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MAY 2019 • BLOSSOM AND BLOOM



Outdoor Safety Tips

Sunshine and warm temperatures lure many of us outdoors this time of year. Keep these safety tips in mind when you head outside:

Stay out of the sun — If possible, avoid the sun when it's at its hottest, from 10 a.m. to 4 p.m. Instead, plan outdoor activities for the early morning or evening, when it's cooler. If you do go out during the heat of the day, try to stay in shaded areas.

Use sunscreen — Protect your skin by slathering on sunscreen with a sun protection factor of 30 or higher every two hours. Reapply it more often if you are swimming or perspiring.

Dress appropriately — To help stay cool, wear lightweight, loose-fitting clothing in light colors. A wide-brimmed hat and sunglasses will provide added sun protection.

Stay hydrated — Drink plenty of water and decaffeinated beverages throughout the day, and don't wait until you are thirsty to reach for a glass. Fruits and vegetables are also good sources of fluids.

The History of Memorial Day

Observed with ceremonies and parades, Memorial Day honors the men and women who gave their lives while serving in the U.S. military.

After the Civil War ended in 1865, people in various cities began decorating the graves of fallen soldiers with flowers, flags and wreaths. This inspired Maj. Gen. John A. Logan, the head of a veterans organization, to designate May 30, 1868, as Decoration Day, a national day of remembrance. It's believed that date was chosen because it didn't fall on the anniversary of any battle, and spring flowers would be in bloom all over the country.

On that first Decoration Day, a large ceremony was held at Arlington National Cemetery in Washington, D.C. Officials gave speeches, and more than 5,000 people placed small American flags on the graves of 20,000 Civil War soldiers.

After World War I, Decoration Day was expanded to honor fallen soldiers from all wars. An act of Congress officially renamed it Memorial Day in 1967, and one year later, a public law made it a federal holiday to be celebrated on the last Monday in May.



The World Series of Birding

Avid birders from across the country and the world will flock to New Jersey this month for the World Series of Birding.

The competition, sponsored by the New Jersey Audubon Society, has taken

place annually since 1984 on a Saturday in May. Called the Big Day, it coincides with the peak of spring migration. The state, with its diverse habitats, is a popular pit stop for many bird species.

Armed with binoculars and telescopes, teams in adult and youth categories have 24 hours to identify as many species as they can by sight and sound. They can choose to travel the entire state, scour a single county, or stay in a 17-foot circle and let the birds come to them. They can also bird by bike or boat. Along with strict rules, team counts rely on the honor system. Organizers say "a birder's word is his bond."

At day's end, teams gather at Cape May, N.J., the series' headquarters. Results are tallied, and the winners earn a trophy — and bragging rights to crow about. The average team total is 165 species, and the event record is 232 species.

Along with celebrating birding and contributing to scientific research, the series raises money for wildlife conservation. About \$9 million in team pledges has been donated since the competition began.



Dip Into Guacamole

Paired with tortilla chips, guacamole is often dished up at restaurants and parties. Though its popularity has risen in recent decades, the history of the dip can be traced back hundreds of years.

The Aztecs, who lived in central Mexico beginning in the 14th century, were the first to combine mashed avocados, tomatoes, chili peppers, onions and salt, naming the concoction *ahuacamolli*, which means "avocado sauce." After avocado trees were brought to California in the late 1800s, guacamole eventually made its way to diners' tables across the U.S.

Traditional recipes have not changed much since the Aztecs' invention. Regional variations and personal preferences result in nearly endless flavor combinations, with bacon, corn and mango just a few of the ingredients that can add a taste twist. Guacamole is most often eaten as a dip for chips and vegetables, but it's also used as a condiment on tacos, burritos, burgers, sandwiches and salads.

80 Years of Batman

In May 1939, DC Comics introduced a new superhero. Celebrate 80 years of Batman with these facts about the Caped Crusader:

- Created by artist Bob Kane and writer Bill Finger, the crime fighter disguised as a bat debuted in "Detective Comics" No. 27.
- Batman's alter ego is Bruce Wayne, a billionaire philanthropist whose parents were killed by a thief when he was a child. He vowed to avenge their deaths by spending the rest of his life fighting criminals in Gotham City.
- Unlike many superheroes, Batman does not have any superpowers. He uses physical strength, intelligence, detective skills and technology to defeat villains.
- The winged design of his cape was inspired by Leonardo da Vinci's "flying machine" sketches.
- His original sidekick, Robin, the Boy Wonder, was introduced in 1940 as orphaned circus acrobat Dick Grayson. Batman took him under his wing, and the Dynamic Duo was born.
- Batman's many foes include the Joker, the Riddler, Penguin, Poison Ivy and Mr. Freeze.
- The Batmobile wheeled into action in 1941. Before that, Batman drove a red sedan.
- Campy and comical, the "Batman" TV series, premiering in 1966, starred Adam West and attracted a new generation of fans.



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Activity Kitchen, AK Ballroom, BR Chapel, CH Den, Den Front Desk, FD Legacy Healthcare (Third Floor), LH Living Room, LR Mason's Restaurant, MR	Memory Care Courtyard, MC Old Grout Pub, OG Pioneer Bistro, PB Pool Courtyard, PC PrimeFit, PF Private Dining Room, PDR The Lodge, Lodge Theater, TH	Transportation Monday, First Monday ONLY at 10 a.m.: Walgreens/Dollar Store Monday, 2 p.m.: Super Target/Library Thursday, 10 a.m.: King Soopers Grocery Thursday, 10:30 a.m.: Safeway Grocery Sunday, 9 a.m.: Various Churches Sunday, 1:30 p.m.: King Soopers Grocery Sunday, 2 p.m.: Safeway Grocery	MAY DAY 9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 10:15 Excursion: MoAFC;Mask Exhibit, FD 1:30 Bingo, .25, OG 2:00 Euchre: Resident Led, OG 3:00 Furry Friend Visit: Cubby, LR 3:00 Technology Help, PB 4:00 Flower Arrangement, AK 6:00 Cribbage: Resident Led, PB 7:00 Movie Night, TH	9:15 Fusion Fit & Balance, BR 10:00 Book Club, PB 12:30 Thursday Matinee, TH 12:30 Shopping Outing: Flatirons, FD 2:00 Hearts, OG 2:30 Ping-Pong, PF 2:30 Singalong, CH 4:00 Line Dancing, PF 7:00 Movie Night, TH	8:15 MacKenzie Trail Walkers, FD 9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 10:30 Knitting & Crochet, Den 2:00 Skip-Bo, PB 4:30 Happy Hour: Gary Camp Rock N Roll Band, BR 7:00 Movie Night, TH	10:00 Beginners' Tai Chi, PF 11:15 Balloon Volleyball, BR 12:00 Lunch Outing, FD 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 5:30 Centennial Children's Chorus: Lincoln Center, FD 7:00 Movie Night, TH
