

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May 2026</h1> <h2>Sopris Lodge Assisted Living</h2>			<p>Happy Birthday!</p> <p>Alice- May 15th Martha - May 17th Stephanie- May 19th</p>		<p>11:00am Chair Stretching 2:00pm Let's Make Our Own Soap Bars 3:00pm Scrabble 6:00pm Friday Movie Night: Anaconda on Netflix</p>	<p>10:00am Watching the Kentucky Derby on Peacock 11:00am Morning Exercise 2:00pm Painting 3:30pm How It's Made on Hulu</p>
<p>10:00am Reading the Paper 2:00pm Board Game Hour 3:00pm Hand Massages</p>	<p>11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm May Day Flowers 4:00pm Bingo!</p>	<p>9:45am Meditation with Anne 11:00am Chair Tai Chi 2:00pm Lets Make Guacamole 3:00pm Battle of Puebla, May 5th: A Day of Glory on Youtube 4:00pm Group Crossword</p>	<p>11:00am Morning Exercise 2:00pm Technology Help with Aaliyah 3:00pm Making Pressed Flower Bookmarks 4:00pm Trivial Pursuit 6:00pm Wednesday Movie Night: Nuremberg on Netflix</p>	<p>10:00am Chair Yoga with Anne 11:00am Drumming Exercise 2:00pm Making Mothers Day Cards 3:00pm Residents Bridge Game 3:30pm Mothers Day Happy Hour in IL</p>	<p>11:00am Chair Stretching 2:00pm Spanish Class 3:00pm Scrabble 6:00pm Friday Movie Night: Peaky Blinders on Netflix</p>	<p>11:00am Morning Exercise 2:00pm Painting 3:30pm How It's Made on Hulu</p>
<p>10:00am Reading the Paper 2:00pm Board Game Hour 3:00pm Hand Massages</p>	<p>11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm Mahjong 4:00pm Bingo!</p>	<p>9:45am Meditation with Anne 11:00am Chair Tai Chi 2:00pm Let's Assemble Crepes 3:00pm Making Concierge Thank You Notes 4:00pm Group Crossword</p>	<p>11:00am Morning Exercise 2:30pm AL Resident Council 3:00pm Technology Help with Aaliyah 4:00pm Jeopardy 6:00pm Wednesday Movie Night : Mike and Nick and Nick and Alice on Hulu</p>	<p>10:00am Chair Yoga with Anne 11:00am Drumming Exercise 2:00pm Mahjong 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL</p>	<p>11:00am Chair Stretching 2:00pm The Lost Tapes: Malcolm X on Youtube 3:00pm Scrabble 6:00pm Friday Movie Night: Is This Thing On on Hulu</p>	<p>11:00am Morning Exercise 2:00pm Painting 3:30pm How It's Made on Hulu</p>
<p>10:00am Reading the Paper 2:00pm Board Game Hour 3:00pm Hand Massages</p>	<p>11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm May Birthday Celebration 4:00pm Bingo!</p>	<p>9:45am Meditation with Anne 11:00am Chair Tai Chi 2:00pm Movie and Activity Meeting 4:00pm Group Crossword</p>	<p>10:00am Carbondale Library Book Pop-Up 11:00am Morning Exercise 12:30pm DQ Lunch and Two Rivers Park Outing 6:00pm Wednesday Movie Night: Merrily We Roll Along on Netflix</p>	<p>10:00am Chair Yoga with Anne 11:00am Drumming Exercise 2:00pm Technology Help with Aaliyah 3:00pm Residents Bridge Game 4:00pm Happy Hour in IL</p>	<p>11:00am Chair Stretching 2:00pm Spanish Class 3:00pm Scrabble 6:00pm Friday Movie Night: People We Meet on Vacation on Netflix</p>	<p>11:00am Morning Exercise 2:00pm Painting 3:30pm How It's Made on Hulu</p>
<p>10:00am Reading the Paper 2:00pm Board Game Hour 3:00pm Hand Massages</p>	<p>11:00am Chair Yoga 2:00pm Watercolor Painting 3:00pm Patriotic Sing Along 4:00pm Bingo!</p>	<p>9:45am Meditation with Anne 11:00am Chair Tai Chi 3:00pm Making Strawberry Shortcake 4:00pm Group Crossword</p>	<p>11:00am Morning Exercise 2:00pm How Baby Animals Survive in the Wild on Youtube 4:00pm Trivial Pursuit 6:00pm Wednesday Movie Night: Blackberry on Netflix</p>	<p>10:00am Chair Yoga with Anne 11:00am Drumming Exercise 2:00pm Mahjong 3:00pm Residents Bridge Game</p>	<p>11:00am Chair Stretching 2:00pm Sudoku 3:00pm Scrabble 6:00pm Friday Movie Night: Song Sung Blue on Peacock</p>	<p>11:00am Morning Exercise 2:00pm Painting 3:30pm How It's Made on Hulu</p>
<p>10:00am Reading the Paper 2:00pm Board Game Hour 3:00pm Hand Massages</p>						