

MAY 2022- ASPEN CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music Video & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO! 11:30 Lunch 12:30 SING ALONG 1:15 Round Table Readers 2:00 Afternoon Refreshment 2:30 Trivia 3:00 Chair Exercise or Afternoon walk 3:30 Dancing w/ Scarves 4:30 Dinner and After-Dinner Movie	2 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BRAIN FITNESS 11:30 Lunch 12:30 SING ALONG 1:30 Flower Reminiscing with Photos 2:00 Afternoon Refreshment 2:15 CONCERT w/ Kimberly Gold! 3:00 Chair Exercise or Afternoon walk 3:30 Ring Toss 4:30 Dinner and After-Dinner Movie	3 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO 11:30 Lunch 12:30 SING ALONG 1:00 ART & CRAFT 2:00 Afternoon Refreshment 2:15 Chair Exercise or Afternoon Walk 3:00 Parachute Games 3:30 Trivia Challenge 4:30 Dinner and After-Dinner Movies	4 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:15 BRAIN GAMES w/ CA GAME GIRLS 11:30 Lunch 12:30 Current Events & Puzzles 1:00 Watercolor Painting 1:45 Chair Exercise & Stretching 2:00 Afternoon Refreshment 2:45 Conversation Starter Cards 3:30 Parachute w/ music 4:30 Dinner	5 Cinco de Mayo 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:15 GARDENING 11:30 Lunch 12:30 Food Reminiscing w/ Photos 1:00 Round Table Readers 1:45 SOUND & MEMORY 3:00 Chair Exercise or Afternoon walk 3:30 Horseshoes 4:30 Dinner 5:30 Movie Night	6 6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music Video 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 SING ALONG 1:00 SMOOTHIE MAKING 2:00 Afternoon Exercise & Stretching 2:30 Reminiscing & Discussions 3:30 Volleyball w/ Music 4:30 Dinner and After-Dinner Movie	7 6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music Video 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO 11:30 Lunch 12:30 Travel Reminiscing 1:00 Round Tables Reader 1:30 Chair Exercise 2:00 Afternoon Refreshment 2:30 MOTHER'S DAY CONCERT w/ Johnny Fabulous! 4:30 Dinner and After-Dinner Movie	
8 Mother's Day 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music Video & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO! 11:30 Lunch 12:30 SING ALONG 1:15 MOTHER'S DAY CARD MAKING 2:00 MOTHER'S DAY TEA PARTY 2:30 Trivia 3:00 Chair Exercise or Afternoon walk 3:30 Dancing w/ Scarves 4:30 Dinner and After-Dinner Movie	9 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BRAIN FITNESS 11:30 Lunch 12:30 SING ALONG 1:30 Flower Reminiscing with Photos 2:00 Afternoon Refreshment 2:15 BIRTHDAY CONCERT w/ Ken Sosa! 3:00 Chair Exercise or Afternoon walk 3:30 Ring Toss 4:30 Dinner	10 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO 11:30 Lunch 12:30 SING ALONG 1:00 HORTICULTURE w/ John O'Hara 2:00 Afternoon Refreshment 2:15 Chair Exercise or Afternoon Walk 3:00 Parachute Games 3:30 Trivia Challenge 4:30 Dinner and After-Dinner Movies	11 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:15 HISTORY READING— Theodore Roosevelt 11:30 Lunch 12:30 Current Events & Puzzles 1:00 Watercolor Painting 1:45 Chair Exercise & Stretching 2:00 Afternoon Refreshment 2:45 Conversation Starter Cards 3:30 Parachute w/ music 4:30 Dinner and After-Dinner Movie	12 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:15 GARDENING 11:30 Lunch 12:30 Food Reminiscing w/ Photos 1:00 Round Table Readers 1:45 SOUND & MEMORY 3:00 Chair Exercise or Afternoon walk 3:30 Horseshoes 4:30 Dinner 5:30 Movie Night	13 6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music Video 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 SING ALONG 1:00 SMOOTHIE MAKING 2:00 Afternoon Exercise & Stretching 2:30 Reminiscing & Discussions 3:30 Volleyball w/ Music 4:30 Dinner and After-Dinner Movie	14 6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music Video 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO 11:30 Lunch 12:30 Travel Reminiscing 1:00 Round Tables Reader 1:30 Chair Exercise 2:00 Afternoon Refreshment 2:30 SCENIC DRIVE—Mtn. View Shoreline lake or WORD SCRAMBLE 4:30 Dinner and After-Dinner Movie	
