



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>L = Lobby TR = Theater Room CK = Country Kitchen AR = Activity Room BP = Back Patio CR = Conference Room LR = Living Room FE = Front Entrance</p>					<p><b>May Day</b> 1</p> <p>9:30 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk at the Bistro 1:00 BINGO at the Activity Room 2:30 Classic Card Games with Alaina (B) 3:00 Diamond Painting Group (AR) 5:00 Netflix Documentary: Seaspiracy (B) (TR)</p>	<p><b>Wear your Sunglasses Day</b> 2</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to Crazy Buffet 1:30 Not Just Knitting Club (B) 1:30 Rummikub with Alaina (B) 2:30 Shopping at the Dollar Tree 5:00 Resident's Choice Movie (B)</p>	<p><b>Kentucky Derby</b> 3</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi &amp; Qi Gong (B) 10:30 Bible Verse Sharing (LR) 1:00 DERBY BINGO at the Activity Room 2:00 Expoza Travels on YouTube (B) 3:00 Jewelry Making 101 with Carol (AR) 5:00 A Mother's Movie at the Bistro: Mother of the Bride (B) (TR)</p>
<p><b>May the 4th Be with You</b> 4</p> <p>8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Expoza Travels on YouTube (TR) 3:00 Large Word Find Puzzles (B) 5:00 Weekend Netflix Series: STRANGER THINGS (B) (TR)</p>	<p><b>Cinco de Mayo</b> 5</p> <p>9:30 Walking Club with HS Staff (FE) 10:00 Chair Zumba with Tracy &amp; Alaina (B) 11:00 Cinco de Mayo Luncheon (DR) 1:00 Special Mexican Bingo (AR) 2:00 RV Travelling Robert -YouTube (B) 3:00 Rummikub with Alaina (B) 3:00 Large Word Find Puzzles (B) 5:00 Netflix Travel Series: Down to Earth w/ Zac Efron (B) (TR)</p>	<p><b>National Beverage Day</b> 6</p> <p>9:30 Mother's Morning High Tea (BP) 10:00 Seated Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:00 Flower Arrangements w/ Alaina (B) 2:00 LIFEDER Travels on YouTube (TR) 2:30 Shopping at Walmart 5:00 Netflix Documentary (B) (TR) Buy Now! The Shopping Conspiracy</p>	<p><b>Milky Way Day</b> 7</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 Rummikub Game at the Bistro 3:00 Karaoke and Floats with Sally (B) *Serving Rootbeer Floats* 5:00 Netflix Nature Series: (B) (TR) OUR UNIVERSE</p>	<p><b>Have a Coke Day</b> 8</p> <p>9:30 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 BINGO at the Activity Room 2:30 Classic Card Games with Alaina (B) 3:00 Baking Goodies with Carol (CK) 5:00 Netflix Documentary: Mysteries of the Terra Cotta Warriors (B) (TR)</p>	<p><b>Foodies Day</b> 9</p> <p>9:30 Coffee and News at the Bistro 10:00 Strength Exercises at the Bistro 10:30 Spot the Difference Puzzles (B) 11:00 Casino Outing to Red Rock Casino 1:30 Rummikub with Alaina (B) 1:30 Not Just Knitting Club (B) 2:30 Shopping at Albertson's 5:00 Resident's Choice Movie (B)</p>	<p><b>National Golf Day</b> 10</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi &amp; Qi Gong (B) 10:30 Bible Verse Sharing (LR) 1:00 BINGO at the Activity Room 2:00 Expoza Travels on YouTube (B) 2:30 Simple Manicures w/ Carol (AR) 5:00 A Mother's Movie at the Bistro: Pieces of a Woman (B) (TR)</p>	
