

May 2023 Wellness Centers Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Scramble 11:30-12:00 Stretching 12:00-12:45 Lunch 12:45-1:30 Coloring/Word Search 1:30-1:45 Joke of the Day (B-wood)	2). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Walking 12:00-12:45 Lunch 12:45-1:30 Name 5 1:30-1:45 Points to Ponder (Hopkins)	3). 10:00-11:00 Coffee and Socializing 11:00-11:30 Maze Craze 11:30-12:00 Bean Bag Toss 12:00-12:45 Lunch 12:45-1:30 Cup Stacking/Yes-No	4). 10:00-11:00 Coffee and Socializing 11:00-11:30 Arthritis Exercise 11:30-12:00 Order Up 12:00-12:45 Lunch 12:45-1:30 Dice Delight/Simon Says	5). <i>Center Closed</i> <i>(Staff CPR training and discussion about Spring Fling)</i>
8). 10:00-11:00 Coffee and Socializing 11:00-11:30 Everybody Knows 11:30-12:00 Arthritis Exercise 12:00-12:45 Lunch 12:45-1:30 Family Feud/Wellness Tip 1:30-1:45 Quote of the Day (B-wood)	9). 10:00-11:00 Coffee and Socializing 11:00-11:30 Rebus 11:30-12:00 Sit and be Fit 12:00-12:45 Lunch 12:45-1:30 Concentration/Coloring 1:30-1:45 Everybody Knows (Columbia)	10). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep in your Step 11:30-12:00 BINGO 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30-1:45 Wellness Tip	11). 10:00-11:00 Coffee and Socializing 11:00-11:30 Brain Buster 11:30-12:00 Finish the Phrase 12:00-12:45 Lunch 12:45-1:45 Hot Potato	12). Movie Day
15). 10:00-11:00 Coffee and Socializing 11:00-11:30 Price is Right 11:30-12:00 Simon Says/ Word Search 12:00-12:45 Lunch 12:45-1:30 Arthritis Exercise 1:30-1:45 Joke of the Day (B-wood)	16). Sitewide Activity at Blythewood Wellness Center from 10:00-2:00. SPRING FLING	17). 10:00-11:00 Coffee and Socializing 11:00-11:30 Tangrams 11:30-12:00 Six Squares 12:00-12:45 Lunch 12:45-1:30 Rocking With The Rhythm 1:30-1:45 Points to Ponder	18). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Scramble 11:30-12:00 Arthritis Exercise 12:00-12:45 Lunch 12:45-1:30 Coloring/Word Search 1:30-1:45 Team 21	19). Movie Day
22). 10:00-11:00 Coffee and Socializing 11:00-11:30 Word Search 11:30-12:00 The Game of Things 12:00-12:45 Lunch 12:45-1:30 Arthritis Exercise 1:30-1:45 Points to Ponder (B-wood)	23). 10:00-11:00 Coffee and Socializing 11:00-11:30 Pep In Your Step 11:30-12:00 Beach Volleyball 12:00-12:45 Lunch 12:45-1:30 Concentration 1:30-1:45 Joke of the Day (Columbia)	24). Client's Choice	25). 10:00-11:00 Coffee and Socializing 11:00-11:30 Arthritis Exercise 11:30-12:00 Hidden Pictures 12:00-12:45 Lunch 12:45-1:30 Hangman 1:30-1:45 Nutrition News	26). Movie Day
29). MEMORIAL DAY Center Closed 	30). 10:00-11:00 Coffee and Socializing 11:00-11:30 BINGO 11:30-12:00 Anagram 12:00-12:45 Lunch 12:45-1:30 Who Said It 1:30-1:45 What Is It (Hopkins)	31). 10:00-11:00 Coffee and Socializing 11:00-11:30 Dynabands 11:30-12:00 Relays 12:00-12:45 Lunch 12:45-1:30 Tangrams		 Empowering seniors to remain healthy & independent

