



MAHWAH ACTIVITIES CALENDAR MAY 2022

LIVING LIFE WELL



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
1 10:00 Spiritual Hour 10:30 Coffee & News 11:00 Balloon Toss & Snacks 1:30 Classic Movie Hour 2:30 Puzzles & Games 3:00 Afternoon Tea	2 9:30 Morning Stretches 10:00 Coffee & News 10:45 Coloring 1:30 Balloon Volleyball 2:00 Bean Bag Toss 3:00 Fruits Snacks & Social Chats	3 9:30 Sit & Fit Exercise 10:00 Table Games 10:45 Fun Trivia 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Relaxation & Snacks	4 10:00 Outside Sports Games 10:30 Matching Card Game 11:00 Relax & Snack 1:30 Hand Massages 2:00 Plant Discussion 3:00 Social Gathering	5 9:30 Deep Breathing Exercise 10:00 Dancing w/ Colorful Scarves 10:45 Movement to music 1:30 Matching & Sorting 2:00 Life Memories 3:00 Poetry Reading	6 10:00 Nail Care & Manicures 10:30 Name That Tune 11:00 Enjoyable Snacks 1:30 Simon Says 2:00 Floral Arrangements 3:00 Chocolate Milk & Cookies	7 10:00 Coffee Klatch 10:30 Poetry Corner 11:00 Hand Massage & Snacks 1:30 Toss Ball 2:00 Short Stories 3:00 Social Gathering
8 Happy Mother Day 10:00 Spiritual Hour 10:30 Coffee & News 11:00 Balloon Toss & Snacks 1:30 Classic Movie Hour 2:30 Puzzles & Games 3:00 Afternoon Tea 4:00 Relaxation & Reflection	9 9:30 Morning Stretches 10:00 Coffee & News 10:45 Coloring 1:30 Balloon Volleyball 2:00 Bean Bag Toss 3:00 Fruits Snacks & Social Chats	10 9:30 Sit & Fit Exercise 10:00 Table Games 10:45 Fun Trivia 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Relaxation & Snacks	11 10:00 Sit & Fit Exercise 10:30 Matching Card Game 11:00 Relax & Snack 1:30 Hand Massages 2:00 Plant Discussion 3:00 Social Gathering	12 9:30 Kick The Bowl 10:00 Dancing w/ Colorful Scarves 10:45 Movement to music 1:30 Matching & Sorting 2:00 Life Memories 3:00 Poetry Reading	13 10:00 Nail Care & Manicures 10:30 Name That Tune 11:00 Enjoyable Snacks 1:30 Simon Says 2:00 Floral Arrangements 3:00 Chocolate Milk & Cookies	14 10:00 Coffee Klatch 10:30 Poetry Corner 11:00 Hand Massage & Snacks 1:30 Toss Ball 2:00 Short Stories 3:00 Social Gathering
15 10:00 Spiritual Hour 10:30 Coffee & News 11:00 Balloon Toss & Snacks 1:30 Classic Movie Hour 2:30 Puzzles & Games 3:00 Afternoon Tea 4:00 Relaxation & Reflection 6:00 Family Movie	16 9:30 Walking Marathon 10:00 Coffee & News 10:45 Coloring 1:30 Balloon Volleyball 2:00 Bean Bag Toss 3:00 Fruits Snacks & Social Chats 6:00 Classic TV	17 9:30 Sit & Fit Exercise 10:00 Table Games 10:45 Fun Trivia 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Relaxation & Snacks 4:00 Name These Animals	18 10:00 Take a walk 10:30 Matching Card Game 11:00 Relax & Snack 1:30 Hand Massages 2:00 Plant Discussion 3:00 Social Gathering 4:00 Words Games	19 9:30 Morning Stretch 10:00 Dancing w/ Colorful Scarves 10:45 Movement to music 1:30 Matching & Sorting 2:00 Life Memories 3:00 Poetry Reading 4:00 Snack Social	20 10:00 Nail Care & Manicures 10:30 Name That Tune 11:00 Enjoyable Snacks 1:30 Simon Says 2:00 Floral Arrangements 3:00 Chocolate Milk & Cookies 4:00 Short Stories	21 10:00 Group Sing-A-Long 10:30 Poetry Corner 11:00 Hand Massage & Snacks 1:30 Toss Ball 2:00 Short Stories 3:00 Social Gathering 4:00 Recipe Discussion
22 10:00 Spiritual Hour 10:30 Coffee & News 11:00 Balloon Toss & Snacks 1:30 Classic Movie Hour 2:30 Puzzles & Games 3:00 Afternoon Tea 4:00 Relaxation & Reflection 6:00 Family Movie	23 9:30 Morning Stretches 10:00 Coffee & News 10:45 Coloring 1:30 Balloon Volleyball 2:00 Bean Bag Toss 3:00 Fruits Snacks & Social Chats 6:00 Classic TV	24 9:30 Bird Watch 10:00 Table Games 10:45 Fun Trivia 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Relaxation & Snacks 4:00 Name These Animals	25 10:00 Sit & Fit Exercise 10:30 Matching Card Game 11:00 Relax & Snack 1:30 Hand Massages 2:00 Plant Discussion 3:00 Social Gathering 4:00 Words Games	26 9:30 Bowling 10:00 Dancing w/ Colorful Scarves 10:45 Movement to music 1:30 Matching & Sorting 2:00 Life Memories 3:00 Poetry Reading 4:00 Snack Social	27 10:00 Nail Care & Manicures 10:30 Name That Tune 11:00 Enjoyable Snacks 1:30 Simon Says 2:00 Floral Arrangements 3:00 Chocolate Milk & Cookies 4:00 Short Stories	28 10:00 Coffee Klatch 10:30 Poetry Corner 11:00 Hand Massage & Snacks 1:30 Toss Ball 2:00 Short Stories 3:00 Social Gathering 4:00 Recipe Discussion
29 10:00 Spiritual Hour 10:30 Coffee & News 11:00 Balloon Toss & Snacks 1:30 Classic Movie Hour 2:30 Puzzles & Games 3:00 Afternoon Tea	30 10:00 Balloon Volley Exercise 11:00 Relaxation & Refreshments 1:30 Fun Arts & Crafts 2:00 Table Games 3:00 Social Hour 4:00 Fun Puzzles	31 10:00 Dancing To The BEAT 11:00 Relaxation & Refreshments 1:30 Deal or No Deal Show 2:00 Baking with Marisol 3:00 Social Hour 4:00 Trivia Time				