

# MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Note:</b></p> <p>Popcorn is served daily at 1:30pm. 🍿</p> <p>Daily evening activity stations with staff begin at 6:00pm. 🍷</p>		<p>🎂 <b>Happy Birthday</b> 🎂</p> <p>5/5 Jeanie P.</p>			<p><b>Morning:</b> 1 The Morning Gatherings Spiro Sit &amp; Stretch</p> <p><b>Afternoon:</b> Kentucky Derby Hat Workshop 🎩 Bingo! Heritage House Calls</p>	<p><b>Morning:</b> 2 Coffee &amp; Chronicles Current Events Viewing</p> <p><b>Afternoon:</b> <b>Kentucky Derby Inspired Lunch @12:00pm</b> Heritage House Calls <b>Weekend Watch Party and Popcorn Social</b> 🍿</p>
<p><b>Morning:</b> 3 Coffee &amp; Chronicles Church w/ Messiah Lutheran @ 11:15am</p> <p><b>Afternoon:</b> <b>History Hour in the Dining Room</b> Weekend Wind-Down 🍷</p>	<p><b>Morning:</b> 4 The Morning Gatherings Zumba w/Gloria @10:45am</p> <p><b>Afternoon:</b> Heritage Happy Hour Manicure Monday 🍷 Heritage House Calls</p>	<p><b>Morning:</b> 5 The Morning Gatherings Spiro Sit &amp; Stretch</p> <p><b>Afternoon:</b> <b>Mexican Inspired Lunch @12:00pm</b> <b>Cinco de Mayo Social @2:30pm</b> 🍷 Heritage House Calls</p>	<p><b>Morning:</b> 6 The Morning Gatherings Bible Study w/Mark @10:30am Heritage Hikers</p> <p><b>Afternoon:</b> Room Visits w/Threshold Singers <b>Greenhouse Outing @1:30pm</b> 🌱 Heritage House Calls</p>	<p><b>Morning:</b> 7 The Morning Gatherings SingFit Exercise Session</p> <p><b>Afternoon:</b> <b>Hook, Line, and Hangout: May Men's Club Program @2:30pm</b> 🍷 Heritage House Calls</p>	<p><b>Morning:</b> 8 The Morning Gatherings Spiro Sit &amp; Stretch</p> <p><b>Afternoon:</b> Courtyard Crew 🌿 Watercolor Paintings Heritage House Calls</p>	<p><b>Morning:</b> 9 Coffee &amp; Chronicles Current Events Viewing</p> <p><b>Afternoon:</b> Heritage House Calls <b>Weekend Watch Party and Popcorn Social</b> 🍿 Afternoon Brain Sparks</p>
<p><b>Morning:</b> 10 Coffee &amp; Chronicles Church w/ Messiah Lutheran @ 11:15am</p> <p><b>Afternoon:</b> <b>Mother's Day Lunch @12:00pm</b> <b>History Hour in the Dining Room</b> Weekend Wind-Down 🍷 <b>Mother's Day</b></p>	<p><b>Morning:</b> 11 <b>Mother's Day Morning Spa Stations</b> Zumba w/Gloria @10:45am</p> <p><b>Afternoon:</b> <b>Mother's Day Relaxation Social</b> 🌸 <b>Mother's Day Glam Shots</b> Heritage House Calls</p>	<p><b>Morning:</b> 12 Catholic Communion @9:45am The Morning Gatherings Spiro Sit &amp; Stretch</p> <p><b>Afternoon:</b> <b>Garden Club: Flower Bed Planting</b> 🌻 Heritage House Calls</p>	<p><b>Morning:</b> 13 The Morning Gatherings Heritage Hikers</p> <p><b>Afternoon:</b> Courtyard Crew 🌿 Garden Markers Craft Heritage House Calls</p>	<p><b>Morning:</b> 14 The Morning Gatherings SingFit Exercise Session</p> <p><b>Afternoon:</b> <b>Portugal Inspired Lunch @12:00pm</b> <b>Travel Club: Portugal @2:00pm</b> 🇵🇹 Heritage House Calls</p>	<p><b>Morning:</b> 15 The Morning Gatherings Spiro Sit &amp; Stretch</p> <p><b>Afternoon:</b> <b>May Birthday Bash @2:00pm</b> 🎂 Bingo! Heritage House Calls</p>	<p><b>Morning:</b> 16 Coffee &amp; Chronicles Current Events Viewing</p> <p><b>Afternoon:</b> Heritage House Calls <b>Weekend Watch Party and Popcorn Social</b> 🍿 Afternoon Brain Sparks</p>
