Church Service (Joel Osteen Ministries) 11:00 Daily Chronicle & News 1:00 Music Bingo 2:00 B-3 Smoothies 2:30 What am I? Trivia Game 3:30 Fun with Caregivers	24 10:00 Exercise Video: Sherry Zak Morris 10:30 Daily Chronicle & Hydration Station 11:00 Music By The Decade 1:00 Scavenger Hunt 2:00 B-3 Smoothies 2:30 Art Project: Eyedropper Daisies 3:00 Crystal Growing Science Experiment	25 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 TheraPutty Exercise 1:00 Putting Challenge 2:00 B-3 Smoothies 3:00 Drama Club 3:30 Garden Club	26 10:00 Meditation & Relaxation 10:30 Daily Chronicle & Hydration Station 11:00 Bell Choir Practice 1:00 Bingo 2:00 B-3 Smoothies 2:00 Feeling Fit Class w/Legacy 3:00 Melodic Moments	27 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 TheraPutty Exercise 1:00 Garden Club 1:30 Grocery Game 2:00 B-3 Smoothies 3:00 Ladies Club - Quilts 3:00 Men's Club- The Magnificent Seven	28 10:00 Chair Dancing Through the Decades 10:30 Daily Chronicle & Hydration Station 11:00 Hymn Sing Along 2:00 B-3 Smoothies 3:00 Happy Hour & Music	29 10:00 Morning Stretches 10:30 Daily Chronicle & Hydration Station 11:00 Aromatherapy & Adult Coloring 1:00 Finish the Phrase 2:00 B-3 Smoothies 2:30 Noodleball 3:30 Fun with Caregivers
30 10:00 Virtual Church Service (Joel Osteen Ministries) 11:00 Daily Chronicle & News 1:00 Music Bingo 2:00 B-3 Smoothies 2:30 What am I? Trivia Game 3:30 Fun with Caregivers	31 Memorial Day 10:00 Exercise Video: Sherry Zak Morris 10:30 Daily Chronicle & Hydration Station 11:00 Memorial Day- Veterans Stories 2:00 B-3 Smoothies 3:00 Afternoon Movie: Residents Choice					Debbie Zimmerer Memory Care Program Coordinator Dzimmerer@ Spectrumretirement.com

The Community reserves the right to modify the contents of this activity calendar at any time without notice.