










May 2024 Sherwood Assisted Living Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>9:30 Walky Talky 10:00 Exercise Balloon</p> <p>10:45 The Grounds of Sherwood 2:00 Town Hall Meeting</p> <p>3:30 Zumba Gold Chair Dancing</p>	<p>2</p> <p>9:30 Walky Talky 10:00 Body & Brain Builders</p> <p>10:45 Phase 10 (K)</p> <p>2:00 Outing Walmart Shopping</p>  <p>4:00 Seated Tai Chi</p>	<p>3</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Odie's Walkabout</p> <p>2:00 Music with Country Artist Buck Ellard</p> <p>4:00 Seated Yoga</p>	<p>4</p> <p>9:30 Walky Talky 10:00 Exercise Balloon</p> <p>1:30 Second Chance Store</p> <p>2:00 Movie Matinee: How to Steal a Million (1966 NR Comedy/Romance 2h 3m) YouTube</p>
<p>5</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Catholic Mass internet streaming 2:00 Sing along with Pearl 3:00 TUMC Service Internet Streaming</p>	<p>6</p> <p>9:30 Walky Talky 10:00 Body & Brain Builders</p> <p>2:00 Music with The Secords (Old Time Country)</p> <p>2:00 Relaxing with Color 4:00 Seated Yoga</p>	<p>7</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Uno (K) 2:00 Bingo 3:30 Documentary: <i>Nick Baker's Weird Creatures — the Hellbender</i> Amazon</p>	<p>8</p> <p>9:30 Walky Talky 10:00 Exercise Balloon</p> <p>10:45 Farkle 2:00 In the Kitchen— Brownies 3:45 Read with Me with the Boys & Girls Club</p>	<p>9</p> <p>9:30 Walky Talky 10:00 Body & Brain Builders</p> <p>10:45 Phase 10 (K)</p> <p>2:00 Music with Kip Tulin Accordion Extraordinaire</p> <p>4:00 Seated Tai Chi</p>	<p>10</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Odie's Walkabout</p> <p>3:00 Cheers to Moms BYOB Happy Hour</p> 	<p>11</p> <p>9:30 Walky Talky 10:00 Exercise Balloon</p> <p>1:30 Second Chance Store</p> <p>2:00 Movie Matinee: Mother Teresa & Me (2022 PG-13 Drama/Biography 2h 25m) YouTube</p>
<p>12 Mother's Day</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Catholic Mass internet streaming 10:45 Special Delivery 2:00 Mother's Day Afternoon Tea</p> 	<p>13</p> <p>9:30 Walky Talky 10:00 Body & Brain Builders</p> <p>2:00 Bible Study with Dr. Regina</p> <p>4:00 Seated Yoga</p>	<p>14</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Uno (K) 2:00 Bingo 3:30 Documentary: <i>Nick Baker's Weird Creatures — The Invisible Lizard</i> Amazon</p>	<p>15</p> <p>9:30 Walky Talky 10:00 Exercise Balloon</p> <p>10:45 Farkle 2:00 Worship Message & Music With Gary, Larry & Company</p> <p>3:30 Zumba Gold Chair Dancing</p>	<p>16</p> <p>9:30 Walky Talky 10:00 Body & Brain Builders</p> <p>10:45 Phase 10 (K)</p> <p>2:00 Outing to the PORT ANGELES FINE ARTS CENTER</p> <p>4:00 Seated Tai Chi</p>	<p>17</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Odie's Walkabout</p> <p>2:00 Arts & Crafts pt 1 Poppy Wreath</p>  <p>4:00 Seated Yoga</p>	<p>18</p> <p>9:30 Walky Talky 10:00 Exercise Balloon</p> <p>1:30 Second Chance Store</p> <p>2:00 EXPERIENCE ELVIS — A Tribute by Robbie Dee in the Regent Dining Room</p>
<p>19</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Catholic Mass internet streaming 2:00 Sing along with Pearl 3:00 DCC Service internet Streaming</p>	<p>20</p> <p>9:30 Walky Talky 10:00 Body & Brain Builders</p> <p>1:30 Food Forum 4:00 Seated Yoga</p>	<p>21</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Uno (K) 2:00 Bingo 3:30 Documentary: <i>Nick Baker's Weird Creatures — The Frankenstein Fish</i> Amazon</p>	<p>22</p> <p>9:30 Walky Talky 10:00 Exercise Balloon</p> <p>10:45 Farkle 2:00 Music with Patty & Anna (Piano and Cello duo)</p> <p>3:30 Zumba Gold Chair Dancing</p>	<p>23</p> <p>9:30 Walky Talky 10:00 Body & Brain Builders</p> <p>10:45 Phase 10 (K)</p> <p>12:00 Outing Picnic Lunch at DUNGENESS RIVER NATURE CENTER</p>  <p>4:00 Seated Tai Chi</p>	<p>24</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Odie's Walkabout</p> <p>11:00 Glasses Tune-up with EJ</p>  <p>2:00 Arts & Crafts pt 2 Poppy Wreath 4:00 Seated Yoga</p>	<p>25</p> <p>9:30 Walky Talky 10:00 Exercise Balloon</p> <p>1:30 Second Chance Store</p> <p>2:00 Movie Matinee: Wonka (2023 PG Adventure/Fantasy 1h 56m) Max or YouTube</p>
<p>26</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Catholic Mass internet streaming 3:00 Dungeness Valley Mennonite Church Chorus</p>	<p>27</p> <p>Memorial Day REMEMBER AND HONOR</p>  <p>9:30 Walky Talky 10:00 Body & Brain Builders</p> <p>2:00 A Time of Remembrance — Memorial Day</p> <p>4:00 Seated Yoga</p>	<p>28</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Uno (K) 2:00 Bingo 3:30 Documentary: <i>Nick Baker's Weird Creatures — The Night Stalker</i> Amazon</p>	<p>29</p> <p>9:30 Walky Talky 10:00 Exercise Balloon</p> <p>10:45 Resident Council</p> <p>2:00 Stuffed Animal Doorstop Workshop</p>  <p>3:30 Zumba Gold Chair Dancing</p>	<p>30</p> <p>9:30 Walky Talky 10:00 Body & Brain Builders</p> <p>10:45 Phase 10 (K)</p> <p>2:00 Outing Sunny Sequim Scenic Drive</p>  <p>4:00 Seated Tai Chi</p>	<p>31</p> <p>9:30 Walky Talky 10:00 Full Body Fitness</p> <p>10:45 Odie's Walkabout</p> <p>11:00 Glasses Tune-up with EJ</p> <p>2:00 RD & Friends Hawaiian music and dancers</p> <p>4:00 Seated Yoga (K)</p>	<p>Activities through the month may change. Please keep an eye on the daily activity schedule posted on the boards throughout Sherwood for the most up to date event information</p>