

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				May Day 1 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack, Hydrate & Trivia 1:00 Karaoke with Christine 2:00 No Bake Snacks with Tracy 2:30 Snack & Hydrate 3:00 Aromatherapy with Tracy 5:30 Netflix Adventure Series	Wear Sunglasses Day 2 9:00 Zen Music Meditation 9:00 The Daily Chronicle 0:00 Everfit Exercises 10:00 Snack, Hydrate & Trivia 10:30 Brain Teasers and Riddles 1:00 Group Coloring Art with Jeannie 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	Kentucky Derby 3 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Everfit Exercises 10:00 Snack, Hydrate & Trivia 10:30 Kentucky Derby Horse Pick 2025 1:00 Kentucky Derby Bingo 2:00 Snack and Hydrate 3:00 Namaste Hour with HS Staff 5:30 Celebrating Mothers on Netflix
May the 4th be With You 4 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass at the Living Room 10:30 Snack, Hydrate & Trivia 11:00 The Daily Chronicle 1:00 Praise Songs 2:00 Reminiscing Photos 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: Sweet Magnolias	Cinco de Mayo 5 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:00 Snack, Hydrate & Trivia 10:30 Fingerpainting Class 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	National Beverage Day 6 9:00 Zen Music Meditation 9:30 Morning Stroll with HS Staff 10:00 Everfit Exercises 10:30 The Daily Chronicle with Snacks 11:00 Sing Along Songs 1:00 Flower Arrangements & Manicures 2:00 Move & Groove 3:00 Large Easy Word Find Puzzles 5:30 Inspirational Movie on Netflix	Milky Way Day 7 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Move & Groove 10:00 Snack, Hydrate & Trivia 1:00 Test Your Problem Solving Skills 2:00 Let's Solve some Simple Riddles 2:30 Sip and Paint with Tracy 3:00 May Birthday Bash with Tony B. 5:30 Large Floor Jigsaw Puzzles	National Have a Coke Day 8 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack, Hydrate & Trivia 1:00 Karaoke with Christine 2:00 No Bake Snacks with Tracy 2:30 Snack & Hydrate 3:00 Water Gardening with Tracy 5:30 Netflix Adventure Series	Foodies Day 9 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Snack, Hydrate & Trivia 10:30 Brain Teasers and Riddles 1:00 Group Coloring Art with Jeannie 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	National Golf Day 10 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Everfit Exercises 10:00 Snack, Hydrate & Trivia 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:00 Snack and Hydrate 3:00 Simple Nail Care with Carol 5:30 Celebrating Mothers on Netflix
Mother's Day 11 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass at the Living Room 10:30 Snack, Hydrate & Trivia 11:00 The Daily Chronicle 1:00 Praise Songs 2:00 Reminiscing Photos 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: Sweet Magnolias	Nurses Day 12 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:00 Snack, Hydrate & Trivia 10:30 Musical Instruments 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Move & Groove 5:30 Board Games	Top Gun Day 13 9:00 Zen Music Meditation 9:30 Coffee & Conversations 10:00 Everfit Exercises 10:30 The Daily Chronicle with Snacks 11:00 Sing Along Songs 1:00 Flower Arrangements & Manicures 2:00 Move & Groove 3:00 Large Easy Word Find Puzzles 5:30 Inspirational Movie on Netflix	Receptionists Day 14 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Exercise w/ Musical Instruments 10:00 Snack, Hydrate & Trivia 1:00 Rhyme & Rythym 2:00 Parachute Game 2:30 Snack & Hydrate 3:00 Happy Hour with Bobby Rumion 5:30 Large Floor Jigsaw Puzzles	Chocolate Chip Day 15 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack, Hydrate & Trivia 1:00 Karaoke with Christine 2:00 No Bake Snacks with Tracy 2:30 Snack & Hydrate 3:00 Move & Groove 5:30 Netflix Adventure Series	National Classic Movie Day 16 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Snack, Hydrate & Trivia 10:30 Brain Teasers and Riddles 1:00 Group Coloring Art with Jeannie 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Evening Classic Movie & Snacks	Armed Forces Day 17 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Everfit Exercises 10:00 Snack, Hydrate & Trivia 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:30 Snack and Hydrate 3:00 Namaste Hour with HS Staff 5:30 Celebrating Mothers on Netflix
