

Sunday

Monday

Tuesday

Wednesday


Thursday

Friday

Saturday

May 2024

Sierra Del Sol The Lodge

			<p>9:30 Seated Chair Yoga 1 10:00 Morning Snack 11:00 Art Therapy 11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader 3:00 May Day Happy Hour w/ Me and My Gal 6:00 History Channel: American Pickers</p> <p style="text-align: center;"><small>May Day</small></p>	<p>9:30 Morning Stretch 2 10:00 Morning Snack 10:30 Sing Along 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Wine, Fruit & Cheese in the Courtyard 4:00 Seinfeld on Netflix</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 3 10:00 Morning Snack in the Courtyard 11:00 Storytelling Corner 11:45 Namaste- Aromatherapy 1:30 Color Your Mind 2:30 Snack Social 3:00 Afternoon Stretch</p>	<p>9:30 Move it & Shake It! 4 10:00 Good News, Coffee & Pastries 11:00 Bingo 11:45 Namaste- Aromatherapy 1:00 Beach Ball Toss 2:00 Cinco De Mayo Mockaritas and Nachos 3:00 Meet Me at the Movies 6:00 Coloring Relaxation in the Enclave</p>
<p>9:30 Praise & Joy w/ Susie Q 5 10:00 Morning Snack 10:30 Gardening Club! 11:00 Documentary Series: Our Living World Nature's Amazing Network 11:45 Namaste- Aromatherapy 1:30 Sunshine in the Courtyard 3:00 Color & Chat 4:00 Major League Baseball San Francisco vs Philadelphia</p>	<p>9:30 Strength Training 6 10:00 Communion 10:15 Morning Snack 10:30 Music Therapy & Coffee 11:00 Crafty Corner: Flag Wreath 11:45 Namaste- Aromatherapy 1:30 Balloon Volleyball 2:30 Making Popcorn 3:00 Meet Me at the Movies 6:00 Puzzles in the Dining Room</p>	<p>9:30 Sit and Be Fit 7 10:30 Morning Snack 10:30 Can You Name 10? 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Basket Bean Bag Toss 3:00 Baking in the Lodge: Apple Cinnamon Muffins</p>	<p>9:30 Seated Chair Yoga 8 10:00 Morning Snack 11:00 Art Therapy 11:45 Namaste- Aromatherapy 1:30 Pima County Library Book Mobile 1:30 Stretch & Reminisce 2:30 Sing Along w/ Linda Updike 6:00 History Channel: American Pickers</p>	<p>9:30 Morning Stretch 9 10:00 Morning Snack 10:30 Sing Along 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Root Beer Floats in the Courtyard 4:00 Seinfeld on Netflix</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 10 10:00 Morning Snack in the Courtyard 11:00 Sun Sound Reader 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 2:30 Snack Social 3:00 Afternoon Stretch</p>	<p>9:30 Move it & Shake It! 11 10:00 Good News, Coffee & Pastries 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Beach Ball Toss 2:30 Afternoon Snack 3:00 Meet Me at the Movies 6:00 Coloring Relaxation in the Enclave</p>
<p>9:30 Hymn Sing Along w/ Rainer 12 10:00 Morning Snack 10:30 Gardening Club! 11:00 Documentary Series Our Living World The Rhythm of Life 11:45 Namaste- Aromatherapy 12:00 Mother's Day Lunch 2:00 Church Service w/ Faith Community Church 3:00 Color & Chat 4:00 Major League Baseball National Skilled Nursing Care Week</p>	<p>9:30 Strength Training 13 10:00 Communion 10:15 Morning Snack 10:30 Patriotic Performance by La Paloma Academy 1st Graders 11:30 Trivia 11:45 Namaste- Aromatherapy 1:30 Balloon Volleyball 2:30 Making Popcorn 3:00 Meet Me at the Movies 6:00 Checkers in the Dining Room</p>	<p>9:30 Sit and Be Fit 14 10:00 Morning Snack 10:30 Scrapbooking 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 Interactive Music w/ Amber</p>	<p>9:30 Seated Chair Yoga 15 10:00 Morning Snack 11:00 Art Therapy 11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader 3:00 Happy Hour The Littlest Big Band 6:00 History Channel: American Pickers</p>	<p>9:30 Mt Lemmon Picnic 16 10:00 Morning Snack 10:30 Sing Along 11:00 Travelogue Destination: Hiking the Pacific Northwest Trail 