




# MAHWAH ACTIVITIES CALENDAR MAY 2023

## LIVING LIFE WELL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><b>1</b> 10:00 Morning Stretch Exercise 11:00 Relaxation &amp; Refreshments 1:30 The Van Martin Show 2:00 Short Stories 3:00 Social Hour <b>OUTSIDE</b> 4:00 Fun Painting 6:00 The Love Boat</p>	<p><b>2</b> 10:00 Movement To MUSIC 11:00 Relaxation &amp; Refreshments 1:30 Spelling Bee Contest 2:00 Life Memories 3:00 Social Hour 4:00 Trivia Time 6:00 Classic Shows</p>	<p><b>3</b> 10:00 Sit &amp; Fit Exercise 11:00 Relaxation &amp; Refreshments 1:30 Brain Buzzing Games with Ann 2:00 Let's Talk About Flowers 3:00 Social Hour 4:00 Words Games 6:00 Pick A Movie ?</p>	<p><b>4</b> 10:00 Yoga 11:00 Relaxation &amp; Refreshments 1:30 Frank Sinatra Concert 2:00 Blowing Bubbles <b>OUTSIDE</b> 3:00 Social Hour 4:00 Name These Colors 6:00 Classical Movie</p>	<p><b>5</b> 10:00 Manicures 11:00 Relaxation &amp; Refreshments 1:30 Talk Show 2:00 Dominoes 3:00 Social Hour 4:00 Gardening 6:00 The Van Dyke Show</p>	<p><b>6</b> 10:30 Dancing 11:00 Relaxation &amp; Refreshments 1:30 Toss Ball 2:00 Short Stories 3:00 Social Gathering 4:00 Recipe Discussion 6:00 Saturday Night Live</p>	
<p><b>7</b> 10:00 Spiritual Hour 11:00 Relaxation &amp; Refreshments 1:30 Simon Says 2:00 Name That Tune 3:00 Social Hour—Easter sweets 4:00 Let's Play Cards 6:00 Karaoke Night</p>	<p><b>8</b> 10:00 Balloon Volley Exercise 11:00 Relaxation &amp; Refreshments 1:30 Andrea Bocelli Musical 2:00 Table Games 3:00 Social Hour 4:00 Fun Puzzles 6:00 Netflix</p>	<p><b>9</b> 10:00 Klatch The Ball 11:00 Relaxation &amp; Refreshments 1:30 Walking Remedy <b>OUTSIDE</b> 2:00 Describe The Seasons 3:00 Social Hour 4:00 Short Stories 6:00 Family Movie</p>	<p><b>10</b> 10:00 Dance To The Rhythm 11:15 MUSIC THERAPY W/MARJIE 1:30 Music Melodies Therapy 2:00 MUSIC THERAPY W/LENNY 3:00 Social Hour 4:00 Who Am I ?? 6:00 Movie At Home</p>	<p><b>11</b> 10:00 Walking Time 11:00 Relaxation &amp; Refreshments 1:30 Reading With Friends 2:00 Name That Smell ? 3:00 Social Hour 4:00 The Chat Room 6:00 Movie Hour</p>	<p><b>12</b> 10:00 Nail Care &amp; Manicures 11:00 Relaxation &amp; Refreshments 1:30 Simon Says 2:00 Floral Arrangements 3:00 Social Hour 4:00 Short Stories 6:00 The Ed Sullivan Show</p>	<p><b>13</b> 10:00 Deep Breathing Exercise 11:00 Relaxation &amp; Refreshments 1:30 Poetry Corner with Ann 2:00 Short Stories 3:00 Social Gathering <b>OUTSIDE</b> 4:00 Recipe Discussion 6:00 At The movies...</p>
