May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Activities Subject to Change 10:30 Morning Yoga with Kristin 11: 1: 2: 3: 4: 10: 11: 1: 2: 3: 4: 3:30 Trivia BYGONE DAYS PRODUCTIONS	 10:30 Morning Yoga with Kristin 11:30 News/Cooking Class 1 2 3 4 1 1 1 2 3 4:30 Seated Kick Ball 3:30 Trivia 	**1 Mother Goose Day** Breakfast at Little Blue House Café (S) Dance 101 (P) In the News! (I) Hydration Cart Nursery/Story Popcorn Reading (S/I) Lunch Golf (P) **Participant Council Meeting** (S) Snack **Healing Baskets** (C) Movie of Choice (E) Outdoor Walk (P) *Musical Bios w/ VillaMusica* (C)	**2 Baby Day** Breakfast at Little Blue House Café (S) Seated Yoga and OT/PT (P) Current Events (I) Hydration Cart Guess Who: Baby Photos (C/S) Lunch Shuffleboard (P) Choir Rehearsal (C) Patio Fun (S) Snack Movie of Choice (E) Table Games (S) Outdoor Walk (P)	**3 Cinco de Mayo Celebration** Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events and Word Games (I) Hydration Cart History of Cinco de Mayo (E/I) Lunch Dice BINGO (S) Armchair Travel: Mexico (S/E) Snack Arts and Crafts (C) Movie of Choice (E) Happy Hour (S) Water our Garden (P)
6 Nurse Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) The San Diego Union-Tribune (I) Hydration Cart About Nursing (E) Lunch Seated Volleyball (P) The Price is Right (I/E) Snack Creative Writing: Letters to Nurses (C) Movie of Choice (E) Music and Massage (S) Neighborhood Walk (P)	**7 Teacher Day** Breakfast at Little Blue House Café (S) *Exercise with Tina* (P) Current Events (I) Hydration Cart Armchair Travel of Choice (E) Lunch Bocce Ball (P) Arts and Crafts (C) Snack Reminiscing: School Days (S) Book Club:Short Stories (I) Movie of Choice (E) Neighborhood Walk (P)	**8 Reward Yourself Day** Breakfast at Little Blue House Café (S) Dance 101 (P) In the News! (I) Hydration Cart Spa Moment: Self-Care (S) Lunch Golf (P) Poker (E/I) *Musical Bios w/ VillaMusica* (C) Snack Magazine Treasure Hunt (C/I) Movie of Choice (E) Outdoor Walk (P)	**9 Make a Book Day** Breakfast at Little Blue House Café (S) Seated Yoga and OT/PT (P) Current Events (I) Hydration Cart Favorite Book Discussion (E) Lunch Shuffleboard (P) Making Our Own Bookmarks (C) Patio Fun (S) Snack Movie of Choice (E) Table Games (S) Outdoor Walk (P)	**10 Mother's Day Celebration** Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events and Word Games (I) Hydration Cart Mother's Day Tea Party (S) Lunch Dice BINGO (S) Patio Rendezvous (S) Snack Arts and Crafts (C) Movie of Choice (E) Happy Hour (S) Water our Garden (P)
13 National Apple Pie Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) The San Diego Union-Tribune (I) Hydration Cart About Americas Favorite Pie (E/C) Lunch Horseshoe & Ring Toss (P) The Price is Right (I/E) Snack Culinary Class: No Bake Pie (C/E) Movie of Choice (E) Music and Massage (S) Neighborhood Walk (P)	**14 International Family Day** Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events (I) Hydration Cart *Stories for Seniors with Walter* (I) Lunch Cornhole (P) Family Traditions or Arts & Crafts (S/C) Snack Table Games (S) Book Club:Short Stories (I) Movie of Choice (E) Neighborhood Walk (P)	**15 National Chocolate Chop Day** Breakfast at Little Blue House Café (S) Dance 101 (P) In the News! (I) Hydration Cart Culinary Class: Cookies (S/C) Lunch Golf (P) Poker (E/I) *Musical Bios w/ VillaMusica* (C) Snack Magazine Treasure Hunt (C/I) Movie of Choice (E) Neighborhood Walk (P)	**16 Purple for Peace Day** Breakfast at Little Blue House Café (S) Seated Yoga and OT/PT (P) Current Events (I) Hydration Cart *Love on a Leash* (S) Lunch Shuffleboard (P) Purple for Peace (C) Patio Fun (S) Snack Movie of Choice (E) Table Games (S) Outdoor Walk (P)	**17 National Pizza Party Day** Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events and Word Games (I) Hydration Cart About Pizza (E) Lunch Dice BINGO (S) Patio Rendezvous: Pizza Craft (S/C) Snack Poker Hour (I/E) Movie of Choice (E) Happy Hour (S) Water our Garden (P) *Relax by Breath with Ed* (E)
