Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY Mother's Day!		Heritage Springs	International Workers Day19:00Coffee and News at the Bistro10:00Chair Dancing Fitness (B)10:30Jeopardy Trivia (B)1:00BINGO at the Activity Room3:00Paint & Sip Karaoke with Carol (B)*Serving Ice Cream Sundaes*5:00Netflix Nature Series: Our Living World (TR)	World Password Day29:00Coffee and News at the Bistro10:00Simple Stretching at the Bistro10:30Health Talk with Carol (B)1:00BINGO at the Activity Room2:30Paper Basket Weaving with Carol (B)3:00Holy Rosary w/ Bonnie (CR)5:00Netflix Adventure Movies: The Adam Project (TR)	Paranormal Day39:00Coffee and News at the Bistro10:00Mindfulness Meditation (B)11:00Foodie Run to Lindo Michoacan2:00Scrabble Club with Roger (B)2:00Easy Amigurumi with Connie (B)3:00Shopping at the Family Dollar5:00Paranormal Day Feature: GHOST ADVENTURES (TR)	May the Fourth Be with You49:00Catholic Services (TR)9:30Coffee and News at the Bistro10:00Chair Tai Chi & Qi Gong (B)11:00Cinco de Mayo Luncheon (DR)1:00BINGO at the Activity Room3:00Concert by SANTANA on DVD (B)5:00Star Wars Movie Feature: The Rise of Skywalker (TR)
Happy Cinco de Mayo 5	Great Lakes Awareness Day 6	National Teacher Day 7	Receptionist Day 8	Europe Day 9	Military Spouse's Day 10	National Train Day 11
8:30 David Jeremiah on TV Channel 26	9:00 Walking Club with Roger (FE)	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Catholic Services (TR)
9:00 Joel Osteen on TV Channel 26	10:00 LEAP Fitness Yoga on YouTube (B)	10:00 Range of Motion Exercises (B)	10:00 Resident Council Meeting and	10:00 Simple Stretching at the Bistro	9:30 Mindfulness Meditation (B)	9:30 Coffee and News at the Bistro
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Julie and Bryan	10:30 This Week's Activity Highlights(B)	Food for Thought with Chef Celeste	10:30 Health Talk with Carol (B)	10:00 Outing at the Durango Casino	10:00 Chair Tai Chi & Qi Gong (B)
10:00 Large Word Find Puzzles (B)	Brighton Health (AR)	1:00 Weekly Menu Meeting (DR)	1:00 BINGO at the Activity Room	1:00 BINGO at the Activity Room	2:00 Scrabble Club with Roger (B)	11:00 Mother's Day Luncheon (DR)
2:00 Netflix TV Shows at the Bistro:	2:00 Board Games with Guests (B)	2:00 Scrabble Club with Roger (B)	3:00 Life's Journey with Monica (B)	2:30 Paper Basket Weaving with Carol (B)	2:00 Easy Amigurumi with Connie (B)	1:00 BINGO at the Activity Room
Young Sheldon	3:00 Nine Letter Puzzle (B)	3:00 Shopping at Walmart	*Serving Wine, Cheese & Crackers*	3:00 Holy Rosary w/ Bonnie (CR)	3:00 Shopping at the Daiso Store	2:30 Simple Manicures with Carol (AR)
3:00 Expoza Travel Spot of the Week:	4:00 MLB Regular Season Games (TR)	5:00 Netflix Mystery Series:	5:00 Netflix Nature Series:	5:00 Netflix Adventure Movies:	5:00 Netflix Funny TV Series:	3:00 YouTube Train Ride w/ Jeb Brooks(B)
5:00 Netflix Documentary Series:	5:00 Netflix Travel Series at the Bistro:	THE WATCHER (TR)	Our Living World (TR)	The Water Man (TR)	MAGIC for HUMANS (TR)	5:00 Netflix Reality TV Series:
You Are What You Eat (B)	Live to 100: Secrets of Blue Zones					UNLOCKED: A Jail Experiment (B)
Mother's Day 12	National Crouton Day 13	····				
8:30 David Jeremiah on TV Channel 26	9:00 Walking Club with Roger (FE)	9:00 Coffee and News at the Bistro	7:00 Monthly Signature Breakfast (DR)	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Catholic Services (TR)
9:00 Joel Osteen on TV Channel 26	10:00 LEAP Fitness Yoga on YouTube (B)	10:00 Range of Motion Exercises (B)	10:00 Chair Dancing Fitness (B)	10:00 Simple Stretching at the Bistro	10:00 Mindfulness Meditation (B)	9:30 Coffee and News at the Bistro
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Eileen from	10:30 This Week's Activity Highlights (B)	10:30 Jeopardy Trivia (B)	10:30 Health Talk with Carol (B)	11:00 Foodie Run to Pho and Beyond	10:00 Chair Tai Chi & Qi Gong (B)
10:00 Large Word Find Puzzles (B)	Comfort Home Health (AR)	1:00 Weekly Menu Meeting (DR)	1:00 BINGO at the Activity Room	1:00 BINGO at the Activity Room	2:00 Easy Amigurumi with Connie (B)	10:30 Weekly Bible Verse Sharing (B)
2:00 Netflix TV Shows at the Bistro:	2:00 Board Games with Guests (B)	1:10 Tea Tasting with Chef Celeste (DR)	3:00 Hummus Tasting & Karaoke Fun (B)	2:30 Paper Basket Weaving with Carol (B)	2:00 Scrabble Club with Roger (B)	1:00 BINGO at the Activity Room
Young Sheldon	3:00 Nine Letter Puzzle (B) 4:00 MLB Regular Season Games (TR)	2:00 Scrabble Club with Roger (B)	*Serving Drinks, Naan & Hummus* 5:00 Netflix Nature Series:	3:00 Holy Rosary w/ Bonnie (CR) 5:00 Netflix Adventure Movies:	3:00 Shopping at Sprouts 5:00 Netflix Funny TV Series:	3:00 Happy Hour w/ Donna Lynne (B)
3:00 Expoza Travel Spot of the Week: 5:00 Netflix Mother's Day Feature:	5:00 Netflix Travel Series at the Bistro:	3:00 Shopping at Albertsons 5:00 Netflix Mystery Series:	Our Living World (TR)	True Spirit (TR)	5:00 Netflix Funny TV Series: MAGIC for HUMANS (TR)	*Serving Drinks & Snacks* 5:00 Netflix Reality TV Series:
YES DAY (B)	Live to 100: Secrets of Blue Zones	THE WATCHER (TR)	Our Living world (TK)	The spin (TK)	MADIC IOI HUMANS (IR)	UNLOCKED: A Jail Experiment (B)
Rural Life Sunday 19	World Bee Day 20		Sherlock Holmes Day 22	National Taffy Day 23	Brother's Day 24	
8:30 David Jeremiah on TV Channel 26	9:00 Walking Club with Roger (FE)	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Catholic Services (TR)
9:00 Joel Osteen on TV Channel 26	10:00 LEAP Fitness Yoga on YouTube (B)	10:00 Range of Motion Exercises (B)	10:00 Chair Dancing Fitness (B)	10:00 Simple Stretching at the Bistro	10:00 Mindfulness Meditation (B)	9:30 Coffee and News at the Bistro
9:30 Catholic Mass on TV Channel 12	1:00 Bingo with Danielle from	10:30 This Week's Activity Highlights (B)	10:30 Jeopardy Trivia (B)	10:30 Health Talk with Carol (B)	11:00 Foodie Run to Outback Steakhouse	10:00 Chair Tai Chi & Qi Gong (B)
