

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ASPECTS OF LIVING

- Cognitive
- Musical
- Life Enrichment
- Reminisce
- Health & Fitness
- Inspirational/Spiritual
- Social

*May*

GRANDVIEW GARDENS 2025

DAILY PROGRAMS

- Unless otherwise noted
- 9:15 Positive Current Events
  - 10:30 AM Snack
  - 11:00 Feeding of the Fish
  - 1:00 Daily Chronicles
  - 2:30 Snack & Social
  - 5:15 Mindful Unwind
  - 5:40 Movie/Classic Series

- Pretty Things Sale* 1  
10-2 Main Lobby
- 10:00 Wake-up & Workout
  - 11:15 Balloon Bash  
Puzzles
  - 1:30 Afternoon Stretch  
Kitchen Creations
  - 2:00 Word Games
  - 3:15 Corn Hole  
Mani-Cares
  - 3:45 Mindful Meditation

- 2
- 10:00 AM Exercise
  - 10:45 **Scenic Ride**
  - 11:15 Nail Care/Reminisce
  - 1:30 Seated Yoga  
Relaxation to Music
  - 2:00 Brain Games
  - 2:30 Music & Munchies
  - 3:15 Horseshoes
  - 3:45 Sing Along & Reminisce

- 3
- 10:00 Wake-up & Workout
  - 11:15 Base Ball Toss  
Color Artistry
  - 1:30 Afternoon Stretch  
Music & Relaxation
  - 2:00 Fact or Fiction Trivia
  - 3:15 Toss Across  
Rosary
  - 3:45 Uplifting Stories

- 4
- 10:15 Communion w/ OLM
  - 10:30 Hymns & Snack
  - 11:00 Virtual. Service (YT)
  - 11:30 Get up & Move
  - 1:30 Sunday Stretch
  - 2:00 Brain Games
  - 3:15 Balloon Bash  
Music & Reminisce
  - 3:45 *Here Comes the Sun*

- 5
- 10:00 Wake up & Zumba
  - 11:15 "Pitcher Practice" Toss  
Mani-Cares
  - 1:30 Afternoon Stretch  
Card Game: Hi-Lo
  - 2:00 Word Games
  - 3:15 High Rollers  
Color Artistry
  - 3:45 Meditation & Reflection

- 6
- 10:00 Wake-up & Workout
  - 11:15 Balloon Ball  
Puzzles
  - 1:30 **Scenic Ride**  
Afternoon Stretch
  - 2:00 Trivia...Did you Know
  - 3:15 Bulls-Eye  
Virtual Catholic Service
  - 3:45 Sing Along

- 7
- 10:00 Wake up & Zumba
  - 11:15 Table Top Darts  
Color Artistry
  - 1:30 Seated Yoga
  - 2:00 **Worship Service & Communion w/ Rev. Cheryl**
  - 2:30 **100<sup>th</sup> B-Day Celebration w/ Bob Trembley**
  - 3:15 Ring Toss  
Music & Meditation
  - 3:45 Who Sings It?

- 8
- 10:00 Wake-up & Workout
  - 11:15 Balloon Bash  
Puzzles
  - 1:30 Afternoon Stretch
  - 2:00 Word Games
  - 3:15 Corn Hole  
Mani-Cares
  - 3:45 Mindful Meditation

- 9
- Mother's Day Tea/Men Luncheon
- 10:00 AM Exercise
  - 11:15 Nail Care/Reminisce
  - 12:00 **TEA LUNCHEON**  
**MEN'S LUNCHEON**
  - 1:30 Seated Yoga  
Relaxation to Music
  - 2:00 Brain Games
  - 2:30 Music & Munchies
  - 3:15 Horseshoes
  - 3:45 Sing Along & Reminisce

- 10
- 10:00 Wake-up & Workout
  - 11:15 Base Ball Toss  
Color Artistry
  - 1:30 Afternoon Stretch  
Music & Relaxation
  - 2:00 Fact or Fiction Trivia
  - 3:15 Toss Across  
Rosary
  - 3:45 Uplifting Stories

- 11
- Mother's Day
- 10:15 Communion w/ OLM
  - 10:30 Hymns & Snack
  - 11:00 Virtual. Service (YT)
  - 11:30 Get up & Move
  - 1:30 Sunday Stretch  
**Sunday Scenic Ride**
  - 2:00 Brain Games
  - 3:15 Balloon Bash  
Music & Reminisce
  - 3:45 *Here Comes the Sun*

- 12
- 10:00 Wake up & Zumba
  - 11:15 "Pitcher Practice" Toss  
Mani-Cares
  - 1:30 Afternoon Stretch  
Catholic Mass (escorted)
  - 2:00 Word Games
  - 2:30 **Music & Snack w/ Joan Sherlcoek**
  - 3:15 High Rollers  
Color Artistry
  - 3:45 Meditation & Reflection

- 13
- 10:00 Wake-up & Workout
  - 11:15 Balloon Ball  
Puzzles
  - 1:30 **Scenic Ride**  
Afternoon Stretch
  - 2:00 Trivia...Did you Know
  - 3:15 Bulls-Eye  
Virtual Catholic Service
  - 3:45 Sing Along

- 14
- 10:00 Wake up & Zumba
  - 11:15 Table Top Darts  
Color Artistry
  - 1:30 Seated Yoga  
Crafting Corner
  - 2:00 Trivia
  - 3:15 Bean Bag Toss  
Music & Meditation
  - 3:45 Who Sings It?