10:30 Sunday Family Brunch, MR 10:30 Live Church Services with Timberline, TH 11:30 Isaac at the Piano 2:15 Dealer's Choice Poker, OG 3:00 Lecture Series, TH 7:00 Movie Night, TH	9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 10:00 Mexican Train Dominoes, PB 10:30 Bible Study, AK 11:15 Balloon Volleyball, BR 11:15 BLOOD PRESSURE CHECKS, LH 2:00 Just for Fun Bingo, PB 3:20 Texas Hold 'Em, AK 7:00 Movie Night, TH	9:15 Fusion Fit & Balance, BR 11:00 TED Talk Tuesday, TH 12:00 Steve Ambrose on Piano, LR 1:00 Contract Bridge, PB 3:00 Men's Coffee, OG 3:00 Ladies' Mother's Day Tea, BR 4:00 Line Dancing, PF 4:00 Presentation: Croatia in Pictures, TH 7:00 Movie Night, TH	9:15 Strengthen & Move, BR 9:30 Excursion: Liberty Puzzle Factory, FD 10:00 Aqua Fitness, PF 12:30 Music with Scott Jensen, LR 1:30 Bingo, .25, OG 2:00 Euchre: Resident Led, OG 4:00 Wine & Cheese Social, OG 6:00 Cribbage: Resident Led, PB 7:00 Movie Night, TH	9:15 Fusion Fit & Balance, BR 10:00 Book Club, PB 11:00 Catholic Communion Service, CH 11:00 Presentation: Sculpture Artist, Shelley Kerr, PB 12:30 Thursday Matinee, TH 2:00 Hearts, OG 2:30 Ping-Pong, PF 2:30 Singalong, CH 4:00 Line Dancing, PF 7:00 Movie Night, TH	8:15 MacKenzie Trail Walkers, FD 9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 10:30 Knitting & Crochet, Den 11:15 Presentation:Healthy Cooking Made Friendly, AK 2:00 Skip-Bo, PB 4:30 Happy Hour: Harris & Harris, BR 7:00 Movie Night, TH	10:00 Beginners' Tai Chi, PF 10:30 Piano Recital, LR 11:15 Balloon Volleyball, BR 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 7:00 Movie Night, TH
MOTHER'S DAY 10:30 Live Church Services with Timberline, TH 10:30 Mother's Day Brunch, MR 12:30 Cello Duo, LR 2:15 Dealer's Choice Poker, OG 3:00 Lecture Series, TH 7:00 Movie Night, TH	9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 10:00 Mexican Train Dominoes, PB 10:30 Bible Study, AK 11:15 BLOOD PRESSURE CHECKS, LH 11:15 Balloon Volleyball, BR 1:00 Beginners' Watercolor Class, AK 2:00 Just for Fun Bingo, PB 3:20 Texas Hold 'Em, AK 7:00 Movie Night, TH	9:15 Fusion Fit & Balance, BR 10:00 FURRY FRIEND VISIT: REMI, LR 10:30 Archery with Erica, FD 11:00 TED Talk Tuesday, TH 1:00 Duplicate Bridge, PB 3:00 Men's Coffee, OG 3:00 Ladies' Afternoon Tea, MR 4:00 Line Dancing, PF 7:00 Movie Night, TH	9:15 Strengthen & Move, BR 9:15 Excursion: Mob Bus Tour, FD 10:00 Aqua Fitness, PF 1:30 Bingo, .25, OG 2:00 Euchre: Resident Led, OG 3:00 Caveman Computer Professional Advice, PB 4:00 Flower Arrangement, AK 6:00 Cribbage: Resident Led, PB 7:00 Movie Night, TH	9:00 COMPLIMENTARY HEARING SCREENINGS, AK 9:15 Fusion Fit & Balance, BR 9:30 Lincoln Jr. High