

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:00 Chair Yoga 1 10:00 Daily Chronicle Extra 10:30 Craft- May Day Basket 11:30 Wiser Now Wednesday 1:00 May Day Bingo 3:00 Coffee and Conversation <ul style="list-style-type: none"> • Symbols of May Day • Monthly Gazette • May Newsletter 6:00 Movie Time May Day	9:00 Walking Workout 2 10:00 Daily Chronicle Extra 10:30 Cooking- Oreo Truffles 11:30 Fun Facts About Truffles 1:00 TV Travel- Truffle Farming 3:00 Craft-Mason Jar Piggy Bank 6:00 Movie Time Truffle Day	9:00 Chair Exercises for Seniors 3 10:00 Daily Chronicle Extra 11:00 Piano with Anne 1:00 Bridgton Library 1:00 Sing Along With Bing Crosby 3:00 The Bing Crosby Show 6:00 Movie Time Bing Day	9:00 Fuzion Fitness with Alexis 4 10:00 Daily Chronicle Extra 10:30 Woodland's Downs Horse Races 11:30 What Am I? 1:00 Mock Mint Juleps 2:00 Kentucky Derby Social 3:00 Horse Craft 6:00 Movie Time Kentucky Derby Day
9:00 Pool Noodle Workout 5 10:00 Daily Chronicle Extra 10:30 Worship Service- Blessing 11:30 Flower Trivia 1:00 Fill in the Color 3:00 Craft- Wildflower Greenhouse 6:00 Movie Time Wildflower Week	9:00 Seated Fitness Workout Made Fun 6 10:00 Daily Chronicle Extra 10:30 Baking- Russell Stover Choco Loaf 11:30 Russell Stover Fun Facts 1:00 TV Travel- Russell Stover Chocolate Factory 2:00 Chocolate Social 3:00 Movie- Lessons in Chocolate 6:00 Movie Time Russell Stover Candy Day	9:00 Chair Exercises with Curtis 7 10:00 Daily Chronicle Extra 10:30 Outer Space Bingo 11:30 Out of this World Trivia 1:00 Milky Way Malt and Music 3:00 Craft- Milky Way Galaxy Art Project 6:00 Movie Time Milky Way Day	9:00 Zumba Gold Fitness 8 10:00 Daily Chronicle Extra 10:30 music with Terri 11:30 Coca-Cola History 1:00 Coca-Cola Classic Commercials 2:00 Classic Coke Float and Memory Lane Show 3:00 Frisbee Tic-Tac-Oh No! 6:00 Movie Time Secret Elixir Day	9:00 Stronger Senior Aerobics 9 10:00 Daily Chronicle Extra 10:30 Resident Talent Show 11:30 Europe Trivia 1:00 Virtual European Adventure 3:00 Sing Along for Seniors 6:00 Movie Time Europe Day	9:00 Gentle Range of Motion 10 10:00 Daily Chronicle Extra 10:30 Craft- Ocean Sensory Tube 11:30 Who Am I? 1:00 Underwater Ambiance Video 3:00 Movie- Cast Away 6:00 Movie Time Mother Ocean Day	9:00 Zumba in the Chair 11 10:00 Daily Chronical Extra 10:30 Bird Bingo 11:30 Birds Trivia 1:00 Winged Migration- Tubi 3:00 Birds ID Trivia- YouTube 6:00 Movie Time Migratory Bird Day
9:00 Gentle Chair Yoga for Mother's Day 12 10:00 Daily Chronicle Extra 10:30 Worship Service- Mother's Day 11:30 Mother of all Humor 1:00 Mom's Purse Detective 2:00 Mother's Day Tea Party 3:00 Mother's Day Bingo 6:00 Movie Time Mother's Day	9:00 Get Fit While You Sit 13 10:00 Daily Chronicle Extra 10:30 Baking- Apple Pie Cake 11:30 Apple Trivia 1:00 Apple Coffee Filter Craft 3:00 Apple Roll and Cover 6:00 Movie Time Sweet as Apple Pie Day	9:00 Full Chair Workout for Seniors 14 10:00 Daily Chronicle Extra 10:30 Baking-War Time Cake 11:30 Old Time Radio Puzzles 1:00 The Golden Age of Radio 2:00 Echoes of Yesteryear Social 3:00 Movie- State Fair 6:00 Movie Time Tribute to the Golden Age	9:00 Low Impact Seated Cardio Boxing 15 10:00 Daily Chronicle Extra 10:30 Baking - Chocolate Chip Cookies 11:30 Chocolate Chip Fun Facts 1:00 Smart Cookie Craft 3:00 Kick Ball in the Gazebo 6:00 Movie Time Chocolate Chip Day	9:00 Pool Noodle Chair Exercises 16 10:00 Daily Chronicle Extra 10:45 Music with Mary 1:00 Craft- Squirrely Ledge Decor 3:00 Tree Trivia Quiz 6:00 Movie Time Love a Tree Day	9:00 Fitness Friday Exercises 17 10:00 Daily Chronicle Extra 11:00 Piano with Anne 1:00 Bridgton Library 1:00 Endangered Animals Word Search 3:00 Planet Earth 6:00 Movie Time Endangered Species Day	9:00 Military Fitness Chair Workout 18 10:00 Daily Chronical Extra 10:30 Armed Forces Day Puzzle Packet 11:30 Military Slang Trivia 1:00 Armed Forces Day Coloring Pages 3:00 Armed Forces Salute - Patriotic Tunes 6:00 Movie Time Armed Forces Day
