


Eskaton Village Carmichael

May 2021

Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			All Activities Are Subject To Change			10am Sit & Be Fit 1 10:30am Retro TV Show Bingo 11:35am Outdoor Stroll 2pm Movie Matinee "Bonnie & Clyde" 4pm Saturday Afternoon Sweets Social
10:30am Balance Basics & Leg Strengthening 2 1:30pm Bible Study 3pm Craft: Message & Button Cards 4pm Koffee Klatsch, Treats & Social Time	9:30am CH. 88 Fitness with Judy 3 1pm Socializing with Friends 2:30pm Independent indoor Stroll	10am Movement to Get You Moving 4 10:30am Bingo 1:30pm U.S. History Trivia 2:30pm Water Aerobics Class with Judy 4pm Happy Hour with Alvin on piano	10am Seated Strength 5 10:30am Hang-Man 11:35am Outdoor Stroll 2pm Cinco de Mayo Party Happy Birthday Alice	10am Sit & Be Fit 6 10:30am Bingo 1:30pm Balloon Volleyball 2:30pm Water Aerobics with Judy 4pm Happy Hour with Robert on guitar	10am Movement to Get You Moving 7 10:30am You Be The Judge 11:35am Duck Pond Stroll 2pm America's National Parks-Yosemite part one (DVD) 3pm Resident Shopping Requests \$	9:30am CH. 88 Fitness with Judy 8 1pm Socializing with Friends 2:30pm Independent Indoor Stroll
10:30am Balloon Volleyball 9 1:30pm Bible Study 2:45pm "True or False?" 3:45pm Mother's Day Afternoon Tea (ladies only) Happy Birthday Elaine	10am "Chair With Flair" 10 1:15pm Everyday Life Trivia 2:30pm Cultural Literacy Review 3:30pm "The Changing American Table"	9:30am CH.88 Fitness with Judy 11 1pm Socializing with Friends 2:30pm Independent Indoor Stroll	9:30am CH.88 Fitness with Judy 12 1pm Socializing with Friends 2:30pm Independent Indoor Stroll	9:30am CH.88 Fitness with Judy 13 1pm Socializing with Friends 2:30pm Independent Indoor Stroll	9:30am CH.88 Fitness with Judy 14 1pm Socializing with Friends 2:30pm Independent Indoor Stroll	9:30am CH.88 Fitness with Judy 15 1pm Socializing with Friends 2:30pm Independent Indoor Stroll Armed Forces Day
10am Seated Strength 16 1:30pm Bible Study 3pm Word Category Game 4pm Koffee Klatsch, Treats & Social Time	10am Morning Stretch 17 1:15pm Short Story Reading & Discussion 2:30pm Name That Tune! 3:30pm "What The Pandemic Has Taught Us"	10am Sit & Be Fit 18 10:30am Bingo 1:30pm My 2 Cents 2:30pm Water Aerobics with Judy 3:30pm Happy Hour Social	10am Movement to Get You Moving 19 10:30am Hang-Man 11:35am Duck Pond Stroll 1:30pm Balloon Volleyball 3pm Violin Music with Antonio	10am Seated Strength 20 10:30am Bingo 1:30pm Horse Races 2:30pm Water Aerobics with Judy 3:30pm Happy Hour Social	10am Sit & Be Fit 21 10:30am You Be The Judge 11:35am Duck Pond Stroll 2pm Jingo 3pm Resident Shopping Requests \$	10am Movement to Get You Moving 22 10:30am U.S. History Trivia 1pm Matinee Movie "My Fair Lady" 4pm Healthy Snacks Social
10:30am Leg Strengthening 23 1:30pm Bible Study 3pm Everyday Life Trivia 4pm Koffee Klatsch, Treats & Social Time	10am Simply Stretching 24 1:15pm "Memorial Day" Jeopardy! 2:30pm Balloon Volleyball 3:30pm Monday Afternoon Sing-Along	10am Sit & Be Fit 25 10:30am Clue Trivia 10:30am Bingo 1:30pm Clue Trivia 2:30pm Water Aerobics with Judy 3:30pm Happy Hour Social	10am Seated Strength 26 10:30am Craft: Aluminum Water Bottle Decorating 11:35am Duck Pond Stroll 2pm America's National Parks-Yosemite part one (DVD) 3pm Resident Shopping Requests \$	10am Sit & Be Fit 27 10:30am Bingo 1:30pm Bean Bag Toss 2:30pm Water Aerobics Class with Judy 3:30pm Happy Hour Social Happy Birthday Kathleen	10am Seated Strength 28 10:30am You Be The Judge 11:35am Duck Pond Stroll 2pm Jingo 3pm Resident Shopping Requests \$ Happy Birthday Dixie	10am Sit & Be Fit 29 10:30am Saturday Morning Sing-Along 2pm Movie Matinee "Julie & Julia" 4pm Saturday Afternoon Sweets Social
9:30am CH.88 Fitness with Judy 30 1pm Socializing with Friends 2pm Independent Indoor Stroll	9:30am CH.88 Fitness with Judy 31 1pm Socializing with Friends 2pm Independent Indoor Stroll Memorial Day			