I Love Reese's Day 18 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass at the Living Room 10:30 Snack, Hydrate & Trivia 11:00 The Daily Chronicle 1:00 Praise Songs 2:00 Reminiscing Photos 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: Sweet Magnolias	Victoria Day (Canada) 19 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:00 Snack, Hydrate & Trivia 10:30 Balloon Toss 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	Senior Citizens Day 20 9:00 Zen Music Meditation 9:30 Morning Stroll with HS Staff 10:00 Everfit Exercises 10:30 The Daily Chronicle with Snacks 11:00 Sing Along Songs 1:00 Flower Arrangements & Manicures 2:00 Move & Groove 3:00 Large Easy Word Find Puzzles 5:30 Inspirational Movie on Netflix	World Meditation Day 21 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Simon Says Stretch 10:00 Snack, Hydrate & Trivia 1:00 Test Your Problem Solving Skills 2:00 Conversation Cards with Monica 2:30 Snack & Hydrate 3:00 Happy Hour with Brenda Hebert 5:30 Large Floor Jigsaw Puzzles	Vanilla Pudding Day 22 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack, Hydrate & Trivia 1:00 Karaoke with Christine 2:00 Baking Goodies with Tracy 2:30 Snack & Hydrate 3:00 Balloon Toss 5:30 Netflix Adventure Series	National Taffy Day 23 9:00 Zen Music Meditation 9:00 The Daily Chronicle 9:30 Everfit Exercises 10:00 Snack, Hydrate & Trivia 10:30 Brain Teasers and Riddles 1:00 Group Coloring Art with Jeannie 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	Scavenger Hunt Day 24 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Everfit Exercises 10:00 Snack, Hydrate & Trivia 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:30 Snack and Hydrate 3:00 Simple Nail Care with Carol 5:30 Celebrating Mothers on Netflix
National Wine Day 25 9:00 Joel Osteen on Channel 26 10:00 Catholic Mass at the Living Room 10:30 Snack, Hydrate & Trivia 11:00 The Daily Chronicle 1:00 Praise Songs 2:00 Reminiscing Photos 3:00 BINGO for Prizes 5:30 Netflix Weekender Series: Sweet Magnolias	Memorial Day 26 9:00 Zen Music Meditation 9:30 The Daily Chronicle 10:00 Snack, Hydrate & Trivia 11:00 Memorial Day Luncheon 1:00 Steel Feathers Yoga with Gee 2:00 Brain Booster Trivia 2:30 Snack & Hydrate 3:00 Arts and Crafts Hour 5:30 Board Games	Introducing Goofy Day 27 9:00 Zen Music Meditation 9:30 Scenic Drive - Out & About 9:30 Everfit Exercises 10:00 The Daily Chronicle with Snacks 10:30 Group Coloring & Painting 1:00 Flower Arrangements & Manicures 2:00 Move & Groove 3:00 Large Easy Word Find Puzzles 5:30 Inspirational Movie on Netflix	National Hamburger Day 28 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Noodle Toss 10:00 Snack, Hydrate & Trivia 1:00 Test Your Problem Solving Skills 2:00 Let's Solve some Simple Riddles 2:30 Snack & Hydrate 3:00 Happy Hour with Mike Jones 5:30 Large Floor Jigsaw Puzzles	Toaster Day 29 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack, Hydrate & Trivia 1:00 Karaoke with Christine 2:00 No Bake Snacks with Tracy 2:30 Snack & Hydrate 3:00 Aromatherapy with Tracy 5:30 Netflix Adventure Series	Happy Birthday Rita! 30 9:00 Zen Music Meditation 9:00 The Daily Chronicle 0:00 Everfit Exercises 10:00 Snack, Hydrate & Trivia 10:30 Brain Teasers and Riddles 1:00 Group Coloring Art with Jeannie 2:30 Snack and Hydrate 3:00 Classic Card Games 5:30 Expoza Travel Hour & Snacks	National Smile Day 31 9:00 Zen Music Meditation 9:30 Arts & Crafts Hour 9:45 Everfit Exercises 10:00 Snack, Hydrate & Trivia 10:30 Chair Zumba Exercises 1:00 Candy Bingo 2:00 Snack and Hydrate 3:00 Namaste Hour with HS Staff 5:30 Celebrating Mothers on Netflix
<h2 style="color: purple;">May 2025 Heritage Springs Memory Care Events</h2> <p style="color: purple;">Activities are subject to change based on the interests and requests of our residents.</p>						