15 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music Video & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO! 11:30 Lunch 12:30 SING ALONG 1:15 Round Table Readers 2:00 Afternoon Refreshment 2:30 Trivia 3:00 Chair Exercise or Afternoon walk 3:30 Dancing w/ Scarves 4:30 Dinner 5:30 Movie Night	16 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BRAIN FITNESS 11:30 Lunch 12:30 SING ALONG 1:30 Flower Reminiscing with Photos 2:00 Afternoon Refreshment 2:15 CONCERT w/ Lee Allen! 3:00 Chair Exercise or Afternoon walk 3:30 Ring Toss 4:30 Dinner 5:30 Movie Night	17 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO 11:30 Lunch 12:30 SING ALONG 1:00 ART & CRAFT 2:00 Afternoon Refreshment 2:15 Chair Exercise or Afternoon Walk 3:00 Parachute Games 3:30 Trivia Challenge 4:30 Dinner and After-Dinner Movies	18 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:15 HISTORY READING — Franklin Roosevelt 11:30 Lunch 12:30 Current Events & Puzzles 1:00 Watercolor Painting 1:45 Chair Exercise & Stretching 2:00 Afternoon Refreshment 2:45 Conversation Starter Cards 3:30 Parachute w/ music 4:30 Dinner 5:30 Movie Night	19 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:15 GARDENING 11:30 Lunch 12:30 Food Reminiscing w/ Photos 1:00 Round Table Readers 1:45 SOUND & MEMORY 3:00 Chair Exercise or Afternoon walk 3:30 Horseshoes 4:30 Dinner 5:30 Movie Night	20 6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music Video 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 SING ALONG 1:00 SMOOTHIE MAKING 2:00 Afternoon Exercise & Stretching 2:30 Reminiscing & Discussions 3:30 Volleyball w/ Music 4:30 Dinner and After-Dinner Movie	21 6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music Video 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO 11:30 Lunch 12:30 Travel Reminiscing 1:00 Round Tables Reader 1:30 Chair Exercise 2:00 Afternoon Refreshment 2:30 SCENIC DRIVE— Palo Alto Baylands or WORD SCRAMBLE 4:30 Dinner 5:30 Movie Night	
22 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music Video & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO! 11:30 Lunch 12:30 SING ALONG 1:15 Round Table Readers 2:00 Afternoon Refreshment 2:30 Trivia 3:00 Chair Exercise or Afternoon walk 3:30 Dancing w/ Scarves 4:30 Dinner and After-Dinner Movie 5:30 Movie	23 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BRAIN FITNESS 11:30 Lunch 12:30 SING ALONG 1:30 Flower Reminiscing with Photos 2:00 Afternoon Refreshment 2:15 CONCERT w/ Ken Sosa! 3:00 Chair Exercise or Afternoon walk 3:30 Ring Toss 4:30 Dinner	24 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO 11:30 Lunch 12:30 SING ALONG 1:00 HORTICULTURE w/ John O'Hara 2:00 Afternoon Refreshment 2:15 Chair Exercise or Afternoon Walk 3:00 Parachute Games 3:30 Trivia Challenge 4:30 Dinner and After-Dinner Movies	25 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:15 HISTORY READING — American Revolution 11:30 Lunch 12:30 Current Events & Puzzles 1:00 Watercolor Painting 1:45 Chair Exercise & Stretching 2:00 Afternoon Refreshment 2:45 Conversation Starter Cards 3:30 Parachute w/ music 4:30 Dinner 5:30 Movie Night	26 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:15 GARDENING 11:30 Lunch 12:30 Food Reminiscing w/ Photos 1:00 Round Table Readers 1:45 SOUND & MEMORY 3:00 Chair Exercise or Afternoon walk 3:30 Horseshoes 4:30 Dinner 5:30 Movie Night	27 6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music Video 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 Alzheimer's Association Memories in the Making Painting 11:30 Lunch 12:30 SING ALONG 1:00 SMOOTHIE MAKING 2:00 Afternoon Exercise & Stretching 2:30 Reminiscing & Discussions 3:30 Volleyball w/ Music 4:30 Dinner and After-Dinner Movie	28 6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music Video 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO 11:30 Lunch 12:30 Travel Reminiscing 1:00 Round Tables Reader 1:30 Chair Exercise 2:00 Afternoon Refreshment 2:30 SCENIC DRIVE— Los Altos Hills or WORD SCRAMBLE 4:30 Dinner 5:30 Movie Night	
29 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music Video & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO! 11:30 Lunch 12:30 SING ALONG 1:15 Round Table Readers 2:00 Afternoon Refreshment 2:30 Trivia 3:00 Chair Exercise or Afternoon walk 3:30 Dancing w/ Scarves 4:30 Dinner 5:30 Movie Night	30 Memorial Day 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BRAIN FITNESS 11:30 Lunch 12:30 MEMORIAL DAY PATRIOTIC SING ALONG 1:30 Flower Reminiscing with Photos 2:00 Afternoon Refreshment 2:15 Round Table Readers 3:00 Chair Exercise or Afternoon walk 3:30 Ring Toss 4:30 Dinner 5:30 Movie Night	31 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Morning Stroll & Stretching 10:00 Snack & Chat 10:20 BINGO 11:30 Lunch 12:30 SING ALONG 1:00 ART & CRAFT 2:00 Afternoon Refreshment 2:15 Chair Exercise or Afternoon Walk 3:00 Parachute Games 3:30 Trivia Challenge 4:30 Dinner and After-Dinner Movies					

