

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Locations</b> Dining Room, DR Front Lobby Patio, FP Hallways, H Station 4, ST 4</p> <p><b>Calendar events subject to change.</b></p>	<p><b>MAY DAY 1</b></p> <p>9:30 News &amp; Views, DR 10:00 Inspirational Music Program, DR 2:00 FIT to Stretch®, DR 2:30 Movies &amp; Stars w/Nikki, DR 3:15 Card Games, DR 4:15 Pretty Nails &amp; Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>2</b></p> <p>9:30 News &amp; Views, DR 10:00 Remembering Good Old Sitcoms, DR 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Volleyballoon, DR 3:15 Table Games, DR 4:15 Creative Crafts, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>3</b></p> <p>9:30 News &amp; Views, DR 10:00 Accordion Music w/ Natalie, DR 10:15 FIT to Pedal®, ST 4 2:00 FIT to Stretch®, DR 2:30 Veterans Club, DR 3:00 Games &amp; Crafts w/Gloria, DR 4:15 Men's Dominoes &amp; Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR</p>	<p><b>4</b></p> <p>9:30 News &amp; Views, DR 10:00 History of Music w/Paul, DR 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 FIT to Stretch®, DR 3:00 Food &amp; Nutrition w/Anne, DR 4:15 Women's Manicure/ Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>5</b></p> <p>9:30 News &amp; Views, DR 10:00 FIT to Stretch®/ Trivia, DR <b>2:00 Cinco de Mayo Celebration!, DR</b> 3:15 Table Games/ Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p><b>6</b></p> <p>9:30 News &amp; Views, DR 10:00 FIT to Stretch®, DR 2:15 Bingo w/Joanne 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p>
<p><b>7</b></p> <p>9:30 News &amp; Views, DR 10:00 Spiritual Program w/Doug, DR 10:00 Catholic TV Mass, ST 4 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 6:30 Independent/Group Games, ST 4</p>	<p><b>8</b></p> <p>9:30 News &amp; Views, DR 10:00 Inspirational Music Program, DR 11:00 Daily Chronicles/Trivia, DR 2:00 Karaoke, DR 2:30 Movies &amp; Stars w/Nikki, DR 4:15 Pretty Nails &amp; Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>9</b></p> <p>9:30 News &amp; Views, DR <b>10:00 Petting Zoo, DR</b> 1:15 FIT to Pedal®, ST 4 2:00 FIT to Stretch®, DR 2:30 Creative Arts w/Ylenna, DR 4:15 Men's Dominoes Social, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/ Natasha, DR</p>	<p><b>10</b></p> <p>9:30 News &amp; Views, DR <b>10:00 Accordion Music/ Spring Bazaar, DR</b> 2:00 Ring Toss, DR 2:30 Roaming Music w/Marsha, H 3:00 Games &amp; Crafts w/Gloria, DR 3:15 Table Games/Matinee, DR 4:15 Pretty Nails &amp; Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>11</b></p> <p>9:30 News &amp; Views, DR 10:00 History Music w/Paul, DR 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Karaoke, DR 3:00 Food &amp; Nutrition w/Anne, DR 4:15 Dominoes Social/ Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>12</b></p> <p>9:30 News &amp; Views, DR 10:00 FIT to Stretch®/ Trivia, DR 2:00 Music w/Ryan, DR 3:15 Table Games/ Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p><b>13</b></p> <p>9:30 News &amp; Views, DR 10:00 FIT to Stretch®, DR 2:00 Roaming Guitarist Tony B., H 2:15 Bingo w/Joanne, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p>
<p><b>MOTHER'S DAY 14</b></p> <p>9:00 Joel Osteen Program, ST 4 9:30 News &amp; Views, DR 10:00 Catholic TV Mass/Card Games 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR <b>3:15 Mother's Day Tea Party!, DR</b> 6:30 Independent/Group Games, ST 4</p>	<p><b>15</b></p> <p>9:30 News &amp; Views, DR <b>10:00 St. Hedwig Catholic Mass, DR</b> 10:00 Roaming Inspirational Music, H <b>2:00 The Roaring '20s w/ Deborah, DR</b> 3:15 Table Games, DR 4:15 Women's Manicure/ Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>16</b></p> <p>9:30 News &amp; Views, DR 10:00 Remembering Good Old Sitcoms, DR 10:15 FIT to Pedal®, ST 4 1:15 FIT to Be Strong®, ST 4 <b>2:00 Oldies But Goodies w/Mark, DR</b> 4:15 Card Games, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>17</b></p> <p>9:30 News &amp; Views, DR 10:00 Accordion Music w/Natalie, DR 10:15 FIT to Be Strong®, ST 4 <b>2:00 Cup of Water Show, DR</b> 3:00 Watercolors &amp; Crafts w/Gloria, DR 4:15 Women's Manicure/ Aromatherapy, DR 6:30 Bingo Night w/Natasha, DR 9:30 News &amp; Views, DR</p>	<p><b>18</b></p> <p>9:30 News &amp; Views, DR 10:00 History of Music w/Paul, DR 10:15 FIT to Pedal®, ST 4 <b>2:00 Birthday Party!, DR</b> 3:00 Food &amp; Nutrition w/Anne, DR 4:15 Men's Dominoes &amp; Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>19</b></p> <p>9:30 News &amp; Views, DR 10:00 FIT to Stretch®/ Trivia, DR <b>2:00 International Program Social, DR</b> 3:15 Table Games/ Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p><b>20</b></p> <p>9:30 News &amp; Views, DR 10:00 FIT to Stretch®, DR 2:00 Bingo w/Joanne, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p>
