

# MC May 2023

· MONDAY ·

**9:30**  
Fitness is Golden  
**10:15**  
This Day in History  
**10:30**  
Music: Sing A Long  
**1:15**  
Walking Club  
**2:00**  
Dice Game  
**3:00**  
Snack/Hydration &  
Color Therapy

· TUESDAY ·

**9:30**  
Fitness Is Golden  
**10:15**  
This Day in History  
**10:30**  
Baking w/ Friends  
**1:15**  
Walking Club  
**2:00**  
Craft  
**3:00**  
Snack/Hydration &  
Hand Massages

· WEDNESDAY ·

**9:30**  
Fitness is Golden  
**10:15**  
This Day in History  
**10:30**  
Words Games  
**1:15**  
Walking Club  
**2:00**  
Bingo  
**3:00**  
Snack/Hydration &  
Color Therapy

\*\*\*ALL ACTIVITES  
ARE SUBJECT TO  
CHANGE\*\*\*

· THURSDAY ·

**9:30**  
Fitness is Golden  
**10:15**  
This Day in History  
**10:30**  
Trivia/ Short Stories  
**1:15**  
Walking Club  
**2:00**  
Nifty Nails  
**3:00**  
Snack/Hydration &  
Card Game

· FRIDAY ·

**9:30**  
Fitness is Golden  
**10:15**  
This Day in History  
**10:30**  
Music: Sing A Long  
**1:15**  
Walking Club  
**2:00**  
Horse Races/Bowling  
**3:00**  
Snack/ Hydration &  
Color Therapy