9:00 Fun and Easy Chair Exercises 19 10:00 Daily Chronicle Extra 10:30 Worship Service- God is our Provider 11:30 Pondering Prompts 1:00 Craft- Decoupage Dessert Plate 3:00 Name that Tune 6:00 Movie Time Mod Podge Day	9:00 Boost Your Brain Power 20 Seated Exercises 10:00 Daily Chronicle Extra 10:30 Bocce Ball 11:30 Old-Fashioned Backyard Games Puzzles 1:00 Backyard Games Hangman 3:00 Bean Bag Toss 6:00 Movie Time Backyard Games Week	9:00 GeroFit Exercises 21 10:00 Daily Chronicle Extra 10:30 Reminiscing- Songs About Flowers 11:30 Tulip Fun Facts 1:00 Tulip Festival 2:00 Music with Dan 3:00 Easy Tulip Craft 6:00 Movie Time "Tiptoe Through the Tulips" Tuesday	9:00 Seated Workout to Improve Health 22 10:00 Daily Chronicle Extra 10:30 Acts of Kindness Hangman 11:30 Mister Rogers Trivia 1:00 Afternoon Social in the Gazebo 3:00 Movie- A Beautiful Day in the Neighborhood 6:00 Movie Time "It's a Beautiful Day in the Neighborhood" Day	9:00 Low Impact Cardio Workout For Seniors 23 10:00 Daily Chronicle Extra 10:30 No Bake- Turtle Dream Bar 11:30 Fun with Turtles Crossword 1:00 Craft- Paper Plate Turtle 3:00 National Geographic- Sea Turtles 4:00 Turtle Roll and Cover 6:00 Movie Time World Turtle Day	9:00 Full Brain and Body Workout 24 10:00 Daily Chronicle Extra 10:30 Musical Scavenger Hunt 11:30 What am I? 1:00 Letter C Foods 3:00 How Fit is Your Brain? 6:00 Movie Time National Scavenger Hunt Day	9:00 Music and Movement 25 10:00 Daily Chronical Extra 10:30 Craft- Cotton Swab Lilac Painting 11:30 May Random Trivia 1:00 Bat the Balloon 3:00 TV Travel- Lilac Festival 6:00 Movie Time Wear the Lilac Day
9:00 Chair Yoga Stretch 26 10:00 Daily Chronicle Extra 10:30 Worship Service- Creativity 11:30 Brunch Detective 1:00 No Bake- Creamy Cherry Fluff 3:00 Craft- Cherry Tree 6:00 Movie Time Cherry Cherries Day	9:00 Seated Exercises for the Brain 27 10:00 Daily Chronicle Extra 10:30 Memorial Day Service 11:30 The History of "Taps" 1:00 Coffee and Conversation <ul style="list-style-type: none"> • A Poppy to Remember 3:00 Memorial Day Concert 6:00 Movie Time Memorial Day	9:00 YMCA Older Adult Fitness 28 10:00 Daily Chronicle Extra 10:30 Plant ID 11:30 Outdoor Rhyme Time 1:00 No Bake Pre-Hike Apple Dip 3:00 Walks Outside, One on One Nail Care 4:00 Bat the Balloon 6:30 Movie Time - Birth of The Beatles Happy Birthday Sierra Club	9:00 Chair Fit Camp - Get Fit Anywhere 29 10:00 Daily Chronicle Extra 10:30 Total Brain Workout 11:30 Catchiest Songs from Classic Movie Musicals 1:00 Trail Walk - Pondicherry Park 3:00 Parachute Toss 6:00 Movie Time Senior Health and Fitness Day	9:00 Fun Seated Workout 30 10:00 Daily Chronicle Extra 10:30 Nail Care and Hand Massages 11:30 Belly Laughs 1:00 A Musical Exercise 3:00 May Word Puzzles 6:00 Movie Time Manicure Day	9:00 Health Life Chair Exercises 31 10:00 Daily Chronicle Extra 10:30 Baking- Strawberry Oatmeal Bars 11:30 Fruits A-Z 1:00 Bridgton Library 2:00 Birthday Party 3:00 Paper Plate Strawberry Craft 6:00 Movie Time Strawberry Day	