- 15
- 10:00 Wake-up & Workout
  - 11:15 Balloon Bash  
Puzzles
  - 1:30 Afternoon Stretch  
Kitchen Creations
  - 2:00 Word Games
  - 3:15 Corn Hole  
Mani-Cares
  - 3:45 Mindful Meditation

- 16
- 10:00 AM Exercise
  - 10:45 **Scenic Ride**
  - 11:15 Nail Care/Reminisce
  - 1:30 Seated Yoga  
Relaxation to Music
  - 2:00 Brain Games
  - 2:30 Music & Munchies
  - 3:15 Horseshoes
  - 3:45 Sing Along & Reminisce

- 17
- 10:00 Wake-up & Workout
  - 11:15 Base Ball Toss  
Color Artistry
  - 1:30 Afternoon Stretch  
Music & Relaxation
  - 2:00 Fact or Fiction Trivia
  - 3:15 Toss Across  
Rosary
  - 3:45 Uplifting Stories

- 18
- 10:15 Communion w/ OLM
  - 10:30 Hymns & Snack
  - 11:00 Virtual. Service (YT)
  - 11:30 Get up & Move
  - 1:30 Sunday Stretch  
**Sunday Scenic Ride**
  - 2:00 Brain Games
  - 3:15 Balloon Bash  
Music & Reminisce
  - 3:45 *Here Comes the Sun*

- 19
- 10:00 Wake up & Zumba
  - 11:15 "Pitcher Practice" Toss  
Mani-Cares
  - 1:30 Afternoon Stretch  
Card Game: Hi-Lo
  - 2:00 Word Games
  - 3:15 High Rollers  
Color Artistry
  - 3:45 Meditation & Reflection

- 20
- 10:00 Wake-up & Workout
  - 11:15 Balloon Ball  
Puzzles
  - 1:30 **Garden Group**  
Afternoon Stretch
  - 2:00 Trivia...Did you Know
  - 3:15 Bulls-Eye  
Virtual Catholic Service
  - 3:45 Sing Along

- 21
- 10:00 Wake up & Zumba
  - 11:15 Table Top Darts  
Color Artistry
  - 1:30 Seated Yoga  
Crafting Corner
  - 2:00 Trivia
  - 3:15 Bean Bag Toss  
Music & Meditation
  - 3:45 Who Sings It?

- 22
- 10:00 Wake-up & Workout
  - 11:15 Balloon Bash  
Puzzles
  - 1:30 Afternoon Stretch  
Kitchen Creations
  - 2:00 Word Games
  - 3:15 Corn Hole  
Mani-Cares
  - 3:45 Mindful Meditation

- 23
- 10:00 AM Exercise
  - 10:45 **Scenic Ride**
  - 11:15 Nail Care/Reminisce
  - 1:30 Seated Yoga  
Relaxation to Music
  - 2:00 Brain Games
  - 2:30 Music & Munchies
  - 3:15 Horseshoes
  - 3:45 Sing Along & Reminisce

- 24
- 10:00 Wake-up & Workout
  - 11:15 Base Ball Toss  
Color Artistry
  - 1:30 Afternoon Stretch  
Music & Relaxation
  - 2:00 Fact or Fiction Trivia
  - 3:15 Toss Across  
Rosary
  - 3:45 Uplifting Stories

- 25
- 10:15 Communion w/ OLM
  - 10:30 Hymns & Snack
  - 11:00 Virtual. Service (YT)
  - 11:30 Get up & Move
  - 1:30 Sunday Stretch  
**Sunday Scenic Ride**
  - 2:00 Brain Games
  - 3:15 Balloon Bash  
Music & Reminisce
  - 3:45 *Here Comes the Sun*

- 26
- Memorial Day
- 10:00 Wake up & Zumba
  - 11:00 Live Music w/ Graham
  - 1:30 Afternoon Stretch  
Armchair Travel
  - 2:00 Word Games
  - 3:15 High Rollers  
Color Artistry
  - 3:45 Meditation & Reflection

- 27
- 10:00 Wake-up & Workout
  - 11:15 Balloon Ball  
Puzzles
  - 1:30 **Scenic Ride**  
Afternoon Stretch
  - 2:00 Trivia...Did you Know
  - 3:15 Bulls-Eye  
Virtual Catholic Service
  - 3:45 Sing Along

- 28
- 10:00 Wake up & Zumba
  - 11:15 Table Top Darts  
Color Artistry
  - 1:30 **Tap'n Time w/ Belle**  
Crafting Corner
  - 2:00 Trivia
  - 3:15 Bean Bag Toss  
Music & Meditation
  - 3:45 Who Sings It?

- 29
- 10:00 Wake-up & Workout
  - 11:15 Balloon Bash  
Puzzles
  - 1:30 Afternoon Stretch  
Mani-Cares
  - 2:00 Word Games
  - 3:15 Corn Hole
  - 3:45 Mindful Meditation

- 30
- 10:00 AM Exercise
  - 10:45 **Scenic Ride**
  - 11:15 Nail Care/Reminisce
  - 1:30 Seated Yoga  
Relaxation to Music
  - 2:00 Brain Games
  - 2:30 Music & Munchies
  - 3:15 Horseshoes
  - 3:45 Sing Along & Reminisce

- 31
- 10:00 Wake-up & Workout
  - 11:15 Base Ball Toss  
Color Artistry
  - 1:30 Afternoon Stretch  
Music & Relaxation
  - 2:00 Fact or Fiction Trivia
  - 3:15 Toss Across  
Rosary
  - 3:45 Uplifting Stories