

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May Day 1
8:30 Coffee & Chats
10:00 Exercise for All
12:45 Adult Coloring
1:00 Tai-Chi
3:00 Armchair Travel
"Mexico" & Margaritas
May Day

8:00 Current Events 2
9:00 Room Visits
10:00 I AM Bible Study
10:00 Exercise for ALL
11:30 Lunch & Piano Bob
12:45 Trivia Hour (IL LR)
3:00 Bingo (IL LR)
3:00 Bible Study
4:00 Auxiliary meeting

8:00 This Day in History 3
& Mexican Cookies
9:00 Writing Class
9:30 Local Shopping
10:00 Exercise Class
11:00 Conversations w/Pastor Chris
1:30 Yoga
3:30 Reminisce

8:00 Current Events 4
9:00 Demonstration on How to make tamales
10:00 Exercise for ALL
1:00 Adult Coloring
2:00 Aquatics Class
3:00 Concert in Care Center w/ Buddy C.

Cinco de Mayo 5
9:30 Buellton Shopping
10:00 Exercise Class
1:00 Cinco de Mayo Celebration (V.G)
3:30 Music & Relax on the patio
Cinco de Mayo

8:30 Saturday 6
Morning News
9:30 Lompoc Quilt Show
10:00 Chair Yoga
2:00 Movie Matinee & popcorn
3:30 Nail Spa

8:45 Church Rides 7
9:15 Bethania Church Live Stream
10:00 YouTube Exercise video
11:30 Lunch
2:00 Sunshine on the Patio
3:30 Reminisce

8:30 Coffee & Chats 8
10:00 Exercise for All
12:45 Adult Coloring
1:00 Tai-Chi
3:00 Armchair Travel

8:00 Current Events 9
9:00 Who Am I?
10:00 I AM Bible Study
10:00 Exercise for ALL
11:30 Lunch & Piano Bob
12:45 Trivia Hour (IL LR)
3:00 Root Beer Floats on the Patio

8:00 This Day in History 10
9:00 Writing Class
9:30 Room Visits
10:00 Exercise Class
12:45 Nature Documentary
1:30 Yoga
3:00 Bingo IL RL

8:00 Current Events 11
9:00 Mother's Day Trivia
10:00 Exercise for ALL
1:00 Adult Coloring
2:00 Aquatics Class
3:00 Flower Arrangements for Mother's Day

Mother's Day Lunch 12
9:30 Buellton Shopping
10:00 Exercise Class
11:30 Mother's Day Lunch & Mimosas
1:00 Tai Chi
2:30 Celebrate Margarets Birthday w/Cake & Ice Cream

8:30 Saturday 13
Morning News
10:00 Chair Yoga
12:45 Shopping at Trader Joe's
1:00 Movie Matinee
3:30 Nail Spa

Mother's Day 14
8:45 Church Rides
9:15 Bethania Church Live Stream
10:00 YouTube Exercise video
2:00 Sunshine on the Patio
3:30 Reminisce
Mother's Day National Skilled Nursing Care Week

8:30 Coffee & Chats 15
10:00 Exercise for All
12:30 Resident Assembly
12:45 Adult Coloring
1:00 Tai-Chi
3:00 Armchair Travel On YouTube

8:00 Morning Horoscope 16
9:00 Who Am I?
10:00 I AM Bible Study
10:00 Exercise for ALL
11:30 Lunch & Piano Bob
12:45 Trivia Hour
3:00 Bible Study

8:00 This Day in History 17
9:00 Writing Class
9:30 Local Shopping
10:00 Exercise Class
12:45 Nature Documentary
1:30 Yoga
3:00 Bingo IL LR
3:30 Birthday music w/ John Fiery
4:30 Birthday Diner

8:00 Current Events 18
9:00
10:00 Exercise for ALL
11:00 Picnic Lunch at Lucky 13 Ranch
1:00 Adult Coloring
2:00 Aquatics Class
3:00 Ice Cream Social on the Patio

9:30 Buellton Shopping 19
10:00 Exercise Class
1:00 Tech Tutoring (IL LR)
1:00 Tai Chi
2:00 Handwork Club
3:00 Trivia Hour

8:30 Saturday 20
Morning News
9:30 Flying Miss Daisy Craft Fair
10:00 Chair Yoga
1:00 Movie Matinee
3:30 Nail Spa
Armed Forces

8:45 Church Rides 21
9:15 Bethania Church Live Stream
10:00 YouTube Exercise video
2:00 Sunshine on the Patio
3:30 Reminisce

8:30 Coffee & Chats 22
10:00 Exercise for All
12:45 Adult Coloring
1:00 Tai-Chi
3:00 Armchair Travel
Victoria Day (Canada)

8:00 Morning Horoscope 23
9:00 Who AM I?
10:00 I AM Bible Study
10:00 Exercise for ALL
11:30 Lunch & Piano Bob
12:45 Trivia Hour
2:30 Spring Tea
Community Center

8:00 This Day in History 24
9:00 Writing Class
9:30 Walking Club
10:00 Exercise Class
1:30 Yoga
3:00 Bingo

8:00 Current Events 25
9:30 Lompoc Shopping
10:00 Exercise for ALL
1:00 Adult Coloring
2:00 Aquatics Class
3:00 Reminisce
Shavuot Begins

9:30 Buellton Shopping 26
10:00 Exercise Class
1:00 Tech Tutoring (IL LR)
1:00 Tai Chi
2:00 Handwork Club
3:00 Trivia Hour

8:30 Saturday 27
Morning News
10:00 Chair Yoga
1:00 Movie Matinee
3:30 Nail Spa

8:45 Church Rides 28
9:15 Bethania Church Live Stream
10:00 YouTube Exercise video
2:00 Sunshine on the Patio
3:30 Reminisce

Memorial Day 29
8:30 Coffee & Chats
10:00 Exercise for All
12:45 Adult Coloring
1:00 Tai-Chi
3:00 Armchair Travel
Memorial Day

8:00 Morning Horoscope 30
10:00 I AM Bible Study
10:00 Exercise for ALL
11:30 Lunch & Piano Bob
12:45 Trivia Hour
3:00 Bible Study

8:00 This Day in History 31
9:00 Writing Class
10:00 Exercise Class
1:30 Yoga
3:00 Bingo Extravaganza

May 2023
Atterdag Assisted Living Activities Calendar.

ALL ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE