







MAY 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Move and Groove Big Legos Activity Brain Games Big Jenga	2 Yoga Kick Ball Bubbles	3 Ribbon Dancing Coloring fun Guess The Sound Balloon Ball Bill Sleeter 5:00-6:00	4 Zumba Cardio Parachute Time Coloring fun Hula Hoop Basketball	5 Stretching Time Let's Bowl Bingo Ball Toss 	6 Move and Groove Coloring Fun Movie and a snack Build with Legos
7 Move and Groove Church Kick Ball Balance Exercise	8 Dance Party Brain Games Parachute Giant Bowling	9 Zumba Cardio Coloring Fun Ring Toss Game Coloring Fun	10 Sit and Stretch Big Jenga Pool Noodle Fishing Bean Bag Ring Toss	11 Morning Movement Hula Hop Basketball Bubbles Bingo Fun Yankee Girl 11:45-12:45	12 Yoga Time Mother's Day Craft Ball Toss Parachute	13 Move and Groove Coloring Fun Movie and a Snack Music Fun
14 Move and Groove Church Brain Games Ball Toss 	15 Morning Work Out Parachute Time Bubbles Pool Noddle Balloon	16 Morning Exercise Kick The Ball Beauty shop Move and Groove	17 Sit and Stretch Coloring Fun Pool Noodle Hockey Mini frisbee golf Music For Seniors 11:00-12:00	18 Zumba Time Name that show Bean Bag Toss Twister Bean Throw Nermin Begovic 11:00-12:00	19 Dance Party Brain Games Parachute Fun Let's Plant Flowers	20 Move and Groove Coloring Fun Movie and a Snack Big Jenga
21 Move and Groove Church Bingo Time Hula Hoop Fun	22 Morning Dance Bingo Big Jenga Puzzle Time	23 Move and Groove Coloring Fun Ball Toss Kick Ball	24 Yoga Time Coloring fun Bean Bag Throw Hungry Hippo Aca Grace 11:00-12:00	25 Morning Exercise Name that show Bean Bag Toss Ball Toss	26 Move and Groove Maracas Fun Pop the Bubbles Twister Bean Throw	27 Exercise Together Coloring Fun Bean Bag Basketball Giant Bowling
28 Move and Groove Church Movie and a snack Bubbles 	29 Move and Groove Bingo Bubbles Kick Ball 	30 Morning workout Beauty shop Music Time Parachute Time	31 Morning Jump Around Movie and Snack Mini frisbee golf Giant Bowling 