<p><b>14</b> 10:00 Spiritual Hour 11:00 Relaxation &amp; Refreshments 1:30 Fun Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Family Movie</p>	<p><b>15</b> 10:00 Morning Stretch Exercise 11:00 Relaxation &amp; Refreshments 1:30 Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Disney Movie</p>	<p><b>16</b> 10:00 Dancing To The BEAT 11:00 Relaxation &amp; Refreshments 1:30 Deal or No Deal Show 2:00 Baking with Marisol 3:00 Social Hour 4:00 Trivia Time <b>OUTSIDE</b> 6:00 Classic Shows</p>	<p><b>17</b> 10:00 Sit &amp; Fit Exercise 11:00 Relaxation &amp; Refreshments 1:30 Hand Massages 2:00 Plant Discussion 3:00 Social Hour 4:00 Words Games 6:00 The Ed Sullivan Show</p>	<p><b>18</b> 10:00 Deep Breathing Exercise 11:00 Relaxation &amp; Refreshments 1:30 Matching Card Game 2:00 Poetry Reading 3:00 Social Hour 4:00 Fun Trivia 6:00 The Beverly Hillbillies</p>	<p><b>19</b> 10:00 Manicures 11:00 Relaxation &amp; Refreshments 1:30 Coloring 2:00 SELF-DEFENSE 3:00 Social Hour 4:00 Stories with Ann 6:00 Friday Show</p>	<p><b>20</b> 10:00 Chair Exercise 11:00 Relaxation &amp; Refreshments 1:30 Plant Flowers 2:00 Name That Song ? 3:00 Social Hour <b>OUTSIDE</b> 4:00 Play Cards with Friends 6:00 Karaoke Night</p>
<p><b>21</b> 10:00 Spiritual Hour 11:00 Relaxation &amp; Refreshments 1:30 Sunday Chats 2:00 Name That Tune 3:00 Social Hour 4:00 Let's Play Cards 6:00 Karaoke Night</p>	<p><b>22</b> 10:00 Balloon Volley Exercise 11:00 Relaxation &amp; Refreshments 1:30 Fun Arts &amp; Crafts 2:00 Table Games <b>OUTSIDE</b> 3:00 Social Hour 4:00 Fun Puzzles 6:00 Classic TV Show</p>	<p><b>23</b> 10:00 Toss Ball 11:00 Relaxation &amp; Refreshments 1:30 Mix &amp; Match Items 2:00 Name That Tune 3:00 Social Hour 4:00 Short Stories 6:00 Movie Night</p>	<p><b>24</b> 10:00 Group Sing-A-Long 11:00 Relaxation &amp; Refreshments 1:30 Fold items 2:00 Nail Care 3:00 Social Hour 4:00 Who Am I ? 6:00 The Van Dyke Show</p>	<p><b>25</b> 10:00 Let's Take a Stroll 11:15 MUSIC THERAPY W/MARJIE 1:30 Finish The Line 2:00 Blowing Bubbles 3:00 Social Hour 4:00 Name These Animals 6:00 Funny Show or Movie !</p>	<p><b>26</b> 10:00 Manicures 11:00 Relaxation &amp; Refreshments 1:30 Watering Flowers <b>OUTSIDE</b> 2:00 Puzzle Arrangements 3:00 Social Hour 4:00 Meditation Moments 6:00 Friday Movie</p>	<p><b>27</b> 10:30 Dancing To The Beat 11:00 Relaxation &amp; Refreshments 1:30 Toss Ball &amp; Catch 2:00 Short Stories 3:00 Social Gathering/ Bird Watch 4:00 Recipe Discussion 6:00 Funny Movie</p>
<p><b>28</b> 10:00 Spiritual Hour 11:00 Relaxation &amp; Refreshments 1:30 Fun Trivia <b>OUTSIDE</b> 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Family Movie</p>	<p><b>29</b> 10:00 Morning Stretch Exercise 11:00 Relaxation &amp; Refreshments 1:30 Trivia 2:00 Short Stories 3:00 Social Hour 4:00 Fun Painting 6:00 Disney Movie</p>	<p><b>30</b> 10:00 Dancing To The BEAT 11:00 Relaxation &amp; Refreshments 1:30 Deal or No Deal Show 2:00 Baking with Marisol 3:00 Social Hour 4:00 Trivia Time 6:00 Classic Shows</p>	<p><b>31</b> 10:00 Sit &amp; Fit Exercise 11:00 Relaxation &amp; Refreshments 1:30 Hand Massages 2:00 Plant Discussion 3:00 Social Hour 4:00 Words Games 6:00 The Ed Sullivan Show</p>			<p><b>ACTIVITIES ARE SUBJECT TO CHANGE.</b></p>