Interviews, OG 10:00 Book Club, PB 11:30 Tim McLemore Plays Piano, LR 12:30 Thursday Matinee, TH 2:00 Hearts, OG 2:30 Ping-Pong, PF 2:30 Singalong, CH 4:00 Line Dancing, PF 6:00 Silvertones Chorus Fort Collins HS, FD 7:00 Movie Night, TH	8:15 MacKenzie Trail Walkers, FD 9:15 Strengthen & Move, BR 9:30 Golfing with Troy, FD 10:00 Aqua Fitness, PF 10:30 Knitting & Crochet, Den 11:30 Birthday Celebration, BR 1:00 "Ask a Nurse!", PB 2:00 Skip-Bo, PB 4:30 Happy Hour: Albert Galli, BR 7:00 Movie Night, TH	10:00 Beginners' Tai Chi, PF 11:15 Balloon Volleyball, BR 12:00 Lunch Outing, FD 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 3:30 Immersion Dance Performance, BR 7:00 Movie Night, TH
10:30 Sunday Family Brunch, MR 10:30 Live Church Services with Timberline, TH 11:30 Isaac at the Piano 2:15 Dealer's Choice Poker, OG 3:00 Lecture Series, TH 7:00 Movie Night, TH	9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 10:00 Mexican Train Dominoes, PB 10:30 Bible Study, AK 11:15 Balloon Volleyball, BR 11:15 BLOOD PRESSURE CHECKS, LH 2:00 Just for Fun Bingo, PB 3:20 Texas Hold 'Em, AK 7:00 Movie Night, TH	9:15 Fusion Fit & Balance, BR 11:00 TED Talk Tuesday, TH 1:00 Contract Bridge, PB 3:00 Men's Coffee, OG 3:00 Ladies' Afternoon Tea, MR 4:00 Line Dancing, PF 5:00 Make Mine a Mackenzie Special: May in Mayberry, MR 7:00 Movie Night, TH	9:15 Strengthen & Move, BR 9:45 Excursion: Little America & WY Visitor Center, FD 10:00 Aqua Fitness, PF 1:30 Bingo, .25, OG 2:00 Euchre: Resident Led, OG 6:00 Cribbage: Resident Led, PB 7:00 Movie Night, TH	9:15 Fusion Fit & Balance, BR 10:00 Book Club, PB 11:00 Catholic Communion Service, CH 11:30 Singalong, LR 12:30 Thursday Matinee, TH 1:00 Shopping: Fig Leaf, FD 2:00 Hearts, OG 2:30 Ping-Pong, PF 2:30 Singalong, CH 4:00 Line Dancing, PF 4:00 Symphony, TH 7:00 Movie Night, TH	8:15 MacKenzie Trail Walkers, FD 9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 10:30 Knitting & Crochet, Den 11:15 Presentation:Healthy Cooking Made Friendly, AK 2:00 Skip-Bo, PB 4:30 Happy Hour: Vic Anderson, BR 7:00 Movie Night, TH	10:00 Beginners' Tai Chi, PF 11:15 Balloon Volleyball, BR 1:30 Bingo, .50, OG 3:00 Lecture Series, TH 3:15 Blackjack, OG 7:00 Movie Night, TH
10:30 Sunday Family Brunch, MR 10:30 Live Church Services with Timberline, TH 10:45 Outing: Veterans Plaza of Northern Co, FD 2:15 Dealer's Choice Poker, OG 3:00 Lecture Series, TH 7:00 Movie Night, TH	MEMORIAL DAY 9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 10:00 Mexican Train Dominoes, PB 10:30 Bible Study, AK 11:15 BLOOD PRESSURE CHECKS, LH 11:15 Balloon Volleyball, BR 11:30 Piano with Dave Dillon, LR 2:00 Town Hall Meeting, MR 3:00 Ice Cream Social, PC 3:20 Texas Hold 'Em, AK 7:00 Movie