

**Grace Haven Assisted Living and Memory Care**

Assisted Living | Comfort Care

# May 2026

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>3</b></p> <p>10:30 Church Service and Songs (MC)                      1:00 One on One Chats                      2:30 Church Group Singing and Chat (MD)                      5:30 Indoor Walking Club (H)</p>	<p><b>4</b></p> <p>10:30 Craft: Grace's Galactic Artwork (CD)                      1:15 May the 4th Be with You Bingo (MD)                      2:00 Games (MD)                      3:30 Exercise (MD)                      5:45 Star Wars Movie (MC)</p>	<p><b>5</b></p> <p>10:00 Catholic Service and Rosary (PD)                      10:45 Bible Study with Dean                      12:00 Cinco De Mayo Lunch                      3:00 Briggs Library (PD)                      7:00 St. Johns Community Band Perform (MD)</p>	<p><b>6</b></p> <p>10:00 Denise and Ruby Therapy                      11:00 Sit and Stretch (MC)                      3:15 Music with Wendy (MC)                      6:00 Happy Hour: May Flowers Drinks (L)</p>	<p><b>7</b></p> <p>10:30 Men's Group: Burrito's and Bros Time (CD)                      1:15 Craft: Cards for Care Staff (PD)                      2:00 Games (MD)                      3:30 Exercise (MD)                      5:45 Aromatherapy (MC)</p>	<p><b>Nevaeh's Birthday 8</b></p> <p>10:30 Erica and Lacey Therapy                      11:15 Military Spouse Social                      1:15 Mother's Bingo (MD)                      3:15 Music with Marty (MD)                      5:30 Mother's Day Tea Party Dinner Event</p>	<p><b>9</b></p> <p>10:30 Golden Zumba Exercise (MC)                      1:15 Mother's Day Facts and Fun (P)                      2:30 Crosswords and Cocktails (L)                      5:45 Chicken Soup Story</p>
<p><b>Mother's Day 10</b></p> <p>10:30 Church Service and Songs (MC)                      11:15 Rise and Shine Exercise Group (MC)                      1:15 Owosso Airport Information Talk (L)                      5:45 One on One Chats</p>	<p><b>11</b></p> <p>8:00 Care Staff Breakfast Bash                      1:15 Bingo (MD)                      2:00 Games (MD)                      3:30 Exercise (MD)                      5:45 Warming Words and Warm Drinks (MC)</p>	<p><b>12</b></p> <p>10:00 Catholic Service and Rosary (PD)                      10:45 Bible Study with Dean                      3:00 Zumba with Margie (MD)                      5:30 Meditation Exercise and Calm Sounds (MC)</p>	<p><b>13</b></p> <p>10:30 Haden's Safety Seminar (L)                      11:00 Piano Music with Doug (MC)                      1:00 Manicures (B)                      3:15 Simple Stretches (MC)                      6:00 Happy Hour: Voting (L)</p>	<p><b>14</b></p> <p>10:30 Dirty Floats Cart                      1:00 Resident Activity Meeting (PD)                      2:00 Games (MD)                      3:30 Exercise (MD)                      5:30 Meditation Exercise and Calm Sounds (MC)</p>	<p><b>15</b></p> <p>10:30 Celebration of Life Ceremony (L)                      1:15 Bingo (MD)                      3:30 Bird Watching and Outdoor Time (O)                      5:45 Resistance Band Exercise (MC)</p>	<p><b>Armed Forces Day 16</b></p> <p>10:30 May Humor, Comedy, and Lemonade (P)                      1:15 Veteran's Dessert and Dishing Social (PD)                      3:30 Balloon Badminton (MC)                      5:45 Euchre Games (CD)</p>
