



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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May 2024

Langdon House

			1 May Day 10:30 Chair Yoga & Silver Steppers 12:30 Elvis Concert 1:30 May Day Basket Activity 3:30 Coffee & Conversations	2 10:30 Strength Training & Bean Bag Toss 12:30 Score—A Film Music Documentary 1:30 Cupcake Liner Daisies 3:30 Fruit & Fun	3 Celebrate Cinco De Mayo 10:30 Chair Yoga & Silver Steppers 12:30 ELO Concert 1:30 Floral Wreaths 3:30 Happy Hour 	4 10:00 Daily Devotionals 1:00 Group Chair Exercise 3:00 Floral Coloring 6:30 Welk Show
5 10:00 Virtual Church Service 1:00 Group Chair Exercise 3:00 Snacks and Reminisce 6:00 Cinematic Sunday: Silverado	6 10:30 Chair Yoga & Silver Steppers 11:00 Monday Prayers 12:30 Patsy Cline Music 1:30 Sponge Painting 3:30 Card Games—Go Fish!	7 10:30 Strength Training & Noodleball 12:30 Sports TV—Baseball 1:30 Glamour Nails 3:30 Bible Reading	8 10:30 Chair Yoga & Silver Steppers 12:30 CCR Concert 1:30 Bingo 3:30 Trivia 	9 10:30 Strength Training & Bean Bag Toss 12:30 Real History of the Roaring 20s Documentary 1:30 Sugar Cookie Baking 2:15 Scenic Drive	10 10:30 Chair Yoga & Silver Steppers 11:30 Friends & Family Mother's Day Lunch 12:30 Beatles Concert 1:30 Thumb Print Hearts 3:30 Happy Hour	11 10:00 Daily Devotionals 1:00 Group Chair Exercise 3:00 Landscape Coloring 6:30 Welk Show
12 Mother's Day 10:00 Virtual Church Service 1:00 Group Chair Exercise 3:00 Snacks and Reminisce 6:00 Cinematic Sunday: The Sting 	13 10:30 Chair Yoga & Silver Steppers 11:00 Monday Prayers 12:30 Golden Oldies Music 1:30 Mother's Day Tea Party 3:30 Card Games—War	14 10:30 Strength Training & Noodleball 12:30 Sports TV-Golf 1:30 Gardening Club 3:30 Bible Reading	15 10:30 Chair Yoga & Silver Steppers 12:30 Aretha Franklin Concert 1:30 Mason Jar Centerpieces 3:30 Coffee & Conversation	16 10:30 Strength Training & Bean Bag Toss 12:30 Ancient History Documentary 1:30 Rock Painting 3:30 Fruit & Fun	17 10:30 Chair Yoga & Silver Steppers 12:30 Roger Miller Music 1:30 Floral Water Color Art 3:30 Happy Hour	18 10:00 Daily Devotionals 1:00 Group Chair Exercise 3:00 Garden Coloring 6:30 Welk Show
19 10:00 Virtual Church Service 1:00 Group Chair Exercise 3:00 Snacks and Reminisce 6:00 Cinematic Sunday: The Lion King	20 10:30 Chair Yoga & Silver Steppers 11:00 Monday Prayers 12:30 Jazz Music 1:30 Circle Sponge Tree Paining 3:30 Card Games—Crazy 8	21 10:30 Strength Training & Noodleball 12:30 Sports TV-Bowling 1:30 Glamour Nails 3:30 Bible Reading	22 10:30 Chair Yoga & Silver Steppers 12:30 Buddy Holly Concert 1:30 Bingo 3:30 Trivia 	23 10:30 Strength Training & Bean Bag Toss 12:30 Real History of the 1960's Documentary 1:30 Cholate Chip Cooking Baking 2:15 Scenic Drive	24 10:30 Chair Yoga & Silver Steppers 12:30 Johnny Cash Concert 1:30 Stencil Art 3:30 Happy Hour	25 10:00 Daily Devotionals 1:00 Group Chair Exercise 3:00 Flag Coloring 6:30 Welk Show
26 10:00 Virtual Church Service 1:00 Group Chair Exercise 3:00 Snacks and Reminisce 6:00 Cinematic Sunday: Rescued by Ruby 	27 Memorial Day 10:30 Chair Yoga & Silver Steppers 11:00 Monday Prayers 12:30 Memorial Day Music 1:30 Popsicle Flags 3:30 Card Games—Old Maid	28 10:30 Strength Training & Noodleball 11:30 Friends & Family Memorial Day Lunch 12:30 Sports TV-Greatest Quarter Backs All Time 1:30 Gardening Club 3:30 Bible Reading	29 10:30 Chair Yoga & Silver Steppers 12:30 Eric Clapton Concert 1:30 Name that Flower & Art 3:30 Coffee & Conversation	30 10:30 Strength Training & Bean Bag Toss 12:30 The Gilded Age Documentary 1:30 Flower Power Art 3:30 Fruit & Fun	31 10:30 Chair Yoga & Silver Steppers 12:30 Frank Sinatra Concert 1:30 Tissue Paper Watercolor 3:30 Happy Hour	