Night, TH	9:15 Fusion Fit & Balance, BR 11:00 TED Talk Tuesday, TH 1:00 Duplicate Bridge, PB 3:00 Men's Coffee, OG 3:00 Ladies' Afternoon Tea, MR 4:00 Line Dancing, PF 7:00 Movie Night, TH	National Senior Health & Fitness Day 9:15 Strengthen & Move, BR 10:00 Aqua Fitness, PF 1:30 Bingo, .25, OG 2:00 Euchre: Resident Led, OG 3:00 Technology Help, PB 4:00 Off the Clock with John, OG 6:00 Cribbage: Resident Led, PB 7:00 Movie Night, TH	9:15 Fusion Fit & Balance, BR 10:00 Book Club, PB 12:30 Thursday Matinee, TH 1:00 Shopping Outing: Fort Collins Nursery, FD 2:00 Hearts, OG 2:30 Ping-Pong, PF 2:30 Singalong, CH 4:00 Line Dancing, PF 7:00 Movie Night, TH	<i>Dr. Collins with on Site Dermatology</i> 8:15 MacKenzie Trail Walkers, FD 9:15 Strengthen & Move, BR 10:00 Water Volleyball, PF 10:30 Knitting & Crochet, Den 1:00 Craft Class, AK 2:00 Skip-Bo, PB 4:30 Happy Hour: Scott Jensen, BR 7:00 Movie Night, TH	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Birthdays Jerry Smith, 13th Irene McDonald, 17th Greg Chvatal, 18th Marguerite Gallear, 18th Pat Devlin, 25th		MAY DAY 1 8:00 ● Sports Talk 9:00 ● Classical Stretch 10:00 ● Flyswatter Painting 10:30 ● Eldergrow 11:30 ● Swimming Grab Bag 1:00 ● Balloon Volleyball 2:00 ● Greatest Players 1980s 3:00 ● Ocean Poems 4:00 ● Pipe Cleaner Match 6:00 ● Movie Time	2 8:00 ● News of Germany 9:00 ● Stretch & Move 10:00 ● Flower Arrangement 10:30 ● Memory Cafe 11:30 ● Paddleball 1:00 ● German Symbol Search 2:15 ● Workout with Melissa * 3:00 ● House Chores 4:00 ● Bingo 6:00 ● Movie: 007 "Diamonds Are Forever" 	3 8:00 ● What's the Music Scene? 9:00 ● Tango Stretch 10:00 ● Sponge Painting 11:15 ● Scott Jensen 1:30 ● Scenic Drive: Fossil Creek Reservoir 2:00 ● Napkin Folding 3:00 ● Chocolate Crossword 4:00 ● Happy Hour 6:00 ● Movie Time	4 8:00 ● Environmental Discussion 9:00 ● Drum Stretch 10:00 ● Stencil Craft 11:00 ● Balloon Bop 1:00 ● Manicure 2:00 ● Sports Bottle 3:00 ● Setting the Table 4:00 ● Cards 6:00 ● Movie Time
	5 8:00 ● Garden Planning 9:00 ● Tchaikovsky Stretch 9:30 ● Hymns with Elaine 10:00 ● Sunday Church Service 11:00 ● Drawing 1:00 ● Poetry Reading 2:00 ● What Is Red? 3:00 ● Napkin Folding 4:00 ● Bingo 6:00 ● Movie Time	6 8:00 ● Psychology Today 9:00 ● Folk Song Stretch 10:00 ● Pool Walk 11:00 ● Cat Crossword 1:00 ● Your Story 2:00 ● Sayings & Proverbs 3:00 ● Brain Games 4:00 ● Music with Melanie 6:00 ● Movie Time	7 8:00 ● Fossil Finds 9:00 ● Sound of Music Stretch 10:00 ● Clay Impressions 11:00 ● Steve Ambrose 1:30 ● Outing: Ice Cream 2:00 ● Fossil Puzzles 3:00 ● Hand Massage 4:00 ● Cards 6:00 ● Movie Time	8 8:00 ● Coaching Sports 9:00 ● Country Stretch 10:00 ● Salt Painting 11:30 ● Prep Garden Boxes 1:30 ● Kendra Singalong 2:30 ● Pool