



MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May is: <ul style="list-style-type: none"> Mental Health Awareness Month Blood Pressure Education Month Older American's Month 		Happy Birthday! Glenn S. – May 12 th Elma S. – May 17 th Christine G. – May 17 th Dorothy J. – May 21 st Nancy B. – May 26 th Barbara N. – May 29 th		1 Morning: Coffee social, Daily Chronicle Daily Devotions Engagement Bins Afternoon: Baking Buddies: Fiesta Pinwheels Balloon Volleyball Heritage Hikers	2 Morning: Coffee social, Daily Chronicle Heart Healthy Exercise Glitz & Glamour (Nail Care) Afternoon: Kentucky Derby Happy Hour Heritage Hikers Sunshine Circle	KENTUCKY DERBY DAY 3 Morning: Coffee social, Daily Chronicle Stretching Saturdays Afternoon: Engagement Bins Heritage House Calls (1:1) Table Games & Fun!
4 Morning: Coffee social, Daily Chronicle Stretching Sundays Catholic Church Service Afternoon: Movie Matinee & Popcorn Sundaes on Sunday	CINCO DE MAYO 5 Morning: Coffee social, Daily Chronicle Motivational Monday Exercise Glitz & Glamour (Nail Care) Afternoon: 2pm Cinco de Mayo Social- EC1 Heritage Hikers	NURSE'S WEEK 6 Morning: Coffee social, Daily Chronicle SingFit! Tuesday Trivia Afternoon: Tai Chi Tuesdays Crafting Corner: Cinco De Mayo Taco	7 Morning: Coffee social, Devotions Walk It Out Wednesday Armchair Travel: Rome Afternoon: Word Games! Courtyard Crew Heritage House Calls (1:1)	8 Morning: Coffee social, Daily Chronicle Daily Devotions Engagement Bins Afternoon: Baking Buddies: Banana Pudding Balloon Volleyball Heritage Hikers	9 Morning: Coffee social, Daily Chronicle Heart Healthy Exercise Glitz & Glamour (Nail Care) Afternoon: Michael Tierney Music Heritage Hikers Sunshine Circle	10 Morning: Coffee social, Daily Chronicle Stretching Saturdays Drum Circle with Daniel Hayes Afternoon: Engagement Bins Heritage House Calls (1:1)
HAPPY MOTHER'S DAY! 11 Morning: Coffee social, Daily Chronicle Stretching Sundays Catholic Church Service Afternoon: Mother's Day Fun & Reminiscing Sundaes on Sunday Mother's Day	12 Morning: Coffee social, Daily Chronicle Motivational Monday Exercise Glitz & Glamour (Nail Care) Afternoon: Rosary Group Lutheran Church Service Heritage House Calls (1:1)	13 Morning: Coffee social, Daily Chronicle SingFit! Tuesday Trivia Afternoon: Tai Chi Tuesdays Crafting Corner: Making Thank You Cards for our Nurses!	RECEPTIONIST'S DAY 14 Morning: Coffee social, Devotions Walk It Out Wednesday Armchair Travel: Iceland Afternoon: Word Games! Courtyard Crew Heritage House Calls (1:1)	15 Morning: Coffee social, Daily Chronicle Daily Devotions Engagement Bins Afternoon: Baking Buddies: Banana Pudding Balloon Volleyball Heritage Hikers	PIZZA PARTY DAY 16 Morning: Coffee social, Daily Chronicle Heart Healthy Exercise Glitz & Glamour (Nail Care) Afternoon: Pizza Party Happy Hour Heritage Hikers Sunshine Circle	17 Morning: Coffee social, Daily Chronicle Stretching Saturdays Afternoon: Engagement Bins Heritage House Calls (1:1) Table Games & Fun!
18 Morning: Coffee social, Daily Chronicle Stretching Sundays Catholic Church Service Afternoon: Movie Matinee & Popcorn Sundaes on Sunday Coloring Club	19 Morning: Coffee social, Daily Chronicle Motivational Monday Exercise Glitz & Glamour (Nail Care) Afternoon: Rosary Group Engagement Bins Heritage House Calls (1:1)	20 Morning: Coffee social, Daily Chronicle SingFit! Tuesday Trivia Afternoon: Tai Chi Tuesdays Crafting Corner: Springtime Birds	21 Morning: Coffee social, Devotions Walk It Out Wednesday Armchair Travel: France Afternoon: Word Games! Courtyard Crew Heritage House Calls (1:1)	22 Morning: Coffee social, Daily Chronicle Daily Devotions Engagement Bins Afternoon: Baking Buddies: Spring Dipped Oreos Balloon Volleyball Heritage Hikers	23 Morning: Coffee social, Daily Chronicle Heart Healthy Exercise Glitz & Glamour (Nail Care) Afternoon: Music Therapy with McKenzie Heritage Hikers Sunshine Circle	24 Morning: Coffee social, Daily Chronicle Stretching Saturdays Afternoon: Engagement Bins Heritage House Calls (1:1) Table Games & Fun!
25 Morning: Coffee social, Daily Chronicle Stretching Sundays Catholic Church Service Afternoon: Movie Matinee & Popcorn Sundaes on Sunday Coloring Club	HAPPY MEMORIAL DAY! 26 Morning: Motivational Monday Exercise Glitz & Glamour (Nail Care) Virtual Memorial Day Concert Afternoon: Rosary Group Lutheran Church Service Memorial Day	27 Morning: Coffee social, Daily Chronicle SingFit! Tuesday Trivia Afternoon: Tai Chi Tuesdays Crafting Corner: Fleece Tie Blanket (with Linda)	HEALTH & FITNESS DAY 28 Morning: Coffee social, Devotions Walk It Out Wednesday Armchair Travel: The Alps Afternoon: Word Games! Courtyard Crew Heritage House Calls (1:1)	29 Morning: Coffee social, Daily Chronicle Daily Devotions Engagement Bins Afternoon: Baking Buddies: Yogurt Parfaits Balloon Volleyball Heritage Hikers	30 Morning: Coffee social, Daily Chronicle Heart Healthy Exercise Glitz & Glamour (Nail Care) Afternoon: TGIF Happy Hour Heritage Hikers Sunshine Circle	31 Morning: Coffee social, Daily Chronicle Stretching Saturdays Afternoon: Engagement Bins Heritage House Calls (1:1) Table Games & Fun!

SPECIAL EVENTS

Family Social: May 5th, Cinco De Mayo Social, 2-3 pm in the EC1 Dining Room

Educational Presentation: Safety First- Senior Safety, 2-3pm in the Pub

**All activities are subject to change when necessary.*

**Residents' families are invited to participate in community events.*

Memory Care

Community Life Enrichment Calendar

HERITAGE
SENIOR LIVING
Aspire | LINCOLN VILLAGE