



MAY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
Hair Salon with Stacie most Mondays	Men's & Ladies Groups Most Fridays - 3 PM Calendar subject to changes	Devotions are daily during Sit & Be Fit/Exercise	1 National Lei Day Dress Hawaiian! 10 AM - Sit & Be Fit Beach Ball Fun 11 AM - Euchre & UNO 1:30 PM - Step on it! 2:30 PM - My 2 cents	2 10 AM - Bingo 11 AM - Step on it! 1:30 PM Cardio Drumming 3 PM - Wayland Student Helpers	3 10 AM - Sit & Be Fit 10:30 AM St Therese Communion 11:30 AM Fun with Leadership 1:30 PM - Jenga	4 Puzzles & Games Available in Large Living Rooms
5 2 PM Calvary Church of Wayland	6 10 AM Cinco de Mayo Bingo 11:30 AM - Craft with Nancy 1:30 PM - Sit & Be Fit 3 PM - May Birthday Party	7 10 AM - Seated Yoga Who & What Am I? 11 AM - Manicures 1:30 PM - Foot Spas 3 PM - Step on it!	8 National Coke Day! 10 AM - Country Cat Lady 11 AM - UNO with Barb 1:30 PM - Sit & Be Fit Coke Taste Testing 5:30 PM - Spring Potluck	9 10:30 AM - Henika Library 11:45 AM - Step On It! 1:30 PM - Bingo 3 PM - Seated Stretches	10 10 AM - Sit & Be Fit Trivia 11:30 AM Fun with Leadership 2 PM - Mother's Day Tea	11 2 PM Movie & Popcorn
12 	13 10 AM - Bingo 11 AM - Step On It! 2 PM - Sit & Be Fit Price is Right 3 PM - Hymns with Connie	14 National Dance Like a Chicken Day! 10 AM - Cardio Drumming 11:30 AM Tanger Mall & Lunch Bus Outing	15 10 AM - Sit & Be Fit ABC Brainstorming 11:30 AM Tanger Mall & Lunch Bus Outing	16 10 AM - Seated Yoga That's it game 11 AM - Planting Day 2 PM Bob DeYoung Music	17 National Pizza Party Day! 10 AM Sit & Be Fit Mad Libs 11:30 AM Fun with Leadership 1:30 PM - Bingo	18 Puzzles & Games Available in Large Living Rooms
19 TV Church Programs	20 10 AM - Bingo 11 AM - Step On It! 2 PM - Wayland United Methodist Church (wear: red/white/blue) 3 PM - Sit & Be Fit Left Right Game	21 10 AM - Seated Stretches 11:30 AM - Words in Word 2 PM - Craft with Linda 3 PM - Jenga	22 10 AM - Sit & Be Fit Twister with a Twist 11:00 AM - Euchre & UNO 1:30 PM - LRC Game 3 PM - Corn Hole	23 10 AM Cardio Drumming 11:30 AM - Craft 1:30 PM - Bingo 3 PM - Step On it!	24 10 AM - Sit & Be Fit Balloon Volley 11:30 AM Fun with Leadership 1:30 PM - Jeopardy	25 2 PM Movie & Popcorn
26 TV Church Programs	27 	28 10 AM Paul & Joyce Music 11:30 AM - Seated Yoga 1:30 PM - Bingo 3 PM - Step On It!	29 National Senior Health & Fitness Day! 10 AM - Field Day Yard Games 1:30 PM - Sing Along 3 PM - Making Fruit Pizza	30 10 AM - Seated Stretches 11:30 AM - Ping Pong Game 1:30 PM - Bingo 3 PM - Step On It!	31 10 AM - Sit & Be Fit I should of known that game 11:30 AM Fun with Leadership 1:30 PM - Family Feud	