10:00 Large Word Find Puzzles (B)	Covenant Health (AR)	1:00 Weekly Menu Meeting (DR)	1:00 Spanish BINGO with Ericka (AR)	1:00 BINGO at the Activity Room	2:00 Scrabble Club with Roger (B)	10:30 Weekly Bible Verse Sharing (B)
2:00 Netflix TV Shows at the Bistro:	2:00 Board Games with Guests (B)	2:00 Scrabble Club with Roger (B)	3:00 Monthly Spaghetti Dinner (CK)	2:30 Paper Basket Weaving with Carol (B)	2:00 Easy Amigurumi with Connie (B)	1:00 BINGO at the Activity Room
Young Sheldon	3:00 Nine Letter Puzzle (B)	3:00 Shopping at Smith's	*Let's Make Spaghetti Together*	3:00 Holy Rosary w/ Bonnie (CR)	3:00 Shopping at The Dollar Tree	2:30 Simple Manicures with Carol (AR)
3:00 Expoza Travel Spot of the Week:	4:00 MLB Regular Season Games (TR)	5:00 Netflix Mystery Series:	5:00 Netflix Nature Series:	5:00 Netflix Adventure Movies:	5:00 Netflix Funny TV Series:	3:00 Travel RVing with Robert (B)
5:00 Netflix Documentary Series:	5:00 Netflix Travel Series at the Bistro:	THE WATCHER (TR)	Our Living World (TR)	CHUPA (TR)	MAGIC for HUMANS (TR)	5:00 Netflix Reality TV Series:
You Are What You Eat (B)	Live to 100: Secrets of Blue Zones					UNLOCKED: A Jail Experiment (B)
Neighbor Day 26	•	U	-	Happy Birthday Allen! 30	,	
8:30 David Jeremiah on TV Channel 26	9:00 Walking Club with Roger (FE)	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	9:00 Coffee and News at the Bistro	L = Lobby
9:00 Joel Osteen on TV Channel 26	10:00 LEAP Fitness Yoga on YouTube (B)	10:00 Range of Motion Exercises (B)	10:00 Chair Dancing Fitness (B)	10:00 Simple Stretching at the Bistro	10:00 Mindfulness Meditation (B)	TR = Theater Room
9:30 Catholic Mass on TV Channel 12	11:00 Memoraial Day Social (BP)	This Week's Activity Highlights (B)	10:30 Jeopardy Trivia (B)	10:30 Health Talk with Carol (B)	11:00 Foodie Run to the Pancake House	CK = Country Kitchen
10:00 Large Word Find Puzzles (B)	1:00 Bingo with Heather from	1:00 Weekly Menu Meeting (DR)	1:00 BINGO at the Activity Room	1:00 BINGO at the Activity Room	2:00 Easy Amigurumi with Connie (B)	AR = Activity Room
2:00 Netflix TV Shows at the Bistro:	Enhabit Health (AR)	2:00 Scrabble Club with Roger (B)	3:00 Paint & Sip Karaoke with Carol (B)	2:30 Paper Basket Weaving with Carol (B)	2:00 Scrabble Club with Roger (B)	BP = Back Patio
Young Sheldon	3:00 Nine Letter Puzzle (B) 4:00 MLB Regular Season Games (TR)	3:00 Shopping at Island Pacific	*Serving Ice Cream Sundaes* 5:00 Netflix Nature Series:	3:00 Holy Rosary w/ Bonnie (CR) 5:00 Netflix Adventure Movies:	3:00 Shopping at Trader Joe's	CR = Conference Room
3:00 Expoza Travel Spot of the Week: 5:00 Netflix Documentary Series:	5:00 Netflix Travel Series at the Bistro:	5:00 Netflix Mystery Series: THE WATCHER (TR)	Our Living World (TR)	Mowgli (TR)	5:00 Netflix Funny TV Series: MAGIC for HUMANS (TR)	LR = Living Room FE = Front Entrance
You Are What You Eat (B)	Live to 100: Secrets of Blue Zones		our Living work (TK)	monen (IN)		
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Heritage Springs Assisted Living Events

All Activities Subject to Change by the Life Enrichment Director