MAY 2022- ASPEN CLUB

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
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	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! 3:30 Chair Exercise or Afternoon walk 3:30 Ring Toss 4:30 Dinner and After-Dinner Movie	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 ART & CRAFT 2:00 ART & CRAFT 2:15 Chair Exercise or Afternoon Walk 3:00 Parachute Games 3:30 Trivia Challenge 4:30 Dinner and After-Dinner Movies	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 Current Events & Puzzles 1:00 Vatercolor Painting 1:45 Chair Exercise & Stretching Afternoon Refreshment 2:45 Conversation Starter Cards 3:30 Parachute w/ music 4:30 Dinner	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 3:30 Chair Exercise or Afternoon walk 4:30 Dinner 5:30 Movie Night	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 SING ALONG 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	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	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 Sosal 3:30 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	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 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	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	6:30 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 2:30 Afternoon Exercise & Stretching 2:30 Reminiscing & Discussions 3:30 Volleyball w/ Music 4:30 Dinner and After-Dinner Movie	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 DRIVEMtn. View Shoreline lake or WORD SCRAMBLE 4:30 Dinner and After-Dinner Movie			
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MAY 2022-WILLOW CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music Video & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Sorting Playing Cards/ Folding Napkins 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:30 Travel Reminiscing 1:15 Beach Ball Toss 2:00 Afternoon Refreshment 2:30 Trivia 3:00 Chair Exercise or Afternoon walk 3:30 Dancing w/ Scarves 4:30 Dinner & After Dinner Movie	6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Sorting & Polishing Silverware 10:50 Office Work 11:30 Lunch 12:30 SING-ALONG 1:30 Round Table Readers 2:00 Afternoon Refreshment 2:15 CONCERT w/ Kimberly Gold! 3:30 Chair Exercise or Afternoon walk 3:30 Ring Toss 4:30 Dinner & After Dinner Movie	3 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Puzzles 11:00 Sorting Socks and Baby Clothes 11:30 Lunch 12:30 Hand Washing and Looks Re-do 1:00 Flower Arranging 1:30 Travel Reminiscing / Word Games 2:00 Afternoon Refreshment 2:15 Chair Exercise or Afternoon Walk 3:00 Parachute Games 3:30 SING-ALONG 4:30 Dinner and After-Dinner Movies	6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:15 BRAIN GAMES w/ CA GAME GIRLS 11:30 SING-ALONG 1:00 HISTORY READING— MLK Jr. 1:45 Exercise & Stretching 2:30 Reminiscing the 50s 2:00 Afternoon Refreshment 2:45 Conversation Starter Cards 3:30 Parachute w/ music 4:30 Dinner & After - Dinner Movies	5 Cinco de Mayo 6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:15 Puzzles 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:30 Food Reminiscing w/ Photos 1:00 Round Table Readers 1:30 SOUND & MEMORY 2:00 Afternoon Refreshment 2:15 Chair Exercise or Afternoon walk 3:00 Horseshoes 4:30 Dinner & After Dinner Movie	6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Travel Reminiscing 11:00 Trivia Challenge 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 5:30 Movie Night	6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Sorting Silverware/ Playing Cards 11:00 Beach Ball Toss 11:30 Lunch 12:30 SING- ALONG 1:00 Board Games/ Trivia 1:30 Chair Exercise 2:15 Afternoon Refreshment 2:30 SCENIC DRIVE—Saratoga or WORD SCRAMBLE 4:30 Dinner & 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 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Sorting Playing Cards/ Folding Napkins 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:30 Travel Reminiscing 1:15 Beach Ball Toss 2:00 MOTHER'S DAY TEA PARTY 7:17 Trivia 3:00 Chair Exercise or Afternoon walk 3:30 Dancing w/ Scarves 4:30 Dinner & After Dinner Movie	6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Sorting & Polishing Silverware 10:50 Office Work 11:30 Lunch 12:30 SING-ALONG 1:15 Round Table Readers 2:00 Afternoon Refreshment 2:15 BIRTHDAY CONCERT w/ Ken Sosa! Chair Exercise or Afternoon walk 3:30 Ring Toss 4:30 Dinner & After Dinner Movie	6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:20 Puzzles 11:00 Sorting Socks and Baby Clothes 11:30 Lunch 12:00 Hand Washing and Looks Re-do 12:30 Word Games 1:00 HORTICULTURE w/ John 2:00 Afternoon Refreshment 2:15 Chair Exercise or Afternoon Walk 3:00 Parachute Games 3:30 SING-ALONG 4:30 Dinner and After-Dinner Movies	7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:30 SENORY & MUSIC 11:30 SING-ALONG 1:00 HISTORY READING— Abraham Lincoln 1:45 Exercise & Stretching 2:30 Reminiscing with Photos 2:00 Afternoon Refreshment 2:45 Conversation Starter Cards 3:30 Parachute W/ music 4:30 Dinner & After - Dinner Movies 5:30 Movie Night	6:30 7:45 8:30 Relaxation Music & Breathing Exercise 8:30 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:15 Puzzles 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:30 Food Reminiscing w/ Photos 1:00 Round Table Readers 1:30 SOUND & MEMORY 2:00 Afternoon Refreshment Chair Exercise or Afternoon walk 3:00 Horseshoes 4:30 Continental Breakfast/AM Rise! Relaxation Pictures Reminiscing W/Photos Round Table Readers 1:00 Refreshment Chair Exercise or Afternoon walk Refreshoes After Dinner Movie	6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Travel Reminiscing 11:00 Trivia Challenge 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	6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Sorting Silverware/ Playing Cards 11:00 Beach Ball Toss 11:30 Lunch 12:30 SING- ALONG 1:00 Board Games/ Trivia 1:30 Chair Exercise 2:00 Afternoon Refreshment 2:30 SCENIC DRIVEMtn. View Shoreline lake or SWORD SCRAMBLE 4:30 Dinner & After Dinner Movie 5:30 Movie Night
6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music Video & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Sorting Playing Cards/ Folding Napkins 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:30 Travel Reminiscing 1:15 Beach Ball Toss 2:00 Afternoon Refreshment 2:30 Trivia 3:00 Chair Exercise or Afternoon walk 3:30 Dancing w/ Scarves 4:30 Dinner & After Dinner Movie	6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Sorting & Polishing Silverware 10:50 Office Work 11:30 Lunch 12:30 SING-ALONG 1:15 Round Table Readers 2:00 Afternoon Refreshment 2:15 CONCERT w/ Lee Allen! 3:00 Chair Exercise or Afternoon walk 3:30 Ring Toss 4:30 Dinner & After Dinner Movie	7:45 8:30 Relaxation Music & Breathing Exercise 8:30 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Puzzles Colleen P.I 1:30 Lunch 12:30 Hand Washing and Looks Re-do 1:00 Flower Arranging 1:30 Travel Reminiscing / Word Games 2:00 Afternoon Refreshment 2:15 Chair Exercise or Afternoon Walk 3:30 Parachute Games 3:30 SING-ALONG 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 Gentle Exercise & Stretching 10:00 Sack & Chat 10:30 Reminiscing with Photos 11:00 SENORY & MUSIC 11:30 Lunch 12:30 SING-ALONG 1:00 HISTORY READING— Barack Obama 1:45 Exercise & Stretching 2:30 Reminiscing the 50s 2:00 Afternoon Refreshment 2:45 Conversation Starter Cards 3:30 Parachute w/ music 4:30 Dinner & After - Dinner Movies	6:30 Continental Breakfast/AM Rise! 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:15 Puzzles 11:00 Looking Through Pictures & Reminiscing 11:30 Lunch 12:30 Food Reminiscing w/ Photos 1:30 Round Table Readers 1:30 SOUND & MEMORY 2:00 Afternoon Refreshment 2:15 Chair Exercise or Afternoon walk 1:30 Dinner & After Dinner Movie	6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Travel Reminiscing 11:00 Trivia Challenge 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	6:30 Continental Breakfast/AM Rise 7:45 Relaxation Music & Breathing Exercise 8:30 Breakfast 9:40 Gentle Exercise & Stretching 10:00 Snack & Chat 10:20 Sorting Silverware/ Playing Cards 11:00 Beach Ball Toss 11:30 Lunch 12:30 SING- ALONG 1:00 Board Games/ Trivia 1:30 Chair Exercise 2:00 Afternoon Refreshment 2:30 SCENIC DRIVE— Palo Alto Baylands or WORD SCRAMBLE 4:30 Dinner & After Dinner Movie
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