<p><b>Mother's Day</b> 11</p> <p>8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Service at the Theater 10:00 Group Coloring Class (B) 11:00 Mother's Day Luncheon (DR) 2:00 Expoza Travels on YouTube (TR) 3:00 Large Word Find Puzzles (B) 5:00 Weekend Netflix Series: STRANGER THINGS (B) (TR)</p>	<p><b>Nurses Day</b> 12</p> <p>9:30 Walking Club with HS Staff (FE) 10:00 Chair Dancing with Tracy &amp; Alaina (B) 1:00 Bingo at the Activity Room 2:00 RV Travelling Robert -YouTube (B) 3:00 Rummikub with Alaina (B) 3:00 Large Word Find Puzzles (B) 5:00 Netflix Travel Series: Down to Earth w/ Zac Efron (B) (TR)</p>	<p><b>Top Gun Day</b> 13</p> <p>9:30 Coffee and News at the Bistro 10:00 Seated Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 1:15 Tea Tasting with Chef Celeste (DR) 2:00 Flower Arrangements w/ Carol (B) 2:30 Shopping at Smith's 5:00 Box Office Hits Movie at the Theater: TOP GUN 2</p>	<p><b>Happy Birthday Sylvia!</b> 14</p> <p>9:30 Coffee and News at the Bistro 10:00 Resident Council Meeting and Food for Thought with Chef Celeste 1:00 BINGO at the Activity Room 2:00 Rummikub Game at the Bistro 2:00 Life's Journey with Monica (B) *Serving Wine and Charcuterie* 5:00 Netflix Nature Series: (B) (TR) OUR UNIVERSE</p>	<p><b>Chocolate Chip Day</b> 15</p> <p>9:30 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk with Carol (B) 1:00 BINGO at the Activity Room 2:30 Classic Card Games with Alaina (B) 3:00 Diamond Painting Group (AR) 5:00 Netflix Documentary: Cowspiracy: The Sustainability Secret (B) (TR)</p>	<p><b>Classic Movie Day</b> 16</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to House of Dutch Pot 1:30 Rummikub with Alaina (B) 1:30 Not Just Knitting Club (B) 2:30 Shopping at Dollar Tree 5:00 Resident's Choice Movie (B)</p>	<p><b>Armed Forces Day</b> 17</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi &amp; Qi Gong (B) 10:30 Bible Verse Sharing (LR) 1:00 BINGO at the Activity Room 2:00 Expoza Travels on YouTube (B) 3:00 Happy Hour w/ Donna Lynne (B) 5:00 A Mother's Movie at the Bistro: Lost Girls (B) (TR)</p>	
<p><b>I Love Reese's Day</b> 18</p> <p>8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Expoza Travels on YouTube (TR) 3:00 Easter Large Word Find Puzzles (B) 5:00 Weekend Netflix Series: STRANGER THINGS (B) (TR)</p>	<p><b>Victoria Day (Canada)</b> 19</p> <p>9:30 Walking Club with HS Staff (FE) 10:00 Chair Dancing with Tracy &amp; Alaina (B) 1:00 Bingo at the Activity Room 2:00 RV Travelling Robert -YouTube (B) 3:00 Rummikub with Alaina (B) 3:00 Large Word Find Puzzles (B) 5:00 Netflix Travel Series: Down to Earth w/ Zac Efron (B) (TR)</p>	<p><b>Senior Citizens Day</b> 20</p> <p>9:30 Coffee and News at the Bistro 10:00 Seated Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 2:00 Flower Arrangements w/ Carol (B) 2:00 LIFEDER Travels on YouTube (TR) 2:30 Shopping at Walmart 5:00 Netflix Documentary (B) UnBroken</p>	<p><b>World Meditation Day</b> 21</p> <p>7:00 Monthly Signature Breakfast (DR) 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 Rummikub Game at the Bistro 3:00 Karaoke and Floats with Sally (B) *Serving Rootbeer Floats* 5:00 Netflix Nature Series: (B) OUR UNIVERSE</p>	<p><b>Vanilla Pudding Day</b> 22</p> <p>9:30 