





# May 2023 ~ Life Enrichment Calendar Irene Baron Eden Centre ~

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Emerald   Lily of the Valley	1 10:30 Strengthening Exercises & May news 1:30 Bible Study on Marigold Lane	2 10:30 Stretches & Outdoor/ Indoor Walk 1:30 In house Bowling 6:00 Movie & Popcorn	3 10:30 Ladder Ball 1:30 Elder Neighborhood Meeting on Blueberry Bay	4 10:30 Chair Yoga 1:30 Beach Ball Circle	5 10:30 Stretches & Walk 1:30 Sing-along	6 1:30 Crowning of King Charles III Ruth D. 
7 10:30 Devotions & Hymn Sing 1:30 Bean Bag Toss	8 10:30 Fitness & "Why God Made Moms?" 1:30 Bible Study on Ramblin Rose	9 10:30 Sit and Dance Around the World 1:30 Outdoor Walk and sit on the patio	10 10:30 How many words from "Happy Mothers Day" 1:30 Bounce a Bucket of Balls	11 6:00 <i>MOTHER'S DAY TEA PARTY w/PIANIST DOUG VOICE</i>	12 10:30 Stretches & Walk 1:30 Spelling Bee	13 10:30 Manicures 1:30 Shake loose a Memory
<b>MOTHER'S DAY</b> 14 10:30 Devotions & Hymn Sing (Mothers Day Quotes) 2:30 Providence Church	15 10:30 Strengthening Exercises 1:30 Bible Study on Blueberry Bay	16 10:30 Stretches & Outdoor/ Indoor Walk 1:30 Monthly Birthday Party w/Cal Wookey 6:00 Roll a Bucket of Balls Lois D. 	17 10:30 Hangman (Springtime Songs) 1:30 Bean bag /Washer Toss	18 10:30 Would you Rather? 1:30 Chair Yoga	19 10:30 Chair Dancing Around the World 1:30 Sing-along w/Susie Q.	20 10:30 Manicures 1:30 Hula Dancing
21 10:30 Devotions & Hymn Sing 1:30 Laughter is the Best Medicine	<b>Victoria Day</b> 22 OFFICE CLOSED	23 10:30 Outdoor/ Indoor Walk 1:30 Jeopardy Trivia	24 10:30 Hangman (Springtime Songs) 1:30 Ladder Ball	25 1:30 Bingo 6:00 Happy Hour w/Andre Viallet	26 10:30 Chair Dancing Around the World 1:30 Sing-along	27 10:30 Hula Dancing 1:30 Cranium Exercises
28 10:30 Devotions & Hymn Sing 2:30 Providence Church	29 10:30 Strengthening Exercises 1:30 Bible Study on Ivy Trails	30 10:30 Outdoor/ Indoor Walk 1:30 Balloon Volleyball 6:00 Bingo Night	31 10:30 Group Crossword Puzzle 1:30 Roll a Bucket of Balls			

\*PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES\*