<p><b>Morning:</b> 17 Coffee &amp; Chronicles Church w/ Messiah Lutheran @ 11:15am</p> <p><b>Afternoon:</b> <b>History Hour in the Dining Room</b> Weekend Wind-Down 🍷</p>	<p><b>Morning:</b> 18 The Morning Gatherings Zumba w/Gloria @10:45am</p> <p><b>Afternoon:</b> Heritage Happy Hour Manicure Monday 🍷 Heritage House Calls</p>	<p><b>Morning:</b> 19 Dementia Support Group @10:00am The Morning Gatherings Spiro Sit &amp; Stretch</p> <p><b>Afternoon:</b> <b>Resident Council @1:30pm</b> Afternoon Zumba w/Natalie 🌻 Heritage House Calls</p>	<p><b>Morning:</b> 20 The Morning Gatherings Bible Study w/Mark @10:30am Heritage Hikers</p> <p><b>Afternoon:</b> <b>Lunch Outing to Randy's @11:00am</b> Courtyard Crew + Yard Games 🌿 Heritage House Calls</p>	<p><b>Morning:</b> 21 The Morning Gatherings SingFit Exercise Session</p> <p><b>Afternoon:</b> <b>Music w/Larry Radle @2:00pm</b> 🎵 Yarn Wrapping Crafts Heritage House Calls</p>	<p><b>Morning:</b> 22 The Morning Gatherings Spiro Sit &amp; Stretch</p> <p><b>Afternoon:</b> <b>Memorial Day Weekend Kick-Off Lunch @12:00pm</b> Paint and Plant Spring Social 🌸 Heritage House Calls</p>	<p><b>Morning:</b> 23 Coffee &amp; Chronicles Current Events Viewing</p> <p><b>Afternoon:</b> Heritage House Calls <b>Weekend Watch Party and Popcorn Social</b> 🍿 Afternoon Brain Sparks</p>
<p><b>Morning:</b> 24 Coffee &amp; Chronicles Church w/ Messiah Lutheran @ 11:15am</p> <p><b>Morning:</b> 31 Coffee &amp; Chronicles Church w/ Messiah Lutheran @ 11:15am</p>	<p><b>Morning:</b> 25 The Morning Gatherings Zumba w/Gloria @10:45am</p> <p><b>Afternoon:</b> Heritage Happy Hour Manicure Monday 🍷 Heritage House Calls <b>Memorial Day</b></p>	<p><b>Morning:</b> 26 Catholic Communion @9:45am The Morning Gatherings Spiro Sit &amp; Stretch</p> <p><b>Afternoon:</b> <b>Garden Club: Vegetable Bed Planting</b> 🍅 Heritage House Calls</p>	<p><b>Senior Health + Fitness Day!</b> 🏃 27 <b>Morning:</b> The Morning Gatherings + Snack Cups Heritage Hikers + Spiro Sit &amp; Stretch</p> <p><b>Afternoon:</b> Hydration 101 + Infused Water Balloon Tennis + Yard Games Heritage House Calls</p>	<p><b>Morning:</b> 28 The Morning Gatherings SingFit Exercise Session</p> <p><b>Afternoon:</b> <b>May Tea + Gossip @2:30pm</b> 🍵 Floral Paint by Number Craft Heritage House Calls</p>	<p><b>Morning:</b> 29 The Morning Gatherings Spiro Sit &amp; Stretch</p> <p><b>Afternoon:</b> Popcorn + Puzzles Heritage House Calls <b>Annual Friday Night Fish Fry w/ Live Music @5:00pm</b> 🎵</p>	<p><b>Morning:</b> 30 Coffee &amp; Chronicles Current Events Viewing</p> <p><b>Afternoon:</b> Heritage House Calls <b>Weekend Watch Party and Popcorn Social</b> 🍿 Afternoon Brain Sparks</p>

## SPECIAL EVENTS

Greenhouse Outing 5/6 @1:30pm

Annual Friday Night Fish Fry 5/29 @5:00pm

\*All activities are subject to change when necessary. Residents' families are invited to participate in community events.