


May Cottage Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reminders: Sneeze in the inside of your elbows or tissue. Wash your hands frequently. Wet hands, Lather with Soap, Scrub for at least 20 seconds, rinse and dry. Clean hands before and after, with eating and toileting, then after blowing nose, cough, or sneezing!	CR=Craftsman CL=Colonial *= Music Performances of Creative Aging Cincinnati Membership -SAIDO is M-F session times vary for each participant	Neighborhood Chat will take place every day in between scheduled activities Activity dates, times and locations are subject to change.	Snacks will be offered by VWs at 2:30p and 7:00p every day		1 11:30 Exercise with Tonya & Music, CL 1:15 Tai Chi with Michael Porte, CR 2:00 Duchess Singers, CR 4:00 Happy Hour, CL 5:00 Bingo, CR-Sherry 7:00 Conversation Cards, CR-Janet May Day	2 11:30 Exercise with Sharon & Music, CL 1:30 Puzzle Hour 2:00 Lyrice Duo, CR 3:30 Derby Hat Show 4:00 Derby Party 6:00 Derby Race, NBC
3	4	5	6	7	8	9
11:30 Exercise with Tika & Music, CL 2:00 Church Service, CR 3:30 Famous Book Quotes, CL-Simone 4:00 Music with Marci Hedges, CL 7:00 Musical or Opera of Choice	Manicure by your VW 11:15 Tai Chi with Michael Porte, CR 11:30 Exercise with Simone & Music, CL 3:00 Stay on Bus Ride with Graeters Milkshakes 5:00 Piano Concert with Cliff Adams, CR	11:30 Exercise with Amy & Music, CR 1:00 Miniature Horses, Courtyard 2:00 Java Time with Deacon Fred, CR 3:00 Cinco de Mayo Fiesta, CL 7:00 Corn Hole with VWs 	Hair Day 11:30 Exercise with Shay & Music, CL 1:30-3:30 Walking Club 4:00 May Trivia, CL-Corie 5:00 Balloon Toss, CR-Milli 7:00 Bowling with VWs	Men's Luncheon with Deacon Fred, CR 11:30 Exercise with Samantha & Music, CR 1:00 Bible Study with Deacon Fred, CR 1:30 Bridge, CR Den 3:30 Street Organ with Mickey, CR 5:00 Putting Green, CL	11:30 Exercise with Donna & Music, CR 1:15 Tai Chi with Michael Porte, CR 4:00 Jazz Piano with Zach Karp and Happy Hour, CR 5:00 Bingo, CL-Carren 7:00 Conversation Cards, CL-Simone	11:30 Exercise with Kris & Music, CL 1:30 Puzzle Hour 2:00 Karaoke, CR-Sharon 3:30 Train Trivia, CL-Amy 7:00 "Greatest Events of WWII in Colour" with Popcorn, Netflix
10	11	12	13	14	15	16
11:30 Exercise with Janet & Music, CR 2:00 Church Service, CR 3:30 Mother's Day Tea Party, CR 7:00 Musical or Opera of Choice Mother's Day	Manicure by your VW 11:15 Music Therapy with Olivia, CL 1:15 Tai Chi with Michael Porte, CR 2:30 Colonial vs. Craftsman Dance Battle 3:00 Violin and Piano with Vince and Rick, CR 5:00 Aroma Therapy, CR-Samantha 7:00 Game Night with VWs (CR)	11:30 Exercise with Mariah & Music, CL 1:30 Java Time with Deacon Fred, CR 3:30 Make PB & J Sandwiches with DD, CL 4:00 May Quiz, CL-Kris 5:00 Social Hour with Green Tea, CR Den 7:00 Corn Hole with VWs	Hair Day 11:30 Exercise with Eunique & Music, CR 1:30-3:30 Walking Club 5:00 Balloon Toss, CR-Tierra 6:45 Delta Kings, CL	Men's Luncheon with Deacon Fred, CR 11:30 Exercise with Shay & Music, CL 1:00 Bible Study with Deacon Fred, CR 1:30 Bridge, CR Den 3:00 An Indian Wedding-Love, Laughter and Dance with Vaishali Shah, CR 5:00 Digital Accordion and Clarinet with Joe & Sally LuKasik, CR	11:30 Exercise with Lillie & Music, CL 1:15 Tai Chi with Michael Porte, CR 2:00 Piano Concert with Daven Robinson, CR 4:00 Happy Hour, CL 5:00 Bingo, CR-Janet 7:00 Conversation Cards, CR-Milli	11:30 Exercise with Kisha & Music, CR 1:30 Puzzle Hour 2:00 Lyrice Duo, CR 4:00 It Happened in May, CL-Shannon 7:00 "Old Dogs" with Popcorn, Disney



