

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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LOCATION KEY
 AN—All Neighborhoods
 RTR—Room to Room
 MA—Mast Auditorium
 FH—Fellowship Hall
 O – Outing
 D— Dale
 MD—Midlothian
 MT— Matoaca

MAY 2026 HEALTHCARE ACTIVITY CALENDAR

ALL ACTIVITIES ARE SUBJECT TO CHANGE

ACTIVITIES TEAM:
 Director: Kayla Roane : CTRS
 Asst Director: Catherine Heard
 Kellie Morris
 Jasmine Bryant
 Jessica White
 Crystal Andino

1
 8:45 Daily Chronicle Pass [AN]
 10:30 Chair Aerobics with Zeta Phi Beta [FH]
 11:00 All About May [FH]
 11:30 Family Feud [FH]
 2:30 Kentucky Derby Social [FH]
 4:00 Friendly Visits [RTR]

2 KENTUCKY DERBY DAY
 8:45 Daily Chronicle Pass [AN]
 10:30 Balloon Volleyball [FH]
 11:00 Linked Senior [FH]
 11:30 Ice Breakers [FH]
 2:30 Movie Matinee [FH]
 4:00 Friendly Visits [RTR]

3
 8:45 Packet/Devotional Pass [RTR]
 10:30 Catholic Communion [RTR]
 10:30 Music and Movement [FH]
 11:00 Brain Teasers [FH]
 2:30 Church Service: Faith Landmark Church [MA]

4 ORANGE JUICE DAY
 8:45 Daily Chronicle Pass [AN]
 10:30 Exercise Circle [FH]
 10:30 Hydration Cart [AN]
 11:00 OJ & Current Events [FH]
 11:30 Scattergories [FH]
 2:30 Bingo MD/MT [FH]
 3:00 Bingo D/B [DALE DINING]
 4:00 Hydration Cart [AN]

5 CINCO DE MAYO
 8:45 Daily Chronicle Pass [AN]
 10:30 Chair Zumba FH
 10:30 Hydration Cart [AN]
 11:00 Brain Games [FH]
 11:15 Craft: Tacos [FH]
 2:30 Cinco De Mayo Party [FH]
 4:00 Hydration Cart [AN]

6
 8:45 Daily Chronicle Pass [AN]
 10:30 Exercise with Sue [FH]
 10:30 Hydration Cart [AN]
 11:00 Bone Health w/ Dieticians [FH]
11:30 Lunch Picnic at Forrest Hill [O]
 2:30 Bingo MD/MT [FH]
 3:00 Bingo D/B [DALE DINING]
 4:00 Hydration Cart [AN]

7
 8:45 Daily Chronicle Pass [AN]
 10:30 Activity Call Out Exercise [FH]
 10:30 Hydration Cart [AN]
 11:00 Woodland Pond Garden Club [FH]
 2:30 Tom May Plays the Flute [FH]
 2:45 Hydration Cart [AN]
 4:00 Friendly Visits [RTR]

8
 8:45 Daily Chronicle Pass [AN]
 10:30 Chair Yoga [FH]
 10:30 Hydration Cart [AN]
 11:00 Manicures and Music [FH]
 2:30 Bingo Store [FH]
 Matoaca, Midlo, Dale

9
 8:45 Daily Chronicle Pass [AN]
 10:30 Balloon Volleyball [FH]
 11:00 Linked Senior [FH]
 11:30 Fact or Crap Trivia [FH]
 2:30 Spring Craft [FH]
 3:00 Reminiscing [FH]
 4:00 Friendly Visits [RTR]

10 MOTHERS DAY
 8:45 Packet/Devotional Pass [RTR]
 10:30 Catholic Communion [RTR]
 10:30 Music and Movement [FH]
 11:00 Linked Senior
 11:00 Mothers Day Chat [FH]
 2:30 Church Service: Mt. Gilead Church [MA]

11 NATIONAL
 8:45 Daily Chronicle Pass [AN]
 10:30 Exercise Circle [FH]
 10:30 Hydration Cart [AN]
 11:00 Flower Arranging [FH]
 11:30 Appreciation Flowers [FH]
 2:30 Mother's Day Tea [FH]

12 NURSING
 8:45 Daily Chronicle Pass [AN]
 10:30 Twister Toss [FH]
 10:30 Hydration Cart [AN]
 11:00 Brain Games [FH]
 11:30 Name that Flower [FH]
 2:00 Ice Cream Truck [Out Front]
 3:00 Craft: Flower Vases [FH]
6:30 Amy Ladd Performs [FH]

13 HOME
 8:45 Daily Chronicle Pass [AN]
 10:30 Exercise with Sue [FH]
 10:30 Hydration Cart [AN]
 11:00 Virtual Travel [FH]
 11:30 Universal Yums [FH]
 2:30 Bingo [MA]
 3:30 Floral Photo Booth [MA]
 4:00 Friendly Visits [RTR]

14 WEEK
 8:45 Daily Chronicle Pass [AN]
 10:30 Scarf Exercise [FH]
 11:00 Flowers in Bloom Planting Group [FH]
12:00 May Luncheon [MA]
 2:30 Deborah & Patrick Sing [FH]
 2:30 Hydration Cart [AN]

