









# May Cottage Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Reminders: Sneeze in the inside of your elbows or tissue. Wash your hands frequently. Wet hands, Lather with Soap, Scrub for at least 20 seconds, rinse and dry. Clean hands before and after, with eating and toileting, then after blowing nose, cough, or sneezing!</b></p> 	<p><b>CR=Craftsman CL=Colonial *= Music</b> <b>Performances of Creative Aging Cincinnati Membership</b></p>		<p>Hair Day <b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with &amp; Marie Music, CR <b>1:30</b> Walking Club <b>2:30</b> Conversation Cards – Simone, CL <b>3:30</b> Color with VWs <b>6:00</b> Read out loud/Book Club in the Courtyard - <i>Lillian Boxfish Takes a Walk</i>, Chapters 1-5, Shannon (CL)</p>	<p><b>Men’s Luncheon with Deacon Fred, CR</b> <b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Cassie &amp; Music, CL <b>1:30 Bible Study with Deacon Fred, CR</b> <b>2:30</b> Paint &amp; listen to Classical Music – Mariah, CR <b>3:30</b> Aromatherapy - DD <b>6:00</b> Explore National Geographic, Apple TV</p>	<p><b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Donna &amp; Music, CR <b>1:15</b> Tai Chi with Michael Porte, CR <b>2:30</b> HealthRHYTHMS &amp; Ribbon Dancing With DD, CR <b>3:30</b> Poetry Reading – Cinco De Mayo, Enchantra, CL <b>4:00</b> Happy Hour, CL <b>6:00</b> Animal Bingo with VWs (CR) in the Courtyard</p>	<p><b>11:30</b> Exercise with Lillie &amp; Music, CL <b>1:30</b> Puzzle Hour <b>2:30</b> Watercolor Painting – Karrie CR <b>4:00</b> Balloon Toss – Marie, CR <b>6:24 Kentucky Derby</b></p> 
<p><b>11:30</b> Exercise with Nakisha &amp; Music, CR <b>2:00 Church Service, CL</b> <b>3:30</b> Balloon Toss- Briana, CL <b>4:00</b> Weekly Trivia – Cinco de Mayo, Tierra, CR <b>6:00</b> Musical or Opera of Choice</p> 	<p><b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Cassie &amp; Music, CL <b>1:15</b> Tai Chi with Michael Porte, CR <b>3:30</b> Music Monday, Mexican Festival – Sharon, CR <b>6:00</b> Game Night with VWs (CR) in the Courtyard</p>	<p>Manicure by your VW <b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Eunike &amp; Music, CR <b>1:30 Java Time with Deacon Fred, CR</b> <b>2:30</b> Tea Time Listening to Desi Arnaz, CR <b>3:30</b> 5 things about the ‘ukulele’ – Simone, CL <b>6:00</b> <i>Lilo &amp; Stitch</i>, Disney+</p>	<p>Hair Day <b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Mariah &amp; Music, CL <b>1:30</b> Walking Club <b>2:30</b> HealthRHYTHMS &amp; Ribbon Dancing With DD, CL <b>2:30</b> Conversation Cards – Donna, CR <b>3:30</b> Color with VWs <b>6:00</b> Read out loud/Book Club in the Courtyard - <i>Lillian Boxfish Takes a Walk</i>, Chapters 6-10, Leslie (CR)</p>	<p><b>Men’s Luncheon with Deacon Fred, CR</b> <b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Marie &amp; Music, CR <b>1:30 Bible Study with Deacon Fred, CR</b> <b>2:30</b> Paint &amp; listen to Classical Music – Lillie, CL <b>3:30</b> Aromatherapy - DD <b>6:00</b> Explore National Geographic, Apple TV</p>	<p><b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Briana &amp; Music, CL <b>1:00 Stay on Bus Ride</b> <b>1:15</b> Tai Chi with Michael Porte, CR <b>3:30</b> Poetry Reading – Mother’s Day, Sherry CR <b>4:00</b> Happy Hour, CR <b>6:00</b> Bingo with VWs (CL) in the Courtyard</p>	<p><b>11:30</b> Exercise with Gwen &amp; Music, CR <b>1:30</b> Puzzle Hour <b>2:30 Mother’s Day Tea Party</b> <b>4:00</b> Balloon Toss- Enchantra, CL <b>6:00</b> Movie Night with Popcorn</p>