<p><b>17</b></p> <p>10:30 Church Service and Songs (MC)                      1:00 Sunscreen Try and Testing (O)                      2:00 Meditation Exercise (MC)                      5:45 Amazing Race Chat</p>	<p><b>Mabel's Birthday 18</b></p> <p>10:30 Craft: Memorial Day (PD)                      1:15 Bingo (MD)                      2:00 Games (MD)                      3:30 Exercise (MD)                      5:45 Oil and Massage Allergy Relief (MC)</p>	<p><b>19</b></p> <p>10:00 Catholic Service and Rosary (PD)                      10:45 Bible Study with Dean (CD)                      12:00 Ambassador Lunch                      3:30 Pool Noodle Volley Ball                      5:30 Affirmations (MC)</p>	<p><b>20</b></p> <p>10:00 Jen and Frankie Therapy                      10:45 Grub and Groove Chair Zumba Luncheon Outing                      2:30 Manicures (MC)                      6:00 Happy Hour: Healthy (L)</p>	<p><b>Ken's Birthday 21</b></p> <p>10:30 Culinary Showcase with Chef Jenelle (CD)                      11:00 Planting Garden (O)                      2:00 Games (MD)                      3:30 Exercise (MD)                      5:45 Stress Awareness Management (MC)</p>	<p><b>22</b></p> <p>11:00 Music with Tess (MD)                      1:15 All Kinds of Beer Bingo (MD)                      3:00 Groovin' Grace Haven Zumba (PD)                      5:00 Memorial Day Family Cook Out</p>	<p><b>23</b></p> <p>10:30 Exercise From the 50's and 60's (MC)                      11:15 H2O Mobile Cart                      1:30 Suzanne Dog Therapy                      2:00 One on One Chats                      5:45 Relaxing Drinks and Hand Massages (MC)</p>
<p><b>24</b></p> <p>10:30 Church Service and Songs (MC)                      1:30 Traci and Family Visit (MD)                      3:30 Marching Exercise (MC)                      5:45 Resident Lead Card Games (CD)</p>	<p><b>Memorial Day 25</b></p> <p>10:30 Lemonade Taste Testing Patio Time (P)                      1:15 Memorial Day Bingo (MD)                      2:00 Games (MD)                      3:30 Exercise (MD)                      5:45 Lemonade Mobile Cart</p>	<p><b>26</b></p> <p>10:00 Catholic Service and Rosary (PD)                      10:45 Bible Study with Dean (CD)                      3:00 Zumba with Margie (MD)                      5:30 Amazing Race Chat</p>	<p><b>27</b></p> <p>11:00 Piano Music with Doug (MC)                      12:00 Birthday Party Lunch                      1:00 Resident Council (PD)                      2:30 Silver Sneakers (MD)                      6:00 Happy Hour: Life Enrichment (L)</p>	<p><b>28</b></p> <p>10:00 Food Committee and Feedback Mobile Cart                      1:15 Bingo (MD)                      2:00 Games (MD)                      3:30 Exercise (MD)                      5:45 Stress Less Ball Exercise (MC)</p>	<p><b>Dave's Birthday 29</b></p> <p>10:30 Erica and Lacey Therapy                      1:15 Bingo (MD)                      2:45 Spad's Twisters Ice Cream Outing                      5:45 After Dinner Meditation (MC)</p>	<p><b>30</b></p> <p>10:30 Don't Burst My Bubble Game (MD)                      1:15 Chair Synchronized Swimming (MC)                      5:45 Essential Oils, Relaxation Exercise, and Hydration (MC)</p>
<p><b>31</b></p> <p>10:30 Church Service and Songs (MC)                      1:15 Cardio Drumming (MC)                      2:00 Popsicles on the Patio and Mobile Cart                      5:45 Piano and Peaceful Melody (MC)</p>						

**Calendar Key:**  
 MD – Main Dining  
 MC – Memory Care  
 PD – Private Dining

CD – Cooking Room  
 L – Lobby  
 P - Patio  
 O - Outside

B- Beauty Salon  
 H- Hall

Breakfast:  
 8:00am

Lunch:  
 12:00pm

Dinner:  
 5:00pm

