Senior Moments
May 2025
Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
			1 May Day Clown Toss Exercise: Fishing Trip **Music with Ron** May Day Fun	**2** Talk Derby to Me Bingo Exercise: Key West Workout Washer Toss **Crooning with Karen**
Hairdresser (By Appointment Only) **5** Cinco de Mayo Horseshoes Exercise: Bay Swim **Music with Ron** All Mixed-Up	**6** Monthly Gazette Bingo Exercise: Pass the Torch **Music with Ron** Word Jumbles	**7** Kentucky Derby Dining Nix the Six/Cooking Club: Pimento Cheese Spread Exercise: Weather Workout Corn Hole Rhymes with "Neigh"	**Bowling Club 9:30** **8** Who am I? Bowling Exercise: Hula Style **Music with Ron** Make a Match	**9** Happy Mother's Day I Got it!/Bakers Rack: Flip Flop Cookies Exercise: Chair Yoga Bulls Eye Mat **Crooning with Karen**
Hairdresser (By Appointment Only) **12** Jeopardy Birdie Toss Exercise: Roll the Dice **Music with Ron** Mothers Match Up	**13** Busy Beavers Five Alive/Bakers Rack: Beaver Bites Exercise: NE Style **Music with Ron** Invention or Imagination	**14** At the Drive-In Bingo Exercise: Presidential Fitness Hula Hoop Challenge Mixed Up Drive-In Movies	**15** What am I? Shooters Exercise: Chair Boxing **Music with Ron** Double Take	**16** Armed Forces Day EZ Yahtzee/Bakers Rack: Patriotic Cookie Bars Exercise: Rain Forest Hike Bowling **Crooning with Karen**
Hairdresser (By Appointment Only) **19** Where am I? Bowling Exercise: Qigong **Music with Ron** White Board Mash-Up	**20** Great Lakes Shipwrecks Chase the Ace/Craft Club: Beach Glass Décor Exercise: In Madrid **Music with Ron** Lakes Categories	**21** Travel to the Great Lakes Dice & Strikes/Craft Club: Giant Goldfish Exercise: 2-Min Tune-Up Bucket Brigade Lake Superior Mining	**22** Backyard Games & Grilling Players Choice Exercise: Fishing Trip **Music with Ron** Playing Games	**23** Memorial Day Bingo Exercise: Key West Workout Ladder Bolo **Crooning with Karen**
Closed **26** 	**27** Women and the Indy 500 Bingo Exercise: Bay Swim **Music with Ron** "Out" for a Ride	**28** Wonder Weeds One and Done/Craft Club: Dandelion Prints Exercise: Pass the Torch Bowling "Weed it Out"	**Bowling Club 9:30** **29** Scripps Nat'l Spelling Bee Ping Pong Pyramid Exercise: All Weather Workout **Music with Ron** Scripps Spelling Bee	**30** Art Appreciation: Batik Elevenses/Art Club: Faux Batik Exercise: Chair Yoga Ice Cream Cone Toss **Crooning with Karen**

May Birthdays: James 5/24.

Senior Moments Lunch & Snack Menu

May 2025

****Snacks are made by Clients in the "Baker's Rack" Cooking Club****

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chef Salad w/Roll Pudding w/Cool Whip	**2** Baked Ziti w/Meat & Salad Sugar Free Wafers
5 Taco Bar w/Tomatoes, Lettuce, & Olives Jell-O w/Cool Whip	**6** Veggie Lasagna w/Roll Pound Cake w/Fruit	**7** Bruschetta Chicken w/Mixed Veggies **Pimento Cheese Spread w/Crackers**	**8** Italian Wedding Soup w/Half Sandwich Butter Cookies	**9** Chicken Sliders w/Veggie Chips **Flip Flop Cookies**
12 Shepherd's Pie w/Buttered Biscuit Yogurt Parfait	**13** Beef Lo Mein w/Veggies & Rice **Beaver Bites**	**14** Antipasto Square w/Green Salad Coffee Cake	**15** Fish Sandwich w/Cole Slaw Strawberry Shortcake	**16** Chicken Tenders w/Mixed Veggies & Roll **Patriotic Cookie Bars**
19 Turkey & Cheese Sandwich w/Chips & Pickles Pumpkin Bread	**20** Chicken Parmigiana w/Cheese & Broccoli Rice Banana Cream Pie	**21** Sloppy Joe on a Roll w/3-Bean Salad Fiber One Brownie	**22** Vegetable Soup w/Salad Cinnamon Bread	**23** Cookout: Hamburger on a Bun w/Macaroni Salad & Chips Orange Sherbet
Closed **26** 	**27** Hot Dogs on a Bun w/Pineapple Baked Beans Oreo Cookies	**28** Apple Dijon Pork Roast w/Mashed Potatoes & Peas Cheese & Crackers	**29** Ham & Cheese Sandwich w/Veggie Chips Tapioca Pudding	**30** Honey Chicken w/Rice & Green Beans Chocolate Chip Muffin

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