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Shirley Temples 4:00 Seinfeld on Netflix</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 17 10:00 Morning Snack in the Courtyard 11:00 Storytelling Corner 11:45 Namaste- Aromatherapy 1:30 Color Your Mind 2:30 Snack Social 3:00 Visit w/ Banjo Doug</p>	<p>9:30 Move it & Shake It! 18 10:00 Good News, Coffee & Pastries 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Beach Ball Toss 2:30 Afternoon Snack 3:00 Meet Me at the Movies 6:00 Coloring Relaxation in the Enclave</p> <p style="text-align: center;"><small>Armed Forces Day</small></p>
<p>9:30 Praise & Joy w/ Susie Q 19 10:00 Morning Snack 10:30 Gardening Club! 11:00 Documentary Series Our Living World Breaking Point 11:45 Namaste- Aromatherapy 1:30 Sunshine in the Courtyard 3:00 Color & Chat 4:00 Major League Baseball San Diego vs Atlanta</p>	<p>9:30 Strength Training 20 10:00 Communion 10:15 Morning Snack 10:30 Music Therapy & Coffee 11:00 Crafty Corner: Mason Jar Aquarium 11:45 Namaste- Aromatherapy 1:30 Balloon Volleyball 2:30 Making Popcorn 3:00 Meet Me at the Movies 6:00 Puzzles in the Dining Room</p> <p style="text-align: center;"><small>Victoria Day (Canada)</small></p>	<p>9:30 Sit and Be Fit 21 10:00 Morning Snack 10:30 Can You Name 10? 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Basket Bean Bag Toss 3:00 Baking in the Lodge: Peanut Butter Cookies</p>	<p>9:30 Seated Chair Yoga 22 10:00 Morning Snack 11:00 Art Therapy 11:45 Namaste- Aromatherapy 1:30 Stretch & Reminisce 3:00 Noodle Ball 6:00 History Channel: American Pickers</p>	<p>9:30 Morning Stretch 23 10:00 Morning Snack 10:30 Sing Along 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Watermelon 4:00 Seinfeld on Netflix</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 24 10:00 Morning Snack in the Courtyard 11:00 Sun Sound Reader 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 2:30 Snack Social 3:00 Afternoon Stretch</p>	<p>9:30 Move it & Shake It! 25 10:00 Good News, Coffee & Pastries 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Beach Ball Toss 2:30 Afternoon Snack 3:00 Meet Me at the Movies 6:00 Coloring Relaxation in the Enclave</p>
<p>9:30 Hymn Sing Along w/ Rainer 26 10:00 Morning Snack 10:30 Gardening Club! 11:00 Documentary Series Our Living World Road to Recovery 11:45 Namaste- Aromatherapy 2:00 Church Service w/ Faith Community Church 3:00 Color & Chat</p>	<p>9:30 Strength Training 27 10:00 Communion 10:15 Morning Snack 10:30 Music Therapy & Coffee 11:00 Trivia 11:45 Namaste- Aromatherapy 12:00 Memorial Day BBQ 1:30 Balloon Volleyball 3:00 Social: Patriotic Fruit Kabobs w/ Honey Cream Dip 3:00 Meet Me at the Movies 6:00 Checkers in the Dining Room</p> <p style="text-align: center;"><small>Memorial Day</small></p>	<p>9:30 Sit and Be Fit 28 10:00 Morning Snack 10:30 Scrapbooking 11:00 Bingo 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 3:00 May Birthday Party!!</p>	<p>9:30 Seated Chair Yoga 29 10:00 Morning Snack 11:00 Art Therapy 11:45 Namaste- Aromatherapy 1:30 Sun Sound Reader 3:00 Happy Hour w/ Dirty Old Men Band 6:00 History Channel: American Pickers</p>	<p>9:30 Morning Stretch 30 10:00 Morning Snack 10:30 Sing Along 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Bingo 3:00 Social: Hot Fudge Sundaes in the Courtyard 4:00 Seinfeld on Netflix</p>	<p>9:30 Walking Club & Sunshine in the Courtyard 31 10:00 Morning Snack in the Courtyard 11:00 Storytelling Corner 11:45 Namaste- Aromatherapy 1:30 Color Your Mind 2:30 Snack Social 3:00 Afternoon Stretch</p>	

Schedule is subject to change. For the most up to date information please see the Activities Daily. Sierra Del Sol 8151 E Speedway Blvd Tucson AZ 85710