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="right">17</p> <p>11:30 Exercise with Kris & Music, CL 2:00 Church Service, CR 4:00 Music with Marci Hedges, CL 5:00 Words that start with M, CL-Simone_ 7:00 Musical or Opera of Choice</p>	<p align="right">18</p> <p>Manicure by your VW 11:30 Exercise with Tonya & Music, CR 1:15 Tai Chi with Michael Porte, CR 2:00 Bus Ride to Benkens 4:00 Victoria Day Quiz, CL-Corie 5:00 Music Performance with Dolores Mason, CL 7:00 Game Night with VWs (CL)</p>	<p align="right">19</p> <p>11:30 Exercise with Donna & Music, CR 1:30 Java Time with Deacon Fred, CR 3:00 Classic Hollywood Movies Quiz, CL-Carren 5:00 Social Hour with Green Tea, CL Den 7:00 Corn Hole with VWs</p>	<p align="right">20</p> <p>Hair Day 11:30 Exercise with Marie & Music, CR 1:30-3:30 Walking Club 2:00 Art Therapy with Marty Santos, CR 4:00 All About Bees Quiz, CL-Samantha 5:00 "Secrets Of The Bees, CL-Disney 7:00 Bowling with VWs</p>	<p align="right">21</p> <p>Men's Luncheon with Deacon Fred, CR 10:00 Horticulture with Robert Evans 11:30 Exercise with Amy & Music, CR 1:00 Bible Study with Deacon Fred, CR 1:30 Bridge, CR Den 4:00 Amazon Rainforest Facts and Trivia, CR -Janet Podiatry Here</p>	<p align="right">22</p> <p>11:30 Exercise with Cassie & Music, CL 1:15 Tai Chi with Michael Porte, CR 3:30 Flower Trivia, CR- 4:00 Jazz Piano with Zach Karp and Happy Hour, CL 5:00 Bingo, CR-Amy 7:00 Conversation Cards, CL-Sherry</p>	<p align="right">23</p> <p>11:30 Exercise with Sharon & Music, CR 1:30 Puzzle Hour 2:30 Karaoke, CL -Cassie 4:00 Turtle Day Quiz, CL-Tika 5:00 Who Am I? May Birthdays, CR-Tierra 7:00 "Animal" with Popcorn, Netflix</p>
<p align="right">24</p> <p>11:30 Exercise with Karrie & Music, CR 2:00 Church Service, CR 4:00 Balloon Toss, CR- 5:00 Frank Sinatra Quiz, CR-Corie 7:00 Musical or Opera of Choice</p>	<p align="right">25</p> <p>Manicure by your VW 11:30 Exercise with Samantha & Music, CL 12:00 Courtyard BBQ 1:15 Tai Chi with Michael Porte, CR 4:00 Violin and Piano with Vince and Rick, CR 7:00 Game Night with VWs (CL)</p>	<p align="right">26</p> <p>11:30 Exercise with Mariah & Music, CL 1:30 Java Time with Deacon Fred, CR 3:30 Make PB & J Sandwiches with DD, CR 5:00 Social Hour with Green Tea, CR Den 7:00 Corn Hole with VWs</p>	<p align="right">27</p> <p>Hair Day 11:30 Exercise with Simone & Music, CL 1:30-3:30 Walking Club 2:00 Cincinnati Ballet, CR 3:15 Jazz Piano Concert with Phil DeGreg and Joe LuKasik, CR 5:00 Balloon Toss, CR-Milli 7:00 Bowling with VWs</p>	<p align="right">28</p> <p>Men's Luncheon with Deacon Fred, CR 11:30 Exercise with Cassie & Music, CL 1:00 Bible Study with Deacon Fred, CR 1:30 Bridge, CR Den 3:30 Islands of the World Quiz, CL-LaTonya 4:00 "The Devil Wears Prada," Disney</p>	<p align="right">29</p> <p>11:30 Exercise with Tika & Music, CR 1:15 Tai Chi with Michael Porte, CR 4:00 Happy Hour, CL 5:00 Bingo, CR-Samantha 7:00 Conversation Cards, CR- Janet</p>	<p align="right">30</p> <p>11:30 Exercise with Marie & Music, CR 1:30 Puzzle Hour 2:30 Karaoke, CL -Lillie 4:00 Benny Goodman, CL-Simone 7:00 "Big Business" with Popcorn, Disney</p>
<p align="right">31</p> <p>11:30 Exercise with Donna & Music, CR 2:00 Church Service, CR 4:00 Balloon Toss, CL-Shannon 5:00 Nobel Prize Winners, CR-Tonya 7:00 Musical or Opera of Choice</p>	<p align="center"><i>Memorial Day</i> </p>					

Monthly Observances: Arthritis Awareness Month, Better Sleep Month, Mental Health Awareness Month, National Walking Month, and Women's Health Care Month! May is also Asian American and Pacific Islander Heritage Month, and Military Appreciation Month.