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 History of English Slangs (B) 1:00 BINGO at the Activity Room 2:30 Classic Card Games with Alaina (B) 3:00 Baking Goodies with Carol (CK) 5:00 Netflix Documentary: The Deepest Breath (B) (TR)</p>	<p><b>National Taffy Day</b> 23</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to The Pancake House 1:30 Rummikub with Alaina (B) 1:30 Not Just Knitting Club (B) 2:30 Shopping at Albertsons 5:00 Resident's Choice Movie (B)</p>	<p><b>Scavenger Hunt Day</b> 24</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi &amp; Qi Gong (B) 10:30 Bible Verse Sharing (LR) 1:00 BINGO at the Activity Room 2:00 Expoza Travels on YouTube (B) 2:30 Simple Manicures w/ Carol (AR) 5:00 A Mother's Movie at the Bistro: The Mother (B) (TR)</p>	
<p><b>National Wine Day</b> 25</p> <p>8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Service at the Theater 10:00 Group Coloring Class (B) 2:00 Expoza Travels on YouTube (TR) 3:00 Large Word Find Puzzles (B) 5:00 Weekend Netflix Series: STRANGER THINGS (B) (TR)</p>	<p><b>Memorial Day</b> 26</p> <p>9:30 Walking Club with HS Staff (FE) 10:00 Chair Dancing with Tracy &amp; Alaina (B) 11:00 Memorial Day Outdoor Picnic (BP) 1:00 Bingo at the Activity Room 2:00 RV Travelling Robert -YouTube (B) 3:00 Rummikub with Alaina (B) 3:00 Large Word Find Puzzles (B) 5:00 Netflix Travel Series: Down to Earth w/ Zac Efron (B) (TR)</p>	<p><b>Introducing Goofy Day</b> 27</p> <p>9:30 Coffee and News at the Bistro 10:00 Seated Range of Motion Exercises (B) 10:30 Spot the Differences (B) 1:00 Weekly Menu Meeting (DR) 2:00 Flower Arrangements w/ Carol (B) 2:00 LIFEDER Travels on YouTube (TR) 2:30 Shopping at Smith's 5:00 Netflix Documentary (B) My Octopus Teacher</p>	<p><b>National Hamburger Day</b> 28</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Yoga Stretch on YouTube (B) 10:30 Jeopardy Trivia (B) 1:00 BINGO at the Activity Room 2:00 Rummikub Game at the Bistro 3:00 Wine Down and Learn at the Bistro *Serving Wine and Charcuterie* 5:00 Netflix Nature Series: (B) OUR UNIVERSE</p>	<p><b>Happy Birthday Connie!</b> 29</p> <p>9:30 Coffee and News at the Bistro 10:00 Simple Stretching at the Bistro 10:30 Health Talk at the Bistro 1:00 BINGO at the Activity Room 2:30 Classic Card Games with Alaina (B) 3:00 Diamond Painting Group (AR) 5:00 Netflix Documentary: Into the Inferno (B) (TR)</p>	<p><b>Toaster Day</b> 30</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Dancing on YouTube (B) 10:30 Spot the Difference Puzzles (B) 11:00 Foodie Run to Mo' Bettahs Hawaiian 1:30 Rummikub with Alaina (B) 1:30 Not Just Knitting Club (B) 2:30 Shopping at Dollar Tree 5:00 Resident's Choice Movie (B)</p>	<p><b>National Smile Day</b> 31</p> <p>9:30 Coffee and News at the Bistro 10:00 Chair Tai Chi &amp; Qi Gong (B) 10:30 Bible Verse Sharing (LR) 1:00 BINGO at the Activity Room 2:00 Expoza Travels on YouTube (B) 3:00 Happy Hour with Michael Sara (LR) 5:00 A Mother's Movie at the Bistro: I am Mother (B) (TR)</p>	

## May 2025 Heritage Springs Assisted Living Events

Activities are subject to change based on the interests and requests of our residents.