15 2026!
 8:45 Daily Chronicle Pass [AN]
 10:30 Kevin Salyer Sings [FH]
 2:30 Paint and Sip [FH]
 3:30 Hydration Cart [AN]

16
 8:45 Packet Pass [AN]
 10:30 Balloon Volleyball [FH]
 11:00 Linked Senior [FH]
 11:30 Ice Breakers [FH]
 2:30 Magazine Hunt [FH]
 3:00 Room Decorations [FH]
 4:00 Friendly Visits [RTR]

17
 8:45 Packet Pass [RTR]
 10:30 Catholic Communion [RTR]
 11:15 Music and Movement [FH]
 11:45 Brain Teasers [FH]
 2:30 Church Service: Amazing Grace World Fellowship [MA]

18 I LOVE REESES DAY
 8:45 Daily Chronicle Pass [AN]
 10:30 Exercise Circle [FH]
 11:00 History of Reese Cup [FH]
 11:30 Reese Cup Tasting [FH]
 2:30 Bingo MD/MT [FH]
 3:00 Bingo D/B [DALE DINING]
 4:00 Friendly Visits [RTR]

19
 8:45 Daily Chronicle Pass [AN]
 10:30 Bowling [FH]
 10:30 Hydration Cart [AN]
 11:00 Brain Games [FH]
 11:15 Craft: Caterpillars [FH]
 2:00 Movie Matinee [FH]
2:30 Outing: Dollar Tree [O]
 4:00 Friendly Visits [RTR]

20
 8:45 Daily Chronicle Pass [AN]
 10:30 Exercise with Sue [FH]
 10:30 Hydration Cart [AN]
 11:00 Manicures and Music [FH]
 2:00 Hydration Cart [AN]
 2:30 Bingo MD/MT [FH]
 3:00 Bingo D/B [DALE DINING]
 4:00 Friendly Visits [RTR]

21
 8:45 Daily Chronicle Pass [AN]
 10:30 Parachute Exercise [FH]
 11:00 Bingo Store on Wheels Dale, Matoaca, Midlo [RTR]
 2:30 Resident Council [FH]
 2:30 Hydration Cart [AN]
 4:00 Porch Charts [Unit Patio]

22
 8:45 Daily Chronicle Pass [AN]
 10:30 Chair Yoga [FH]
 11:00 Hydration Cart [FH]
 11:00 Wheel of Fortune [FH]
 11:30 Getting to Know You [FH]
 2:30 Horseracing [FH]
 4:00 Friendly Visits [RTR]

23
 8:45 Daily Chronicle Pass [AN]
 10:30 Balloon Volleyball [FH]
 11:00 Linked Senior [FH]
 11:30 Ice Breakers [FH]
 2:30 Higher or Lower [FH]
 3:15 Urban Myths [FH]
 3:30 Dear Abby [FH]
 4:00 Friendly Visits [RTR]

24
 8:45 Packet/Devotional Pass [RTR]
 10:30 Catholic Communion [RTR]
 11:15 Music and Movement [FH]
 11:45 Brain Teasers [FH]
 2:30 Church Service: New Hope Church [MA]

25 MEMORIAL DAY
 8:45 Packet Pass [RTR]
 11:15 Exercise Circle [FH]
 11:45 Patriotic Trivia [FH]
 2:00 Patriotic Tunes [FH]
 2:30 Patriotic Word Games [FH]

26
 8:45 Daily Chronicle Pass [AN]
 10:30 Exercise Wheel [FH]
 10:30 Hydration Cart [AN]
 11:00 Brain Games [FH]
 11:15 Craft: Bird Houses [FH]
2:30 Joy Ride [O]
 2:30 Horseracing [FH]
 4:00 Friendly Visits [RTR]

27
 8:45 Daily Chronicle Pass [AN]
 10:30 Fun Drum w/ Terrie [FH]
 10:30 Hydration Cart [AN]
 11:30 Food Club: Smoothies [FH]
 2:00 Hydration Cart [AN]
 2:30 Bingo MD/MT [FH]
 3:00 Bingo D/B [DALE DINING]

28
 8:45 Daily Chronicle Pass [AN]
 10:30 Football Toss [FH]
 10:30 Hydration Cart [AN]
 11:00 Finish the Lyrics [FH]
 11:30 Penny Toss Prize Game [FH]
2:30 Joy Ride [O]
 2:30 David Wolfe Performs [FH]
 4:00 Friendly Visits [RTR]

29
 8:45 Daily Chronicle Pass [AN]
 10:30 Chair Yoga [FH]
 10:30 Hydration Cart [AN]
 11:00 The Price is Right [FH]
 11:30 Family Feud [FH]
 2:30 May Birthday Party [FH]
 4:00 Friendly Visits [RTR]

30
 8:45 Daily Chronicle Pass [AN]
 10:30 Balloon Volleyball [FH]
 11:00 Linked Senior [FH]
 11:30 Fact or Crap Trivia [FH]
 2:00 Bingo MD/MT [FH]
 3:15 Bingo D/B [DALE DINING]

31
 8:45 Packet/Devotional Pass [RTR]
 10:30 Catholic Communion [RTR]
 10:30 Music and Movement [FH]
 11:00 Brain Teasers [FH]
 2:30 Church Service: Nazarene Church [MA]

