

NORTHLAND ADULT DAY CENTER

MAY 2023---- Activity Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Current Affairs Meditate Monday Chair Yoga Brain Busters	Current Affairs Concentration Game Exercise Word Category	Current Affairs Walmart Wednesday Card Games Exercise	Current Affairs Arts n Crafts Word Rhymes Exercise	Current Affairs Wear Royal Blue Cinco De Mayo Music in Motion
8	9	10	11	12
Current Affairs Puzzle Pazzaz Monday Manicures Exercise Brain Busters	Current Affairs BINGO Exercise Word Category	Current Affairs Bible Stories Patio Paint Exercise Charades	Current Affairs Ring Toss Arts n Crafts Crossword Puzzles Exercise On The Patio	Current Affairs Wear Royal Blue Arts n Crafts Music in Motion
15	16	17	18	19
Current Affairs Gardening Brain Busters Exercise	Current Affairs Tea Party Exercise Word Category	Current Affairs Walmart Wednesday Word of the Day Exercise	Current Affairs Bean Bag Tourny Afternoon Walk Brain Busters	Current Affairs Friday Matinee Wear Royal Blue Exercise
22	23	24	25	26
Current Affairs Arts N Crafts Exercise Word Category	Current Affairs Balloon Volleyball Work Sheets Exercise Brain Busters	Current Affairs Word Search Wednesday Memory Game Ball Toss	Current Affairs Negro League Museum Field Trip Exercise	Current Affairs Memorial Day Work Sheets Exercise Word Category
29	30	31		
CLOSED MEMORIAL DAY 	Current Affairs Arts N Crafts Exercise Word Category	Current Affairs Board Games Exercise Charades		
				