20 National Amelia Earhart Day Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) The San Diego Union-Tribune (I) Hydration Cart All About Amelia (E) Lunch Seated Volleyball (P) **Men's Club** (S) Snack Arts and Crafts (C) Movie of Choice (E) Music and Massage (S) Neighborhood Walk (P)	**21 World Meditation Day** Breakfast at Little Blue House Café (S) *Exercise with Tina* (P) Current Events (I) Hydration Cart Armchair Travel of Choice (E) Lunch Bocce Ball (P) **Science Experiments** (E/C) Snack Book Club:Short Stories (I) Movie of Choice (E) Arts and Crafts (C) Neighborhood Walk (P) *Relax by Breath with Ed* (E)	**22 National Solitaire Day** Breakfast at Little Blue House Café (S) Dance 101 (P) In the News! (I) Hydration Cart Word Play (I) Lunch Golf (P) Poker Hour: Solitaire 101 (E/I) Arts and Crafts (C) Snack Magazine Treasure Hunt (C/I) Movie of Choice (E) **Red Hat Society with Joanne** (S)	**23 World Turtle Day** Breakfast at Little Blue House Café (S) Seated Yoga and OT/PT (P) Current Events (I) Hydration Cart About Turtles (E) Lunch Shuffleboard (P) Patio Fun (S) Choir Rehearsal or Turtle Craft (C) Snack Movie of Choice (E) Table Games (S) Outdoor Walk (P) *Helen Woodward PET Encounter* (S)	**24 Tiara Day** Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events and Word Games (I) Hydration Cart History of Tiara's (E) Lunch *Piano with Nina* (S) Patio Rendezvous (S) Snack Designing a Tiara (C) Movie of Choice (E) Happy Hour (S) Water our Garden (P)
27 Memorial Day 10:30 Morning Yoga with Kristin 11:30 News/Cooking Class 1:30 Ring Toss 2 3 4 1 1 1 2 3:30 Trivia 4:30 Seated Kick Ball 3:30 Trivia 	**28 National Hamburger Day** Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events (I) Hydration Cart Armchair Travel of Choice (E) Lunch **May Birthday Celebration** *Tuesday School w/ Deacon Tay* (E) Snack Arts and Crafts (C) Book Club:Short Stories (I) Movie of Choice (E) Neighborhood Walk (P) **Patio Rendezvous: Burger Party** (S)	**29 Nat'l Senior Health & Fitness Day** Breakfast at Little Blue House Café (S) Seated Yoga on the Patio by Jazz (P) In the News! (I) Hydration Cart Alphabet Soup (I) Lunch Golf (P) Poker (E/I) Arts and Crafts (C) Snack Magazine Treasure Hunt (C/I) Movie of Choice (E) Neighborhood Walk (P)	**30 International Jazz Day** Breakfast at Little Blue House Café (S) Seated Yoga and OT/PT (P) Current Events (I) Hydration Cart About Jazz Musicians (E) Lunch *Jazz Con. w/ Marcia & Armond* (P) Patio Fun (S) Choir Rehearsal (C) Snack Movie of Choice (E) Table Games (S) Outdoor Walk (P)	**31 International Space Day** Breakfast at Little Blue House Café (S) Exercise & OT/PT (P) Current Events and Word Games (I) Hydration Cart Space Discussion (E) Lunch Dice BINGO (S) Patio Rendezvous (S) Snack Galaxy Craft (C) Movie of Choice (E) Happy Hour (S) Water our Garden (P)

(S) = Social | (P) = Physical | (I) = Intellectual | (C) = Creative | (E) = Education

Birthdays!

May 1st - Anthony G.
May 5th - Charles A.

LITTLE BLUE House 3686

3686 4th Avenue San Diego, CA 92103

Activity calendar sponsored by The Guardian Angel Program of San Diego County.

Special Events

Mother's Day Celebration: Tea Party, May 10th

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