


May 2026

Parkview Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May Culture Topic: Mental Health Awareness:</p> <p>* We are focusing on this topic with the hope of reducing misconceptions surrounding mental health, encouraging open conversations, and destigmatizing seeking help.</p> <p>* There are factors that can have a negative impact on our mental wellbeing: prolonged stress, loneliness, and grief are some examples. As we get older, additional challenges might include illness, pain, or adapting to a new living environment.</p> <p>* Prioritizing our mental health is essential for a fulfilling life and can even positively impact physical health.</p>						
<p>AM Cardio Drumming (MS & GR) 3</p> <p>AM Sunday News & Coffee</p> <p>10:00 Catholic Communion (C)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>2:30 Family Bingo & Popcorn (GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Sunday Wind Down (MS & GR)</p>	<p>AM Band Stretching Exercise (MS & GR) 4</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Reading Circle (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>5:00 Sing-a-Long w/ Maribel (MS)</p>	<p>AM Cardio Drumming (MS & GR) 5</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Gardening Group (MS)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>5:00 Starlyte Duo Performs (GR)</p>	<p>AM Balloon Tennis (MS & GR) 6</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Memories in the Making Art Project (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Chair Yoga (MS)</p>	<p>AM Cardio Drumming (MS & GR) 7</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Letter Writing to Family (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Bingo Night (MS)</p>	<p>AM Daily News & Coffee (MS & GR) 8</p> <p>11:30 Set Up for Lunch (DR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Chair Tai Chi</p> <p>5:30 Abiding Place Ministry (MS)</p>	<p>AM Balloon Tennis (MS & GR) 9</p> <p>AM Saturday News Topics & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Games & Mocktails (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Classic Movies (Theater)</p>
<p>AM Cardio Drumming (MS & GR) 10</p> <p>AM Sunday News & Coffee</p> <p>10:00 Catholic Communion (C)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>2:30 Mother's Day Bingo & Popcorn (GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Sunday Wind Down (MS & GR)</p>	<p>AM Band Stretching Exercise (MS & GR) 11</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Reading Circle (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>5:00 Keyboard Karaoke w/ Glenn (MS)</p>	<p>AM Cardio Drumming (MS & GR) 12</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Gardening Group (MS)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>5:00 PM Spa Night (MS)</p>	<p>AM Balloon Tennis (MS & GR) 13</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Memories in the Making Art Project (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Chair Yoga (MS)</p>	<p>AM Cardio Drumming (MS & GR) 14</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Letter Writing to Family (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Bingo Night (MS)</p>	<p>AM Daily News & Coffee (MS & GR) 15</p> <p>11:30 Set Up for Lunch (DR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>2:00 Pet Therapy w/Heart N Soul (GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Chair Tai Chi</p> <p>5:30 Abiding Place Ministry (MS)</p>	<p>AM Balloon Tennis (MS & GR) 16</p> <p>AM Saturday News Topics & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Games & Mocktails (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Classic Movies (Theater)</p>
<p>AM Cardio Drumming (MS & GR) 17</p> <p>AM Sunday News & Coffee</p> <p>10:00 Catholic Communion (C)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>2:30 Family Bingo & Popcorn (GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Sunday Wind Down (MS & GR)</p>	<p>AM Band Stretching Exercise (MS & GR) 18</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Reading Circle (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>5:00 Sing-a-Long w/ Maribel (MS)</p>	<p>AM Cardio Drumming (MS & GR) 19</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Gardening Group (MS)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>5:00 PM Spa Night (MS)</p>	<p>AM Balloon Tennis (MS & GR) 20</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Memories in the Making Art Project (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Chair Yoga (MS)</p>	<p>AM Cardio Drumming (MS & GR) 21</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Letter Writing to Family (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Bingo Night (MS)</p>	<p>AM Daily News & Coffee (MS & GR) 22</p> <p>11:30 Set Up for Lunch (DR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>2:00 Welcome New Resident Social w/Rikacha Music (GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Chair Tai Chi</p> <p>5:30 Abiding Place Ministry (MS)</p>	<p>AM Balloon Tennis (MS & GR) 23</p> <p>AM Saturday News Topics & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Games & Mocktails (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Classic Movies (Theater)</p>
<p>AM Cardio Drumming (MS & GR) 24</p> <p>AM Sunday News & Coffee</p> <p>10:00 Catholic Communion (C)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>2:30 Family Bingo & Popcorn (GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Sunday Wind Down (MS & GR)</p>	<p>AM Band Stretching Exercise (MS & GR) 25</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Reading Circle (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>5:00 Sing-a-Long w/ Maribel (MS)</p>	<p>AM Cardio Drumming (MS & GR) 26</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Gardening Group (MS)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>5:00 PM Spa Night (MS)</p>	<p>AM Balloon Tennis (MS & GR) 27</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Memories in the Making Art Project (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Chair Yoga (MS)</p>	<p>AM Cardio Drumming (MS & GR) 28</p> <p>AM Daily News & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Letter Writing to Family (MS & GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>2:00 Birthday Celebration w/ Raymond (GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Bingo Night (MS)</p>	<p>AM Daily News & Coffee (MS & GR) 29</p> <p>11:30 Set Up for Lunch (DR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Chair Tai Chi</p> <p>5:30 Abiding Place Ministry (MS)</p>	<p>AM Balloon Tennis (MS & GR) 30</p> <p>AM Saturday News Topics & Coffee (MS & GR)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>Afternoon Games & Mocktails (MS & GR)</p> <p>1:00 Music Therapy by Radiant Hospice (GR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Classic Movies (Theater)</p>
<p>AM Cardio Drumming (MS & GR) 31</p> <p>AM Sunday News & Coffee</p> <p>10:00 Catholic Communion (C)</p> <p>11:30 Set Up for Lunch (DR)</p> <p>1:30 Afternoon Snack (MS & GR)</p> <p>2:30 Family Bingo & Popcorn (GR)</p> <p>4:00 Set Up for Dinner (DR)</p> <p>PM Sunday Wind Down (MS & GR)</p>					<p>Activities are Subject to Change.</p>	