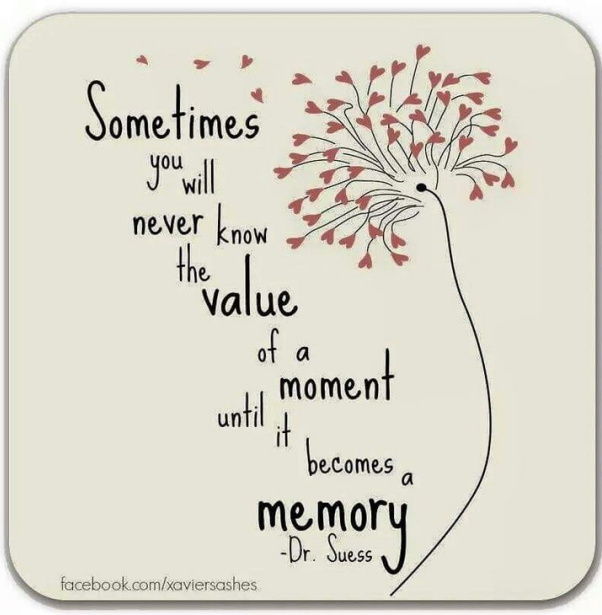


# Spring Village at Essex ~ Activities Calendar ~ May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>May 6th - May 12th National Nurses Week Thank You to our Nursing Staff!</p>		<p>1 9:30 News 10:00 Yoga 11:00 Alphabet Soup 1:00 Walk 2:00 Painting 4:00 Zumba 6:00 Fireside Book Reading</p>	<p>2 9:30 News 10:00 Cooking Demo 11:00 Aerobics 1:00 Visit from Mary &amp; John the Therapy Dog 1:30 Book Club 2:00 Smell 'O' Rama 4:00 Tai Chi 6:00 Sunset Walk</p>	<p>3 9:30 News 10:00 Yoga 11:00 Around the World with Diane: Holland 1:00 Walk 2:00 Make Kentucky Derby Hats 4:00 Zumba 6:00 Improv Night</p>	<p>4 9:30 News 10:00 Tai Chi 10:30 Fleming Friday 1:00 Walk 2:00 Church with Joe Murphy 3:00 Happy Hour 4:00 Aerobics 6:00 Board Games</p>	<p>5 Cinco De Mayo/Kentucky Derby/Green Up 9:30 News 10:00 Aerobics 11:00 Kentucky Derby 1:00 Walk to Green Up Our Neighborhood 2:30 Cinco De Mayo Party 4:00 Tai Chi 6:00 Movie Night</p>
<p>6 Astronomy Week 9:30 News 10:00 Yoga 11:00 Balloon Rockets 1:00 Walk 2:00 Stomp Rockets 4:00 Zumba 6:00 Movie Night</p>	<p>7 Postcard Week 9:30 News 10:00 Aerobics 11:00 Send Postcards 1:00 Walk 2:00 Sing A Long 4:00 Tai Chi 6:00 Music Lounge</p>	<p>8 9:30 Outing: Whitcomb Farm 10:00 Yoga with Chef Paul 11:30 Reminiscing: Gardens and Farms 1:00 Walk 2:00 Painting 4:00 Zumba 6:00 Family Feud</p>	<p>9 9:30 News 10:00 Aerobics 11:00 Sayings Match Up 1:00 Visit from Mary &amp; John the Therapy Dog 1:30 Knitting Club 2:00 Gardening Club 4:00 Tai Chi 6:00 Paint and Sip</p>	<p>10 9:30 News 10:00 Yoga 10:30 Fit2Excel 1:00 Walk 2:00 Lecture: All About Birds - Audubon 4:00 Zumba 6:00 Ping Pong</p>	<p>11 9:30 News 10:00 Tai Chi 11:00 Four Corners 1:00 Walk to Basketball 2:00 Let's Talk 4:00 Aerobics 6:00 Board Games</p>	<p>12 National Train Day 9:30 News 10:00 Aerobics 11:00 1 on 1s 1:00 Walk 2:00 Lecture: History of Trains in Essex 4:00 Tai Chi 6:00 Movie Night</p>
<p>13 Mother's Day / Hummus Day 9:30 News 10:00 Yoga 10:30 Hummus Tasting 1:00 Walk 2:30 Mother's Day Tea and Madeleines 4:00 Zumba 6:00 Movie Night</p>	<p>14 Dance Like a Chicken Day 9:30 News 10:00 Aerobics 11:00 Virtual Tour: Carlsbad Caverns 12:30 Manicures with CTE 1:30 Chicken Dance 2:00 Sing A Long 4:00 Tai Chi 6:00 Music Lounge</p>	<p>15 9:30 News 10:00 Yoga 10:30 Lunch Outing 1:00 Walk 2:00 Movie 4:00 Zumba 6:00 Bingo Night</p>	<p>16 9:30 News 10:00 Aerobics 11:00 List It! 1:00 Visit from Mary &amp; John the Therapy Dog 1:30 Book Club 2:00 Cooking Club 4:00 Tai Chi 