in the Pub 3:00 ● Sports Trivia 4:00 ● Sock Sort 6:00 ● Western Movie	9 8:00 ● Financial News 9:00 ● Didgeridoo Stretch 10:00 ● Bird Feeder Pinecones 11:00 ● Paddleball 1:00 ● Australian Word Search 2:00 ● Household Chores 3:00 ● Bakers Bunch 4:00 ● Bingo 6:00 ● Movie: "Crocodile Dundee"	10 8:00 ● Local Music 9:00 ● '50s Stretch 10:00 ● Nature's Paintbrush 11:15 ● Scott Jensen 1:30 ● Scenic Drive: Downtown Fort Collins 2:00 ● Napkin Folding 3:00 ● Mexico Crossword 4:00 ● Happy Hour 6:00 ● Movie: "Clueless"
	11 8:00 ● Trade News 9:00 ● Flute Stretch 10:00 ● Stencil Craft 11:00 ● Balloon Bop 1:00 ● Manicure 2:00 ● Animal Hunt 3:00 ● Setting the Table 4:00 ● Cards 6:00 ● Movie Time	12 MOTHER'S DAY 8:00 ● Fashion News 9:00 ● Sunshine Stretch 9:30 ● Hymns 10:00 ● Sunday Church Service 10:30 ● Watercolor with Katie 1:00 ● Poetry Reading 2:00 ● Mother's Day Tea 3:00 ● Napkin Folding 4:00 ● Bingo 6:00 ● Movie: "Mother's Day"	13 8:00 ● CSU Events 9:00 ● Rainy Night Stretch 10:00 ● Walk: Garden 11:00 ● Mother's Day Crossword 1:00 ● Your Story 2:30 ● Bakers Bunch 3:00 ● High Hopes Singers 4:00 ● City Sounds 6:00 ● Movie: "Romancing the Stone"	14 8:00 ● Travel News 9:00 ● Jazz Stretch 10:00 ● Yarn Globes 11:00 ● Football 1:30 ● Outing: Bowling 2:00 ● Train Puzzles 3:00 ● Hand Massage 4:00 ● Cards 6:00 ● Movie: "Remains of the Day"	15 8:00 ● New York News 9:00 ● Bach Stretch 10:00 ● Squeegee Art 10:30 ● Eldergrow 11:30 ● What's in the Bag? 1:00 ● Balloon Volleyball 2:00 ● Chemical Reaction Project 3:00 ● Classical Poetry 4:00 ● Clip Sort 6:00 ● Movie: "Scent of a Woman"	16 8:00 ● Travel Discussion 9:00 ● Steel Drum Stretch 10:00 ● Flower Arrangement 10:30 ● Memory Cafe 11:30 ● Paddleball 1:00 ● RESIDENT COUNCIL 1:30 ● Caribbean Word Search 2:15 ● Workout with Melissa * 3:00 ● House Chores 4:00 ● Bingo 6:00 ● Movie: "Pirates of the Caribbean" 
	17 8:00 ● Education Discussion 9:00 ● Luau Stretch 10:00 ● Spring Tree 11:15 ● Scott Jensen 1:00 ● Scenic Drive: Cobb Lake 2:00 ● Napkin Folding 3:00 ● Glamour Crossword 4:00 ● Happy Hour 6:00 ● Movie: "Hello Dolly"	18 8:00 ● Pyramids of Africa Discussion 9:00 ● Classical Guitar Stretch 10:00 ● Stencil Craft 11:00 ● Balloon Bop 1:00 ● Manicure 2:00 ● Sensory Work 3:00 ● Setting the Table 4:00 ● Cards 6:00 ● Movie: "Wind"	19 8:00 ● Sailing Discussion 9:00 ● Blue Moon Stretch 9:30 ● Hymns 10:00 ● Sunday Church Service 11:00 ● Drawing 1:00 ● Poetry Reading 2:00 ● Tree Smells 3:00 ● Napkin Folding 4:00 ● Bingo 6:00 ● Movie: "Blue Hawaii"	20 8:00 ● Holiday Discussion 9:00 ● Mendelssohn Stretch 10:00 ● Walk: Cottages 11:00 ● Military Crossword 1:00 ● Your Story 2:00 ● Famous Artist 3:00 ● Music with Mo 4:00 ● Brain Games 6:00 ● Movie: "A Few Good Men"	21 8:00 ● Museum Exhibition News 9:00 ● Chant & Stretch 10:00 ● Plaster Sculpture 11:00 ● Football 1:30 ● Outing: Coffee 2:00 ● Puzzles: 18th Century Art 3:00 ● Hand Massage 4:00 ● Cards 6:00 ● Movie: "Robinhood"	22 8:00 ● Broadway Play Discussion 9:00 ● West Side Stretch 10:00 ● Pineapple Fingerprints 11:00 ● Stage Right Grab Bag 1:00 ● Balloon Volleyball 2:00 ● The Plays the Thing 3:00 ● Poetry: Shakespeare 4:00 ● Sort of Enlightenment 6:00 ● Movie: "Cats"
	23 8:00 ● Crops & Livestock News 9:00 ● Barbershop Stretch 10:00 ● Grass Faces 11:00 ● Paddleball 1:00 ● Needle in a Haystack Search 2:00 ● Household Chores 3:00 ● Bakers Bunch 4:00 ● Bingo 6:00 ● Movie: "Music Man"	24 8:00 ● Mountain News 9:00 ● Rock N Roll Stretch 10:00 ● Painting 11:15 ● Scott Jensen 1:30 ● Scenic Drive: Windsor Downtown & Lake 2:00 ● Napkin Folding 3:00 ● Crossword: Weather Patterns 4:00 ● Happy Hour 6:00 ● Movie: "Miss Congeniality"	25 8:00 ● Local Construction News 9:00 ● Xylophone Stretch 10:00 ● Stencil Craft 11:00 ● Balloon Bop 1:00 ● Manicure 2:00 ● Army Dig 3:00 ● Setting the Table 4:00 ● Cards 6:00 ● Movie: "Murder on the Orient Express"	26 8:00 ● National Park Discussion 9:00 ● Greenfields Stretch 9:30 ● Hymns 10:00 ● Sunday Church Service 10:30 ● Watercolor with Katie 1:00 ● Poetry Reading 2:00 ● Herb ID 3:00 ● Napkin Folding 4:00 ● Bingo 6:00 ● Movie: "A Walk in the Woods"	27 MEMORIAL DAY 8:00 ● Veterans' Picture Discussion 9:00 ● Patriotic Stretch 10:00 ● Building Hike 11:00 ● Crossword: Memorial Day 1:00 ● Your Story 2:30 ● Bakers Bunch 3:00 ● Music in the Courtyard 4:00 ● Instrument Recognition 6:00 ● Movie: "Seabiscuit"	28 8:00 ● Sports News 9:00 ● Roman Republic Stretch 10:00 ● Fabric Garland 11:00 ● Football 1:30 ● Outing: Military Museum 2:00 ● Puzzle: Roman Ruins 3:00 ● Hand Massage 4:00 ● Cards 6:00 ● Movie: "Julius Ceaser"
	29 8:00 ● About Arizona 9:00 ● Bluegrass Stretch 10:00 ● Foil Painting 11:00 ● Bowling Grab Bag 1:00 ● Balloon Volleyball 2:00 ● Western Art 3:00 ● John Wayne Trivia 4:00 ● Silverware Sort 6:00 ● Movie: "National Lampoon's Vacation"	30 8:00 ● Literary News 9:00 ● Forest Spirit Stretch 10:00 ● Picture Weaving 11:00 ● Paddleball 1:00 ● Japanese Word Search 2:00 ● Household Chores 3:00 ● Bakers Bunch 4:00 ● Bingo 6:00 ● Movie: "South Pacific"	31 8:00 ● Favorite Movie Discussion 9:00 ● Country Stretch 10:00 ● Celery Art 11:00 ● Cookie in the Courtyard 1:30 ● Scenic Drive: Signature Bluffs 2:00 ● Napkin Folding 3:00 ● Jimmy Buffet Crossword 4:00 ● Happy Hour 6:00 ● Movie: "Forrest Gump"	<div>opal key</div> <div><div>Physical</div><div>Social</div><div>Experiential</div><div>Emotional & Spiritual</div><div>Creative & Artistic</div><div>Therapeutic</div><div>Sensory</div></div>		