<p><b>21</b></p> <p>9:00 Joel Osteen Program, ST 4 9:30 News &amp; Views, DR 10:00 Catholic TV Mass/ Card Games, DR 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 3:15 Bingo!, DR 6:30 Independent/Group Games, ST 4</p>	<p><b>22</b></p> <p>9:30 News &amp; Views, DR 10:00 Inspirational Music Program, DR 11:00 Daily Chronicles/Trivia, DR 2:00 FIT to Stretch®, DR 2:30 Movies &amp; Stars w/Nikki, DR 3:15 Veterans Club, DR 4:15 Pretty Nails &amp; Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>23</b></p> <p>9:30 News &amp; Views, DR 10:00 Remembering Good Old Sitcoms, DR 10:15 FIT to Be Strong®, ST 4 1:15 FIT to Pedal®, ST 4 2:00 Horseshoes, DR 2:30 Creative Arts w/Ylenna, DR 4:15 Women's Jewelry Making, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>24</b></p> <p>9:30 News &amp; Views, DR 10:00 Accordion Music w/ Natalie, DR <b>10:00 Dollar Tree</b> 10:15 FIT to Pedal®, ST 4 2:00 Bean Bag Toss, DR 2:30 Roaming Music w/Marsha, H 3:00 Games &amp; Crafts w/Gloria, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>25</b></p> <p>9:30 News &amp; Views, DR 10:00 History Music w/Paul, DR <b>11:15 Resident Council Meeting, DR</b> 1:15 FIT to Pedal®, ST 4 <b>2:00 Music w/Kenneth, DR</b> 3:00 Food &amp; Nutrition w/Anne, ST 4 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p><b>RAMADAN BEGINS AT SUNDOWN 26</b></p> <p>9:30 News &amp; Views, DR 10:00 FIT to Stretch®/Trivia, DR 2:00 Music w/Ryan, DR 3:15 Table Games/ Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p>	<p><b>27</b></p> <p>9:30 News &amp; Views, DR 10:00 FIT to Stretch®, DR 2:15 Bingo w/Joanne, DR 3:15 Matinee, DR 6:30 Independent Games/ Social Time, ST 4</p>
<p><b>28</b></p> <p>9:00 Joel Osteen Program, ST 4 9:30 News &amp; Views, DR 10:00 Catholic TV Mass/ Card Games, DR 10:15 FIT to Be Strong®, ST 4 1:00 Cart of Fun, H 2:00 Calvary Church Service, DR 6:30 Independent/Group Games, ST 4</p>	<p><b>MEMORIAL DAY 29</b></p> <p>9:30 News &amp; Views, DR 10:00 Inspirational Music Program, DR 11:00 Daily Chronicles/Trivia, DR <b>2:00 Memorial Day Remembrance, DR</b> 3:15 Table Games/Matinee, DR 4:15 Pretty Nails &amp; Aromatherapy, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>30</b></p> <p>9:30 News &amp; Views, DR 10:15 Remembering Good Old Sitcoms, DR 10:15 FIT to Pedal®, ST 4 1:15 FIT to Be Strong®, ST 4 2:00 Bowling, DR 2:30 Creative Arts w/Ylenna, DR 4:15 Table Games/Matinee, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>31</b></p> <p>9:30 News &amp; Views, DR 10:00 Accordion Music w/ Natalie, DR 10:15 FIT to Be Strong®, ST 4 2:00 Bean Bag Toss, DR 2:30 Games &amp; Crafts w/ Gloria, DR 4:15 Table Games, DR 5:00 Cart of Fun, H 6:30 Bingo Night w/Natasha, DR</p>	<p><b>Birthdays</b></p> <p>Maria C., 2nd (Employee) Sharon B., 4th (Employee) Robert D., 4th Arnel F., 5th (Employee) Amber G., 5th (Employee) Claire W., 5th Arnold G., 6th Emily M., 9th (Employee) Gregoria A., 9th (Employee) Cecilia A., 10th (Employee)</p> <p>Maybelle L., 12th (Employee) Megan R., 15th (Employee) Victor D., 18th Maribel V., 18th (Employee) Jose A., 20th (Employee) Kevin R., 22nd (Employee) Mary D., 22nd Jaqueline A., 22nd Denise M., 24th (Employee)</p> <p>Miguel C., 26th Sophea C., 26th (Employee) Frances O., 28th Catherine B., 29th (Employee) Jomelyn E., 30th (Employee) Dewey R., 31st Luningning Javier, 31st (Employee) Jessica U., 31st (Employee)</p>	<p><b>"In three words, I can sum up everything I've learned about life: It goes on."</b> — Robert Frost</p> <p><b>Attention residents: It is important to us that you feel informed about Alamitos West. As a resident, you have the right to review survey results at any time. The survey results are readily accessible to you and are located in the main dining room.</b></p>	