



# Golden Meadows Activity Calendar May 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p><b>Arkadi Mulak Yatzkivsky</b> 05/19</p>	<p><b>1</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH <b>2:00 Domino's</b> <b>3:00 Tasty Treat</b> 4:30 DINNER 6:00 News</p>	<p><b>2</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH <b>2:30 Music with Andy</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>3</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH <b>2:00 Arts &amp; Crafts</b> <b>3:00 Tasty Treats</b> 4:30 Dinner</p>	<p><b>4</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH <b>2:00 Bingo</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>
<p><b>5 Cinco de Mayo</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH <b>2:00 Church</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>6</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH <b>2:00 Keyboards w/GII</b> <b>3:00 Tasty Treat</b> 4:30 DINNER 6:00 News</p>	<p><b>7</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH <b>1:00 Singing with Rex</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>8</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH <b>2:00 Nail Care</b> <b>3:00 Tasty Treat</b> 4:30 DINNER 6:00 News</p>	<p><b>9</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH <b>2:30 Music with John</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>10</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH <b>2:00 Country w/ Johnny</b> <b>3:00 Tasty Treats</b> 4:30 Dinner</p>	<p><b>11</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH <b>2:00 Bingo</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>
<p><b>12 Mother's Day</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH <b>2:00 Church</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>13</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH <b>2:00 Ms Teri &amp; Drums</b> <b>3:00 Tasty Treat</b> 4:30 DINNER 6:00 News</p>	<p><b>14</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH <b>2:00 Painting</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>15</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the groove 11:30 LUNCH <b>1:00 Resident Counsel</b> <b>2:00 Nail Care</b> <b>3:00 Tasty Treat</b> 4:30 DINNER</p>	<p><b>16</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH <b>2:00 Classic Guitar w/Daryl</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>17</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH <b>1:00 Singing with Rex</b> <b>3:00 Tasty Treats</b> 4:30 Dinner</p>	<p><b>18</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH <b>2:00 Bingo</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>
<p><b>19</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 <b>Sunday Brunch</b> <b>2:00 Church</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>20</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH <b>2:00 Keyboards w/GII</b> <b>3:00 Tasty Treat</b> 4:30 DINNER 6:00 News</p>	<p><b>21</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH <b>1:00 Birthday Party w/ Rex</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>22</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the Groove 11:30 LUNCH <b>2:00 Tea and Biscuits</b> 4:30 DINNER 6:00 News</p>	<p><b>23</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH <b>2:30 Music with John</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>24</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH <b>2:00 Country w/ Johnny</b> <b>3:00 Tasty Treats</b> 4:30 Dinner</p>	<p><b>25</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Exercise 11:30 LUNCH <b>2:00 Bingo</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>
<p><b>26</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Church/Family Visits 11:30 LUNCH <b>2:00 Church</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>27 Memorial Day</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Catch A Ball 11:30 LUNCH <b>2:00 Bingo</b> <b>3:00 Tasty Treat</b> 4:30 DINNER 6:00 News</p>	<p><b>28</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Seniorcise 11:30 LUNCH <b>1:00 Singing with Rex</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>29</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Move to the Groove 11:30 LUNCH <b>2:00 Fun &amp; Games</b> <b>3:00 Tasty Treat</b> 4:30 DINNER 6:00 News</p>	<p><b>30</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:30 Sit N' Be Fit 11:30 LUNCH <b>2:30 Music with Andy</b> <b>3:00 Snack Attack</b> 4:30 DINNER 6:00 Evening News</p>	<p><b>31</b></p> <p>7:30 BREAKFAST 8:30-10:00 ADL's 10:00 Holy Communion 11:00 Chair Dancing 11:30 LUNCH <b>2:00 Arts &amp; Crafts</b> <b>3:00 Tasty Treats</b> 4:30 Dinner 6:00 News</p>	