





Monday	Tuesday	Wednesday	Thursday	Friday
<b>Hairdresser</b> (By Appointment) 1 May Day Around the World <b>Music with Ron</b> Exercise/Roll the Dice Washer Toss May Day Rhyme Time	2 Coca Cola - an American Classic Nix the Six/Bakers Rack: <b>**Coca Cola Cake**</b> Exercise/NE Style <b>Music with Ron</b> This and That	3 Kentucky Derby Dining Elevenses/Cooking Club: <b>**Pimiento Cheese**</b> Exercise/ Presidential Fitness Bucket Brigade Rhymes with "Neigh"	4 Monthly Gazette <b>Music with Ron</b> Exercise/Chair Boxing Ladder Bolo Cinco de Mayo Word Jumbles	5 Cinco de Mayo Bingo Exercise/Rain Forest Hike Bowling <b>Crooning with Karen</b>
<b>Hairdresser</b> (By Appointment) 8 Talk Derby to Me <b>Music with Ron</b> Exercise/Qigong Boating Horsing Around	9 What am I? Bingo Exercise/In Madrid <b>Music with Ron</b> Invention or Imagination?	10 Lost in Space Dice & Strikes/Craft Club: Marbleized Planets Exercise/2-Min Tune-Up Ping Pong Pyramid Lunar Categories	11 Brain Busters <b>Music with Ron</b> Exercise/Fishing Trip Bulls Eye Mat Weed It Out	12 Happy Mother's Day Five Alive/Bakers Rack: <b>**High Heel Cupcakes**</b> Exercise/Bay Swim Clown Toss <b>Crooning with Karen</b>
<b>Hairdresser</b> (By Appointment) 15 Baby Boomer Trivia <b>Music with Ron</b> Exercise/Chair Yoga Hula Hoop Challenge Word Mining	16 Racing with Paul Newman Flip It/Baker's Rack: <b>**Twinkie Race Cars**</b> Exercise/Roll the Dice <b>Music with Ron</b> Burma-Shave Signs	17 <b>Field Trip to Merrow Meadow Park</b> Who am I? Bingo Exercise/NE Style Bowling White Board Mash-Up	18 Armed Forces Day <b>Patriotic Music with Ron</b> Exercise/ Presidential Fitness Toss Across Military Word Scramble	19 Fun Toy Fads I Got It/Craft Club: Rubik's Cube Stained Glass Exercise/Chair Boxing Slotz Ball <b>Crooning with Karen</b>
<b>Hairdresser</b> (By Appointment) 22 Jeopardy and Java <b>Music with Ron</b> Exercise/Rain Forest Hike Shooters My Kingdom for a Word	23 Destination Nevada EZ Yahtzee/Craft Club: Cowboy Boot Bedazzling Exercise/Qigong <b>Music with Ron</b> Word Match	24 History of Women in the U. S. Military Dice Bingo/Bakers Rack: <b>**Patriotic Cookie Bars**</b> Exercise/In Madrid Birdie Toss Military Word Mining	25 The Iconic Clydesdale <b>Music with Ron</b> Exercise/2-Min Tune-Up Bowling Idioms	26 Memorial Day Bingo Exercise/Fishing Trip Horse Shoes <b>Crooning with Karen</b>
<b>CLOSED</b> 29  <b>Memorial Day</b>	30 Smiling Our Way to Health Chips On Chips Off/ Baker's Rack: <b>**Smiley Face Cupcakes*</b> Exercise/Bay Swim <b>Music with Ron</b> Word Jumbles	31 <b>Bowling Club 9:30 am</b> Indy 500 Fun Facts Bingo Exercise/Chair Yoga Corn Hole All Mixed-Up	 <b>Senior Moments</b> <i>May 2023</i> <b>Activity Calendar</b>	

May Birthdays: Joe H 5th

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Kielbasa w/Onions &amp; Peppers on Rice</p> <p>Jello w/Cool Whip</p>	<p>2</p> <p>Tuna Fish Sandwich w/Goldfish Crackers</p> <p><b>**Coca Cola Cake**</b></p>	<p>3</p> <p>Brown Gravy Meatballs w/Mashed Potatoes &amp; Green Beans</p> <p><b>**Pimiento Cheese**</b></p>	<p>4</p> <p>Peanut Butter &amp; Jelly Sandwich w/Banana</p> <p>SF Vanilla Wafers</p>	<p><b>Fresh Bread Friday 5</b></p> <p>Turkey Chili w/Cheese &amp; Tostitos</p> <p>Pound Cake w/Fruit</p>
<p>8</p> <p>Sloppy Joes on a Roll w/Apple Sauce</p> <p>Fiber One Bar</p>	<p>9</p> <p>Egg Salad Sandwich w/Chips &amp; Pickle</p> <p>Fig Newton Cookies</p>	<p>10</p> <p>Macaroni &amp; Cheese w/Green Beans</p> <p>Graham Crackers w/Strawberry Cream Cheese</p>	<p>11</p> <p>Hot Dogs w/Baked Beans</p> <p>Peanut Butter Crackers</p>	<p><b>Fresh Bread Friday 12</b></p> <p>Chicken Pot Pie w/Mixed Veggies</p> <p><b>**High Heel Cupcakes**</b></p>
<p>15</p> <p>Hawaiian Meatballs w/Rice</p> <p>Vanilla Wafers w/Chocolate Hummus</p>	<p>16</p> <p>Chicken Salad Sandwich w/Cranberry &amp; Walnuts</p> <p><b>**Twinkie Race Cars**</b></p>	<p>17</p> <p>Meatloaf w/Mashed Potatoes &amp; Mixed Veggies</p> <p>Butter Cookies</p>	<p>18</p> <p>Turkey &amp; Cheese Sandwich w/Chips &amp; Pickles</p> <p>Lorna Doone Cookies</p>	<p><b>Fresh Bread Friday 19</b></p> <p>Fish Fillet Sandwich w/Cole Slaw &amp; Apple Sauce</p> <p>Jello w/Cool Whip</p>
<p>22</p> <p>Popcorn Chicken w/Stuffing &amp; Mixed Veggies</p> <p>Stella Dora Cookies</p>	<p>23</p> <p>Ham &amp; Cheese Sandwich w/Pineapple Cottage Cheese</p> <p>Rice Cake w/ Peanut Butter</p>	<p>24</p> <p>Veggie Quiche w/Sausage</p> <p><b>**Patriotic Cookie Bars**</b></p>	<p>25</p> <p>Tuna Fish Sandwich w/Pickle &amp; Chips</p> <p>SF Vanilla Wafers</p>	<p><b>Fresh Bread Friday 26</b></p> <p>Cookout Hamburgers w/Potato Salad &amp; Macaroni Salad</p> <p>Ice Cream Cups</p>
<p><b>CLOSED</b></p> <p>29</p> <p><i>Memorial Day</i></p> 	<p>30</p> <p>Peanut Butter &amp; Jelly Sandwich w/Raisins</p> <p><b>**Smile Face Cupcakes**</b></p>	<p>31</p> <p>Chicken Nuggets w/Alfredo Noodles &amp; Corn</p> <p>SF Vanilla Pudding w/Cool Whip</p>	 <p><b>Senior Moments</b> <i>May 2023</i> <b>Lunch &amp; Snack Menu</b> <b>**Snacks made by Clients in the 'Bakers Rack' Cooking Club**</b></p>	

Rotating Menu/Substitutes available/Menu includes 5 Nutritional food components/Diary Product offered with each meal /Fruit offered with Breakfast