StoryPoint Birmingh	nam
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May 2025 Life Enrichment Monthly Calendar

Assisted Living

Life Enrichment Monthly Calendar

Activities are subject to change

	7 SSISCO LIVING		Life Lift Children's Monday Calendar				
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:30-11:00 Derby Middle School Game Day! (BS/GR/CS) 11:00 Balance Class (CS) 1:30 Garden Club (CY) 3:00 Chair Volleyball (CS) 6:15 Horseshoes (CY)	10:30 Chair Aerobics (CS) 11:00 Coffee & Games (BS) 1:30 Freaky Friday Games! (BS) 3:00 Derby Happy Hour (BS) 6:15 Movie Night (TR)	Derby Day! 3 10:30 Chair Exercises (CS) 11:00 Morning Reflections (CS) 1:30 Afternoon Walk (CY) 2:00 Movie: (TR) 3:00 Afternoon High Tea (BS/GR)
	4 10:00 Stream Sun. Mass (TR) 10:30 Morning Stretch (CS) 11:00 Coffee & Chats (BS) 2:00 Classical Music Prgm (TR) 3:00 Star Wars Documentary (TR)	Cinco De Mayo 10:30 Weight Training (CS) 11:00 Coffee & Games (BS) 1:30 Activity Chats with Heather (CS) 3:30 Margarita Maddness! (BS) 6:15 Netflix Night (TR)	10:30 Flex & Stretch (GR) 11:00 Coffee & News (BS) 1:30 Art Throbs! Abstract Art (CS) 3:30 Afternoon Walk (BS) 6:15 Uncorked Tuesdays (BS)	7 10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:30 Dog Visit-Gemma (PR) 2:00 Bingo (BS) 3:00 Live! Matt Ball (PR) 3:30 Classical Music Prgm (TR) 6:15 Courtyard Chats (CY)	10:30 Balance Class (CS) 11:00 Coffee & Games (BS) 1:15 pm Bus Outing: Blakes Apple Orchard (FD) 1:30 Garden Club (CY) 3:00 Chair Volleyball (CS) 6:15 Cards Night (GR)	10:30 Chair Aerobics (CS) 11:00 Cath. Communion (TR) 1:30 Flower Arrangements (CS) 3:00 Decades Happy Hour- 1980s! (BS) 6:15 Movie Night (TR)	I 0 10:30 Chair Exercises (CS) 11:00 Sing Fit (CS) 1:30 Hand Massages & Music (CS) 2:00 Movie: 3:30 Walking Club
	Mother's Day I I 10:00 Stream Sun. Mass (TR) 10:30 Morning Stretch (CS) I 1:00 Coffee & Puzzles (BS) 2:00 Classical Music Prgm (TR) 3:00 Golf Putting (CY)	10:30 Exercise with Powerback (CS) 11:00 Coffee & Chats (BS) 1:30 Men's Club (BS) 3:30 Walking Club (CY) 6:15 Netflix Night (TR)	13 10:30 Flex & Stretch (CS) 11:15 Bus Outing: Target 1:30 Art Throbs! (CS) 2:00 Menu Chats (DR) 3:00 Live Lecture: Monumentarl Detroit (BS) 6:15 Uncorked Tuesday (BS)	10:30 Sit & Fit (CS) 11:00 Coffee & Chats (BS) 1:30 Dog Visit-Abby (PR) 2:00 Bingo (BS) 3:30 Classical Music Prgm 6:15 Courtyard Chats (CY)	10:30 Balance Class (CS) 11:00 Coffee & Games (BS) 1:30 Garden Club (CS) 2:00 Culinary Showcase (BS) 3:00 Mini Manicures (CS) 6:15 Sing Fit (CS)	10:30 Chair Aerobics (CS) 11:00 Coffee & Games (BS) 1:30 Sing Fit (CY) 3:00 Luau Happy Hour (BS) 6:15 Movie Night- (TR)	17 10:30 Chair Exercises (CS) 11:00 Spring Art Craft (CS) 1:30 Wooden Mandalas (CS) 2:00 Movie: (TR) 3:00 Golf Putting (CY)
	2:00 Classic Music Prgm (TR) 3:00 Horseshoes (CY)	19 10:30 Weight Training (CS) 11:00 Coffee & Games (BS) 1:30 Walking Club (CY) 3:00 Welcome Party! (BS) 6:15 Netflix Night (TR)	10:30 Flex & Stretch (CS) 11:00 Coffee & Chats (BS) 11:30 Lunch Outing: IHOP 1:30 Art Throbs! (CS) 3:00 Courtyard Games! (CY) 6:15 Uncorked Tuesdays (BS)	10:30 Sit & Fit (CS) 11:15 Hymns w/ Rachel (PR) 1:30 Dog VisitGemma (PR) 1:30 Motor City Lyric Opera (PR) 2:00 Book Club (LI) 3:30 Classic. Music Prgm (TR) 6:15 Movie Night (TR)	10:30 Balance Class (CS) 11:00 Coffee & Games (BS) 1:30 Bus Outing: Sander's Fudge Shop (FD) 3:00 Chair Volleyball (CS) 6:15 Cards Night (GR)	1:30 Freaky Friday Games! (BS) 3:00 Birthday Happy Hour 6:15 Movie Night (TR)	10:30 Chair Exercises (CS) 11:00 Sing Fit (CS) 1:30 Hand Massages & Music (CS) 2:00 Movie: 3:00 Walking Club (CY)
7	10:00 Stream Sun. Mass(TR) 10:30 Morning Stretch (CS) 11:00 Coffee & Chats (BS) 2:00 Classical Music Prgm (TR) 3:00 Pictionary (BS)	,	10:30 Flex & Stretch (CS) 11:00 Coffee & Chats (BS) 11:15 Outing: Kroger (FD) 1:30 Art Throbs! (CS) 2:30 Menu Chats (CS) 3:00 Resident Council (CS) 6:15 Uncorked Tuesdays (BS)		2 00 D I · CI I (CC)	10:30 Chair Aerobics (CS) 11:00 Cath. Communion(TR) 11:00 Vitals Clinic (CS) 1:30 Mini Manicures (CS) 3:00 Picnic Happy Hour 6:15 Movie Night (TR)	10:30 Chair Exercises (CS) 11:00 Watercolor Art (CS) 1:30 Afternoon Meditation (CY) 2:00 Movie: 3:00 Horseshoes (CY)
	Calendar Key	CY – Courtyard	PR: Piano Room				CD

Calendar Key
BS – Bistro
TR – Theatre
CS – Creative Studio

CY - Courtyard FD- Front Desk DA - Dining Area GR-Game Room