<p><b>11:30</b> Exercise with Mariah &amp; Music, CL <b>2:00 Church Service, CL</b> <b>3:30</b> Balloon Toss – Janet, CR <b>4:00</b> Weekly Trivia – Mother’s Day, Lillie, CL <b>6:00</b> Musical or Opera of Choice</p> 	<p><b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Eunike &amp; Music, CR <b>1:15</b> Tai Chi with Michael Porte, CR <b>3:30</b> Music Monday, Classical – Simone, CL <b>6:00</b> Game Night with VWs (CL) in the Courtyard</p>	<p>Manicure by your VW <b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Briana &amp; Music, CL <b>1:30 Java Time with Deacon Fred, CR</b> <b>2:30</b> Tea Time Listening to The Shirelles, CL <b>3:30</b> Sensory Garden – DD <b>6:00</b> <i>Aladdin</i> (2019), Disney+</p>	<p>Hair Day <b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Nakisha &amp; Music, CR <b>1:30</b> Walking Club <b>2:30</b> Conversation Cards – Carren CL <b>3:30</b> Color with VWs <b>6:00</b> Read out loud/Book Club in the Courtyard - <i>Lillian Boxfish Takes a Walk</i>, Chapters 11-15, Shannon (CL)</p>	<p><b>Men’s Luncheon with Deacon Fred, CR</b> <b>10:00 Horticulture</b> <b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Cassie &amp; Music, CL <b>1:30 Resident Council, CR</b> <b>2:00 Bible Study with Deacon Fred, CR</b> <b>2:30</b> Paint &amp; listen to Classical Music-Mariah, CR <b>3:30</b> Aromatherapy - DD <b>6:00</b> Explore National Geographic, Apple TV</p>	<p><b>11:00 SAIDO, CL</b> <b>11:30</b> Exercise with Marie &amp; Music, CR <b>1:15</b> Tai Chi with Michael Porte, CR <b>1:30 Vase Decorating</b> <b>3:30</b> Poetry Reading – Spring Poems: Earth, Enchantra, CL <b>4:00</b> Happy Hour, CL <b>6:00</b> Bird Bingo with VWs (CR) in the Courtyard</p>	<p><b>11:30</b> Exercise with Lillie &amp; Music, CL <b>1:30</b> Puzzle Hour <b>2:30 Pianist-Conrad Hanauer, CR</b> <b>4:00</b> Balloon Toss- Tierra, CR <b>6:00</b> Movie Night with Popcorn</p>

# May Cottage Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<p><b>11:30</b> Exercise with Donna &amp; Music, CR</p> <p><b>2:00 Church Service, CL</b></p> <p><b>3:30</b> Balloon Toss- Shannon, CL</p> <p><b>4:00</b> Weekly Trivia – Asian American/ Pacific Islander, Leslie, CR</p> <p><b>6:00</b> Musical or Opera of Choice</p>	<p><b>11:00 SAIDO, CL</b></p> <p><b>11:30</b> Exercise with Briana &amp; Music, CL</p> <p><b>1:15</b> Tai Chi with Michael Porte, CR</p> <p><b>3:30</b> Music Monday, Big Band – Sherry, CR</p> <p><b>6:00</b> Game Night with VWs (CR) in the Courtyard</p>	<p>Manicure by your VW</p> <p><b>11:00 SAIDO, CL</b></p> <p><b>11:30</b> Exercise with Kayla &amp; Music, CR</p> <p><b>1:30 Java Time with Deacon Fred, CR</b></p> <p><b>2:30</b> Tea Time Listening to Billie Holiday, CR</p> <p><b>6:00</b> <i>Moana</i>, Disney+</p>	<p>Hair Day</p> <p><b>11:00 SAIDO, CL</b></p> <p><b>11:30</b> Exercise with Mariah &amp; Music, CL</p> <p><b>1:30</b> Walking Club</p> <p><b>2:30 Art Therapy with Marty Santos, CR</b></p> <p><b>3:00</b> Conversation Cards – Lillie, CR</p> <p><b>3:30</b> Color with VWs</p> <p><b>6:00</b> Read out loud/Book Club in the Courtyard – <i>Lillian Boxfish Takes a Walk</i>, Chapters 16-20, Leslie (CR)</p>	<p><b>Men’s Luncheon with Deacon Fred, CR</b></p> <p><b>11:00 SAIDO, CL</b></p> <p><b>11:30</b> Exercise with Eunique &amp; Music, CR</p> <p><b>1:30 Bible Study with Deacon Fred, CR</b></p> <p><b>2:30</b> Paint &amp; listen to Classical Music- Cassie, CL</p> <p><b>3:30 Rachel Demir- Expressive Therapy* CR</b></p> <p><b>6:00</b> Explore National Geographic, Apple TV</p>	<p><b>11:00 SAIDO, CL</b></p> <p><b>11:30</b> Exercise with Kayla &amp; Music, CL</p> <p><b>1:00 Stay on Bus Ride</b></p> <p><b>1:15</b> Tai Chi with Michael Porte, CR</p> <p><b>3:30</b> Poetry Reading – Memorial Day, Sharon, CR</p> <p><b>4:00</b> Happy Hour, CR</p> <p><b>6:00</b> Bingo with VWs (CL) in the Courtyard</p>	<p><b>11:30</b> Exercise with Gwen &amp; Music, CR</p> <p><b>1:30</b> Puzzle Hour</p> <p><b>2:30</b> Watercolor Painting- Stephanie, CL</p> <p><b>4:00</b> Balloon Toss- Karrie, CL</p> <p><b>6:00</b> Movie Night with Popcorn</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
<p><b>11:30</b> Exercise with Mariah &amp; Music, CL</p> <p><b>2:00 Church Service, CL</b></p> <p><b>3:30</b> Balloon Toss- Diamond, CR</p> <p><b>4:00</b> Weekly Trivia – Memorial Day, Enchantra, CL</p> <p><b>6:00</b> Musical or Opera of Choice</p>	<p><b>11:00 SAIDO, CL</b></p> <p><b>11:30</b> Exercise with Marie &amp; Music, CR</p> <p><b>1:15</b> Tai Chi with Michael Porte, CR</p> <p><b>2:00</b> <i>Flagmakers</i>, Disney+</p> <p><b>3:30 Rita Wetterstroem- Charles Lindbergh, Reading Program *</b></p> <p><b>6:00</b> Game Night with VWs (CL) in the Courtyard</p> <p style="text-align: center;"><i>Memorial Day</i></p> 	<p>Manicure by your VW</p> <p><b>11:00 SAIDO, CL</b></p> <p><b>11:30</b> Exercise with Briana &amp; Music, CL</p> <p><b>1:30 Java Time with Deacon Fred, CR</b></p> <p><b>2:30</b> Tea Time Listening to The Andrews Sisters, CL</p> <p><b>3:30</b> Sensory Garden – DD</p> <p><b>6:00</b> <i>Cadet Kelly</i>, Disney+</p>	<p>Hair Day</p> <p><b>11:00 SAIDO, CL</b></p> <p><b>11:30</b> Exercise with Nakisha &amp; Music, CR</p> <p><b>1:30</b> Walking Club</p> <p><b>2:30</b> Conversation Cards – Simone, CL</p> <p><b>3:30</b> Color with VWs</p> <p><b>6:00</b> Read out loud/Book Club in the Courtyard – <i>Lillian Boxfish Takes a Walk</i>, Chapters 21-24, Carren (CL)</p>	<p><b>Men’s Luncheon with Deacon Fred, CR</b></p> <p><b>11:00 SAIDO, CL</b></p> <p><b>11:30</b> Exercise with Lillie &amp; Music, CL</p> <p><b>1:30 Miniature Horse Visit in the Courtyard</b></p> <p><b>2:30 Bible Study with Deacon Fred, CR</b></p> <p><b>3:30</b> Paint &amp; listen to Classical Music- Enchantra, CL</p> <p><b>6:00</b> Explore National Geographic, Apple TV</p>	<p><b>11:00 SAIDO, CL</b></p> <p><b>11:30</b> Exercise with Donna &amp; Music, CR</p> <p><b>1:15</b> Tai Chi with Michael Porte, CR</p> <p><b>3:30</b> Poetry Reading, Spring Poems: Plants Briana, CL</p> <p><b>4:00</b> Happy Hour, CL</p> <p><b>6:00</b> Animal Bingo with VWs (CR) in the Courtyard</p>	<p>Activity dates, times and locations are subject to change. Snacks will be offered by VWs at 2:30p and 7:00p Every day.</p>

The monthly observances: Arthritis Awareness Month, Better Sleep Month, Mental Health Awareness Month, National Walking Month, and Women's Health Care Month! May is also Asian American and Pacific Islander Heritage Month, and Military Appreciation Month.