6:00 "21" Card Game</p>	<p>17 9:30 News 10:00 Yoga 11:00 Table Hockey 1:00 Walk 2:00 Service with 1st Baptist Church 4:00 Zumba 6:00 Karaoke Night</p>	<p>18 9:30 News 10:00 Tai Chi 10:30 Fleming Friday 1:00 Walk to Play Basketball 2:30 Happy Hour 4:00 Aerobics 6:00 Board Games</p>	<p>19 Raisin Week 9:30 News 10:00 Aerobics 11:00 1 on 1s 1:00 Walk 2:00 Raisin Taste Test 2:30 Cooking with Raisins 4:00 Tai Chi 6:00 Movie Night</p>
<p>20 International Pickle Week 9:30 News 10:00 Yoga 11:00 Crafts with Girl Scouts 1:00 Walk 2:00 Reminiscing: Canning 2:30 Make Quick Pickles 4:00 Zumba 6:00 Movie Night</p>	<p>21 Backyard Games Week / Poetry Week 9:30 News 10:00 Aerobics 11:00 Music Therapy with Maggie 1:00 Hymns with Karen 2:00 Horseshoes 4:00 Tai Chi 6:00 Music Lounge</p>	<p>22 Poetry Week 9:30 News 10:00 Yoga 11:00 Virtual Tour: Crater Lake National Park 1:00 Ladder Ball 2:00 Expressive Arts with Topaz 4:00 Zumba 6:00 Fireside Poetry Reading</p>	<p>23 9:30 News 10:00 Aerobics 11:00 Spell It! 1:00 Visit from Mary &amp; John the Therapy Dog 1:30 Knitting Club 2:00 Gardening Club 4:00 Tai Chi 6:00 Bubble Party</p>	<p>24 Scavenger Hunt Day / Intl Tiara Day 9:30 News 10:00 Yoga 10:30 Fit2Excel 1:00 Badmitten 2:00 Crafts 4:00 Zumba 6:00 Scavenger Hunt for Tiaras</p>	<p>25 National Wine Day 9:30 Outing: Boyden Winery Wine Tasting 10:30 Exercise with Roe 1:00 Walk 2:00 Croquet 3:30 Reminiscing: Backyard Memories 4:00 Aerobics 6:00 Board Games</p>	<p>26 9:30 News 10:00 Aerobics 11:00 1 on 1s 1:00 Memorial Day BBQ 2:00 Walk 4:00 Tai Chi 6:00 Movie Night</p>
<p>27 Grape Popsicle Day 9:30 News 10:00 Yoga 11:00 Popsicle Stick Riddles 1:00 Walk 2:00 Popsicle Word Challenge 3:00 Grape Popsicles for Snack 4:00 Zumba 6:00 Movie Night</p>	<p>28 Memorial Day / Rolling of the Cheese Day 9:30 News 10:00 Aerobics 11:00 Rolling of the Cheese 1:00 Walk 2:00 Patriotic Sing A Long 4:00 Tai Chi 6:00 Music Lounge</p>	<p>29 9:30 News 10:00 Yoga 11:00 Let's Talk 12:30 Manicures with CTE 2:00 Painting 4:00 Zumba 6:00 Wheel of Fortune</p>	<p>30 Mint Julep Day 9:30 News 10:00 Aerobics 11:00 Virtual Tour: Everglades Park 1:00 Visit from Mary &amp; John the Therapy Dog 1:30 Book Club 2:00 Cooking Club 3:00 Virgin Mint Juleps for Snack 4:00 Tai Chi 6:00 Card Sharks Game</p>	<p>31 9:30 News 10:00 Yoga 11:00 Balloon Tennis 1:00 Walk 2:00 Crafts 4:00 Zumba 6:00 Trivia Night</p>	<p><b>* Activities are subject to change and are weather dependent.</b></p>  <p>Specializing in Memory Care</p> <p>A Woodbine Senior Living Community</p>	