

Monday	Tuesday	Wednesday	Thursday	Friday
Kentucky Derby Music With Ron Exercise/Qigong Noodle Javelin Equestrian Quiz	The Monthly Gazette Bingo Exercise/Hokey Pokey Ladder Bolo Do you hear what I hear? Interactive Video	Cinco de Mayo I Got It! Craft: Papel Picado Banner Exercise/The Mash Birdie Toss Cinco de Mayo Mash Up	A Penny for Your Thoughts Music With Ron Exercise/Chair Yoga Bowling My Kingdom for a Word	Mother's Day Dice and Strikes/ Craft: Mother's Day Wreath Exercise/Roll The Dice Bullseye Mat Crooning with Karen
1950's Trivia Challenge Music With Ron Exercise/Seated Stations Shooters 50's Slang	The All American Burger Bingo Exercise/Chair Boxing Players Choice Categories	In Defense of the Dandelion Elevenses/Craft: Dandelion Bouquet Exercise/Wild Card Bowling Weed It Out	Coca Cola's Birthday Music With Ron Exercise/Rain Forest Hike Cornhole Junior Riddle Me This Interactive Video	Armed Forces Day Exercise/Qigong Acoustic Music With Cameron 10:30 Bucket Brigade Military Mix Up
Wildflowers or Weeds? Music With Ron Exercise/Hokey Pokey Ice Cream Cone Toss Colorado Wildflower Tour Interactive Video	Garden Gnomes Five Alive/ Craft: Cement Garden Stones Exercise/The Mash Hula Hoop Challenge Wacky Wordies	History In a Jar: Pickles Bingo Exercise/Chair Yoga Slotz Ball Roll and Rhyme	Wake Up Call Music With Ron Exercise/Roll The Dice Bowling Would You Rather?	Chardonnay Day Discard It/ Craft: Wine Cork Utensil Holder Exercise/Seated Stations Carnival Clown Crooning with Karen
Brain Busters Music With Ron Exercise/Chair Boxing Shuffleboard Word Scramble	Harmonious Herbs EZ Yahtzee/ Craft: Herbal Cleaning Sprays Exercise/Wild Card Golf Invention or Imagination	Pink Flamingo American Icon Nix The Six/ Craft: Flamingo Fun Exercise/Rain Forest Hike Bowling A trip to the Grocery Store	Indy 500 Fun Facts Music With Ron Exercise/Qigong Ping Pong Pyramid Mixed-Up Transportation	Memorial Day Traditions Bingo Exercise/Hokey Pokey Washer Toss Crooning with Karen



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Turkey & Cheese Sandwich w/Chips & Peaches Cucumbers w/Dip 3	Mac & Cheese w/Broccoli Fig Newton Cookies 4	Cinco De Mayo Tacos Chips w/Guacamole 5	Assorted Muffins w/Yogurt & Fresh Fruit Goldfish 6	Pizza w/Side Salad Cookies 7
Soup & Salad Cheese & Crackers 10	Ham & Cheese Sandwich w/Cottage Cheese & Pineapple Rice Cake w/Peanut Butter 11	Vegetable Lasagna w/Roll Vanilla Wafers w/Chocolate Hummus 12	Peanut Butter & Jelly Sandwich w/Chips & Mixed Fruit Pretzels w/Honey Mustard 13	Pizza w/Cucumbers Chocolate Pudding w/Cool Whip 14
Chicken Salad Sandwich w/Veggie Chips & Pickle Peanut Butter Crackers 17	Chicken Tenders w/Sweet Potato & Corn Yogurt w/Peaches 18	Turkey & Cheese Sandwich w/Applesauce & Goldfish Pickle Tasting w/Cheese & Crackers 19	Pancakes w/Turkey Sausage & Strawberries Cheese-Itz 20	Pizza w/Fruit Salad Fig Newton Cookies 21
Peanut Butter & Jelly Sandwich w/Bananas & Pretzels Rice Cake w/Guacamole 24	Egg Salad Sandwich w/Cheese Puffs & Pickle Jell-O w/Cool Whip 25	Fish Fillet Sandwich w/Coleslaw & Pears Fiber One Brownie 26	Assorted Muffins w/Yogurt & Fresh Fruit Graham Crackers 27	Cheeseburgers w/Potato Salad & Chips Ice Cream Sandwich 28



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May 2021
SENIOR MOMENTS LUNCH & SNACK