














Mariah Cearley- Enrichment Coordinator | 405-792-2401| This institution is an equal opportunity provider.

Monday	Tuesdays	Wednesday	Thursday	Friday
			9:00 Golden Walkers 9:30 Chair Yoga 1 10:00 Music w/ Catherine 11:30 Lunch 12:30 Mix and Mingle  1:00 Bracelets 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 2 10:00 Participant Council 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
9:00 Golden Walkers 9:30 Balloon Volleyball 5 10:00 Silver Cords 11:30 Lunch 12:30 Mix and Mingle 1:00 Loteria/Sangria(mocktail) 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 6 10:00 Band-Aid/First Aid Craft 11:30 Lunch 12:30 Mix and Mingle  1:00 Nurse Appreciation Letters 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 7 10:00 Culinary Class w/ Amy 11:30 Lunch 12:30 Arrows Performance 1:00 Participant Presentation 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 8 10:00 Surprise Surprise!! 11:30 Lunch 12:30 Mix and Mingle  1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 9 10:00 Mothers Day Tea Party 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
9:00 Golden Walkers 9:30 Balloon Volleyball 12 10:00 Feral Cats 11:30 Lunch 12:30 Mix and Mingle 1:00 Finalize Book Pages 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 13 10:00 Creative Writing/Pen Pal 11:30 Lunch 12:30 Mix and Mingle  1:00 Summer Drawings 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 14 10:00 Culinary Class w/ Amy 11:30 Lunch 12:30 Mix and Mingle  1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 15 10:00 Music w/ Catherine 11:30 Lunch 12:30 Music w/ Margo/Bella Dogs 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 16 10:00 Bethany Childrens Coloring 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
9:00 Golden Walkers 9:30 Balloon Volleyball 19 10:00 Coloring/Games 11:30 Lunch 12:30 Mix and Mingle  1:00 Corn Hole 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Senior Stretch 20 10:00 Creative Writing/Pen Pal 11:30 Lunch 12:30 Mix and Mingle  1:00 Balloon Volleyball 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 21 10:00 Culinary Class w/ Amy 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Table Games 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 22 10:00 Hot Potato 11:30 Lunch 12:30 Mix and Mingle  1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 23 10:00 Bowling 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
	9:00 Golden Walkers 9:30 Senior Stretch 27 10:00 Outside Sport Games 11:30 Cook Out 12:30 Mix and Mingle  1:00 Outside Water Games 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Silver Sneakers 28 10:00 Culinary Class w/ Amy 11:30 Lunch 12:30 Mix and Mingle 1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard	9:00 Golden Walkers 9:30 Chair Yoga 29 10:00 Music w/ Catherine 11:30 Lunch 12:30 Mix and Mingle 1:00 Movie 2:00 Snack 2:30 Table Games 3:30 Mindfulness Discussion	9:00 Golden Walkers 9:30 Freestyle Friday 30 10:00 Hats 11:30 Lunch 12:30 Mix and Mingle  1:00 Bingo 2:00 Snack 2:30 Remember When 3:30 Senior Smartboard
Special Events	Birthdays	Outings	Participant of the Month	
Wednesdays - Senior Culinary Class 5/7- Arrows 5/5-9- Nurses Appreciation Week 5/27- Memorial Day Cook Out	05/18- Shad Isaac 05/27- Dolly Swallow 05/27- Ruth Jannie Flournoy 	5/1-Library 5/8-Paint in the Park 5/14-Dollar Tree 5/19-Splash Pad (subject to change) 5/30-Splash Pad	Debbie is such beloved friend here at DLC. You can find her relaxing with her friends, playing bingo, or making everyone laugh! She is always willing to lend a helping hand! She enjoys cooking, crocheting, and creating!	