


Cadbury Park MC Activities

MAY 2023

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>KENTUCKY DERBY May 6th PREAKNESS STAKES May 20th</p> 	<p>1</p> <p>10:30 Morning Stretch 11:00 Daily Chronicle 1:00 Cardio-Drumming 2:00 Snack & Hydration 3:00 Book Club 4:00 BINGO</p>	<p>2</p> <p>10:30 Music Movement 11:00 Daily Chronicle 1:00 Bowling 2:30 Snack & Hydration 3:00 Chime Time 4:00 Travelogue</p>	<p>3</p> <p>10:30 Cardio Ball Toss 11:30 Daily Chronicle 1:00 Garden Club 2:30 Snack & Hydration 3:00 Cards & Games 4:00 BINGO</p>	<p>4</p> <p>10:30 Music Movement 11:30 Daily Chronicle 1:00 Bocci Ball 2:30 Snack & Hydration 3:00 Ice Cream Social 4:00 Puzzles & Games</p>	<p>5 Cinco de Mayo!</p> <p>10:30 Cardio Ball Toss 11:00 Games & Puzzles 1:00 Cardio-Drumming 2:00 LET'S CREATE 3:00 Happy Hour w/ Nella 4:00 BINGO</p>	<p>6 Kentucky Derby</p> <p>9:30 Morning Stretch 1:00 Corn Hole 2:00 Snack & Hydration 3:30 Games & Puzzles</p>
<p>7</p> <p>9:30 Church Service TV 1:00 Corn Hole 2:00 Snack & Hydration 2:00 Heart Wonders Music 3:30 Music Sing-Along</p>	<p>8</p> <p>10:30 Morning Stretch 11:00 Daily Chronicle 1:00 Cardio-Drumming 2:30 Snack & Hydration 3:00 Book Club 4:00 BINGO</p>	<p>9</p> <p>10:30 Music Movement 11:00 Daily Chronicle 1:00 Bowling 2:00 PET THERAPY! 2:30 Snack & Hydration 3:00 Chime Time 4:00 Travelogue</p>	<p>10</p> <p>10:30 Cardio Ball Toss 11:30 Daily Chronicle 1:00 Garden Club 2:30 Snack & Hydration 3:00 Cards & Games 4:00 BINGO</p>	<p>11</p> <p>10:30 Music Movement 11:30 Daily Chronicle 1:00 Bocci Ball 2:30 Snack & Hydration 3:00 Ice Cream Social 4:00 Puzzles & Games</p>	<p>12</p> <p>10:30 Cardio Ball Toss 11:00 Games & Puzzles 1:00 Cardio-Drumming 2:00 LET'S CREATE 3:00 Happy Hour w/Nella 🎵 4:00 BINGO</p>	<p>13</p> <p>10:30 Morning Stretch 11:00 Balloon Volleyball 2:00 Snack & Hydration 3:30 Music Sing-Along</p>
<p>14</p> <p>9:30 Church Service TV 1:00 Corn Hole 2:00 Snack & Hydration 3:30 Pretty Nails</p>	<p>15</p> <p>10:30 Morning Stretch 11:00 Daily Chronicle 1:00 Cardio-Drumming 2:30 Snack & Hydration 3:00 Book Club 4:00 BINGO</p>	<p>16</p> <p>10:30 Music Movement 11:00 Daily Chronicle 1:00 Bowling 2:30 Snack & Hydration 3:00 Chime Time 4:00 Travelogue</p>	<p>17</p> <p>10:30 Cardio Ball Toss 11:30 Daily Chronicle 1:00 Garden Club 2:30 Snack & Hydration 3:00 Cards & Games 4:00 BINGO</p>	<p>18</p> <p>10:30 Music Movement 11:30 Daily Chronicle 1:00 Bocci Ball 2:30 Snack & Hydration 3:00 Ice Cream Social 4:00 Puzzles & Games</p>	<p>19</p> <p>10:30 Cardio Ball Toss 11:00 Games & Puzzles 1:00 Cardio-Drumming 2:00 LET'S CREATE 3:00 Happy Hour w/Nella 🎵 4:00 BINGO</p>	<p>20 Preakness Stakes</p> <p>10:30 Morning Stretch 11:00 Balloon Volleyball 2:00 Snack & Hydration 3:30 Games & Puzzles</p>

<p>21</p> <p>9:30 Church Service TV 1:00 Corn Hole 2:00 Snack & Hydration 3:30 Music Sing-along</p>	<p>22</p> <p>10:30 Morning Stretch 11:30 Daily Chronicle 1:00 Cardio-Drumming 2:00 Snack & Hydration 3:00 Book Club 4:00 BINGO</p>	<p>23</p> <p>10:30 Music Movement 11:30 Daily Chronicle 1:00 Bowling 2:00 Snack & Hydration 3:00 Chime Time 4:00 Travelogue</p>	<p>24</p> <p>10:30 Cardio Ball Toss 11:30 Daily Chronicle 1:00 Garden Club 2:00 Snack & Hydration 3:00 Cards & Games 4:00 BINGO</p>	<p>25</p> <p>10:30 Music Movement 11:30 Daily Chronicle 1:00 Bocci Ball 2:00 Snack & Hydration 3:00 Ice Cream Social 4:00 Puzzles & Games</p>	<p>26</p> <p>10:30 Cardio Ball Toss 11:00 Games & Puzzles 1:00 Cardio-Drumming 2:00 LET'S CREATE 3:00 Happy Hour w/Nella 🎵 4:00 BINGO</p>	<p>27</p> <p>9:30 Morning Stretch 11:00 Balloon Volleyball 2:00 Snack & Hydration 3:30 Music Sing-Along</p>
<p>28</p> <p>9:30 Church Service TV 1:00 Corn Hole 2:00 Snack & Hydration 3:30 Pretty Nails</p>	<p>29</p> <p>10:30 Morning Stretch 11:30 Daily Chronicle 1:00 Cardio-Drumming 2:00 Snack & Hydration 3:00 Book Club 4:00 BINGO</p>	<p>30</p> <p>10:30 Music Movement 11:30 Daily Chronicle 1:00 Bowling 2:00 Snack & Hydration 3:00 Chime Time 4:00 Travelogue</p>	<p>31</p> <p>10:30 Cardio Ball Toss 11:30 Daily Chronicle 1:00 Garden Club 2:00 Snack & Hydration 3:00 Cards & Games 4:00 BINGO</p>	<p>27</p> <p>10:30 Music Movement 11:30 Daily Chronicle 1:00 Bocci Ball 2:00 Snack & Hydration 3:00 Ice Cream Social 4:00 Puzzles & Games</p>	<p>28</p> <p>10:30 Cardio Ball Toss 11:00 Games & Puzzles 1:00 Cardio-Drumming 2:00 LET'S CREATE 3:00 Happy Hour w/Nella 🎵 4:00 BINGO</p>	<p>29</p> <p>10:30 Morning Stretch 11:00 Balloon Volleyball 2:00 Snack & Hydration 3:30 Games & Puzzles</p>
<p>30</p> <p>9:30 Church Service TV 1:00 Corn Hole 2:00 Snack & Hydration 3:30 Music Sing-along</p>	<p>MAY 7-13</p> <p>BE KIND TO ANIMALS WEEK</p>		<p>PET THERAPY!</p> <p>Tuesday May 9th 2:00 PM</p>	<p>ICE CREAM SOCIAL! Every Thursday</p> 		

Did you Know?

As you age, your sensation of thirst becomes less and less noticeable. This makes staying hydrated much more difficult as you can miss out on one of the body's most important reminders.



