

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

	<p>1</p> <p>9:00 Mindful Meditation</p> <p>10:00 Exercise Class</p> <p>1:15 Music Therapy</p> <p>3:00 Color by Number</p> <p><small>May Day</small></p>	<p>2</p> <p>9:00 Chair Stretches</p> <p>10:30 Music with David Carty</p> <p>1:30 Puzzle Pal's</p>	<p>3</p> <p>10:00 Chair Yoga</p> <p>1:00 Friday Film</p> <p>3:00 Creative Art Club</p>	<p>4</p> <p>10:00 Sit and be Fit.</p> <p>1:30 Virtual Travel Club</p> <p>3:00 Watercolor Creations</p>		
<p>5</p> <p>9:00 Video Devotional</p> <p>10:00 Puzzle Pal's</p> <p>2:00 Classic Shows</p> <p><small>Cinco de Mayo</small></p>	<p>6</p> <p>9:00 Meditation</p> <p>10:00 Exercise Class</p> <p>1:30 Bingo</p> <p>3:00 May Discussion</p>	<p>7</p> <p>9:00 Morning Music</p> <p>11:00 St. Thomas Church Service</p> <p>1:30 Arts and Crafts</p> <p>3:00 Social with Trivia</p>	<p>8</p> <p>9:00 Mindful Meditation</p> <p>10:00 Exercise Class</p> <p>1:15 Music Therapy</p> <p>3:00 Color by Number</p>	<p>9</p> <p>9:00 Chair Stretches</p> <p>10:30 Church Service Simply Grace</p> <p>1:30 Mother's Day Hats Craft</p>	<p>10</p> <p>10:00 Muffins with Mom</p> <p>1:00 Friday Film</p> <p>3:00 Creative Art Club</p>	<p>11</p> <p>10:00 Sit and be Fit</p> <p>1:30 Virtual Travel Club</p> <p>3:00 Watercolor Creations</p>
<p>12</p> <p><i>Happy Mother's Day</i></p> <p><small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>13</p> <p>9:00 Meditation</p> <p>10:00 Exercise Class</p> <p>1:30 Bingo</p> <p>3:00 Popsicle Party</p>	<p>14</p> <p>9:00 Morning Music</p> <p>10:00 Exercise Class</p> <p>1:30 Arts and Crafts</p> <p>3:00 Social with Trivia</p>	<p>15</p> <p>9:00 Mindful Meditation</p> <p>10:00 Exercise Class</p> <p>1:15 Music Therapy</p> <p>3:00 Color by Number</p>	<p>16</p> <p>9:00 Chair Stretches</p> <p>10:30 Music with David Carty</p> <p>1:30 Puzzle Pal's</p>	<p>17</p> <p>10:00 Chair Yoga</p> <p>1:00 Friday Film</p> <p>3:00 Creative Art Club</p>	<p>18</p> <p>10:00 Sit and be Fit</p> <p>1:30 Virtual Travel Club</p> <p>3:00 Armed Forces Art Project</p> <p><small>Armed Forces Day</small></p>
<p>19</p> <p>9:00 Video Devotional</p> <p>10:00 Puzzle Pal's</p> <p>2:00 Classic Shows</p>	<p>20</p> <p>9:00 Meditation</p> <p>10:00 Exercise Class</p> <p>1:30 Bingo</p> <p>3:00 Balloon Volleyball</p> <p><small>Victoria Day (Canada)</small></p>	<p>21</p> <p>10:00 Outing: Park Picnic</p> <p>1:30 Arts and Crafts</p> <p>3:00 Balloon Volleyball</p>	<p>22</p> <p>9:00 Mindful Meditation</p> <p>10:00 Exercise Class</p> <p>1:15 Music Therapy</p> <p>3:00 Color by Number</p>	<p>23</p> <p>9:00 Chair Stretches</p> <p>10:30 Fun with Glenda Sue</p> <p>1:30 Puzzle Pal's</p>	<p>24</p> <p>10:00 Chair Yoga</p> <p>1:00 Friday Film</p> <p>3:00 Creative Art Club</p>	<p>25</p> <p>10:00 Sit and be Fit</p> <p>1:30 Virtual Travel Club</p> <p>3:00 Watercolor Creations</p>
<p>26</p> <p>9:00 Video Devotional</p> <p>10:00 Puzzle Pal's</p> <p>2:00 Classic Shows</p>	<p>27</p> <p><i>Happy Memorial Day</i></p> <p>11:30 BBQ Lunch</p> <p>12:30 Red white and Blue Art</p> <p><small>Memorial Day</small></p>	<p>28</p> <p>9:00 Morning Music</p> <p>10:00 Exercise Class</p> <p>1:30 Arts and Crafts</p> <p>3:00 Social with Trivia</p>	<p>29</p> <p>9:00 Mindful Meditation</p> <p>10:00 Exercise Class</p> <p>1:15 Music Therapy</p> <p>3:00 Color by Number</p>	<p>30</p> <p>9:00 Chair Stretches</p> <p>10:30 Music with David Carty</p> <p>1:30 Puzzle Pal's</p>	<p>31</p> <p>10:00 Chair Yoga</p> <p>1:00 Friday Film</p> <p>3:00 Creative Art Club</p>	<p><i>Memory Care.</i></p>

Canterfield of Tallahassee ** All events are subject to change**