


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>HIDDEN MEADOWS ON THE RIDGE</b> By Discovery Senior Living	<b>1</b> 10 Reach & Stretch 10:30 Coffee Club & Chronicles 11 Claim to Fame 1:30 May Day Bingo 3 Relax & Recharge: Soothing Sounds & Splendid Sights (theatre)	<b>2</b> 10 Sit & Be Fit 10:30 The Chicken or The Egg 11 Good News Today 1:30 Manicures, Music & Hand Massages <b>3 Make &amp; Take: Decadent Dipped Cookie Truffles</b> 6 Game Night (resident led) <i>Truffle Tuesday</i>	<b>3</b> 10 Easy Cardio Exercises 10:30 Mythbusters Game 11 <i>Going My Way</i> : The Untold Story of Bing Crosby 1:30 Jewelry Making: Beaded Bracelets 3:30 Indoor/Outdoor Walking Challenge (meet in lobby)	<b>4</b> 10 Exercise <b>10:30 Activity Planning Mtg.</b> <b>11 Resident Council Mtg.</b> <b>1:30 Outing To Freddy's Frozen Custard</b> (Sign up by 9 am on 2 <sup>nd</sup> fl. theatre) 2 Color Your World: Beautiful Cities Edition 4 You Tube Karaoke (theatre)	<b>5</b> 10 Morning Stretch 10:30 Picture This 11 The Sentinel 1:30 Armchair Travelogue to Mexico (theatre) <b>2:30 Pass the Piñata &amp; Margarita Mocktails</b> 4 Mexican Train Dominoes (resident led) <i>Cinco de Mayo</i>	<b>6</b> 10:30 Exercise 11 Derby Day Lotto 1:30 Churchill Downs Facts & Fun & Nurses are #1 Coming to You (1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> fls) 2:30 Saturday Afternoon Social (café) 6 Kentucky Derby Race (NBC/theatre)
<b>7</b> 10:30 Exercise <b>11 Niki &amp; Miss Jojo Therapy Dog Visit</b> 11:30 Gospel Greats 1:30 Wild Horses Day & Bands of the 60's Top Play Coming to You (1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> fls) 2 Table Games (resident led) 6 Movie Night (theatre)	<b>8</b> 10 Exercise 10:30 The Game of Quelf 11 This Day in History 1:30 Bingo 3 Bean Bag Bullseye <b>4 St. Agnes Mass (1<sup>st</sup> fl. lounge)</b>	<b>9</b> 10 Sit & Be Fit 10:30 That's Debatable! 11 Ping Pong Toss 1:30 Manicures, Music & Hand Massages 3 Exploring America's National Parks (theatre) 6 Game Night (resident led)	<b>10</b> 10 Easy Cardio Exercises 10:30 Before They Were Famous 11 Smile Your Way to Better Health 1:30 Scrabble Poker Game 3:30 Indoor/Outdoor Walking Challenge (meet in lobby)	<b>11</b> <b>10 Bible Study w/ Penny (1<sup>st</sup> fl lounge)</b> 10:30 Quarterback Sack Word Puzzle Challenge 11 The Logo Game (1 <sup>st</sup> fl lounge) <b>1:30 Outing: Scenic Drive</b> (Sign up by 9 am on 2 <sup>nd</sup> fl. theatre) 2 Mosaic Sticker Designs 4 Experimental Science <b>6 Music and Songs by Entertainer Dick Lentz</b>	<b>12</b> 10 Morning Stretch 10:30 Down Memory Lane 11 Survival of the "Wittest" 1:30 Uno Card Game <b>2:30 May Birthday Social (café)</b> 4 Mexican Train Dominoes (resident led)	<b>13</b> 10:30 Chair Yoga 11 Suncatcher Creations 1:30 A Wonder You Say & Dandelion Day Coming to You (1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
<b>14</b> <b>10:30 Mother's Day: Tea &amp; Tarts and Tributes from The Heart</b> 11 Musical Melodies for Mom 11:30 Famous Mother's Trivia 1:30 Tennis to Unravel & History of Rail Travel Coming to You (1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> fls) <b>2 Bible Baptist Church Service (1<sup>st</sup> fl)</b> 6 Movie Night (theatre)	<b>15</b> 10 Reach & Stretch 10:30 That's It! 11 Name That Singer & Song 1:30 Bingo 3 Darts Challenge <b>4 Pray the Rosary (theatre)</b>	<b>16</b> 10 Sit & Be Fit 10:30 Kwizniak 11 Memories & Mementos- Bring an item to show & story to share 1:30 Manicures, Music & Hand Massages 3 Wonders of The World (theatre) 6 Game Night (resident led)	<b>17</b> 10 Easy Cardio Exercises 10:30 Good Question, Ask Alexa 11 What's in The Box 1:30 Art Expression: Watercolor Painting 3:30 Indoor/Outdoor Walking Challenge (meet in lobby)	<b>18</b> <b>10 Bible Study w/ Penny (1<sup>st</sup> fl lounge)</b> 10:30 Couponing for A Cause 11 Invention Convention: Fact or Fiction <b>1:30 Campus Outing: Bowling at Earl Bowl</b> (Sign up by 9 am on 2 <sup>nd</sup> fl. theatre) 2 Mandalas & Mood Music 4 Washers Toss	<b>19</b> 10 Morning Stretch 10:30 Make Your Point Trivia 11 What Am I? 1:30 Relax & Rejuvenate: Guided Imagery <b>2:30 Chef's Demo &amp; Taste Sample Social</b> 4 Mexican Train Dominoes (resident led)	<b>20</b> 10:30 Exercise 11 Collector's Corner & Cranberry Coolers 1:30 A Salute to Armed Forces Day & All About May Coming to You (1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
<b>21</b> 10:30 Exercise <b>11 Catholic Communion with Teri (1<sup>st</sup> fl lounge)</b> 11 Velvet Art Designs 1:30 Paul Newman- Be Fast or Be Last & Word Puzzle Blast Coming to You (1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> fls) 2 Table Games (resident led) 6 Movie Night (theatre)	<b>22</b> 10 Exercise 10:30 Where in The World 11 Technology Tips for Today's Seniors 1:30 Bingo 3 Group Crossword Puzzle 4 Penny Pitching for Prizes	<b>23</b> 10 Sit & Be Fit 10:30 Black Jack 21 11 Garden Box Growers (meet on the back patio) 1:30 Manicures, Music & Hand Massages 3 RC Racers (front porch) 6 Game Night (resident led)	<b>24</b> 10 Easy Cardio Exercises 10:30 Thinklers 11 Picture Perfect Scavenger Hunt (meet in lobby) 1:30 Musical Spotlight on Bob Dylan 3:30 Indoor/Outdoor Walking Challenge (meet in lobby) <i>National Scavenger Hunt Day</i>	<b>25</b> <b>10 Bible Study w/ Penny (1<sup>st</sup> fl lounge)</b> 10:30 Words in A Word <b>11:15 Out to Lunch: Luberto's</b> (Sign up by 9 am on 2 <sup>nd</sup> fl. theatre) 1:30 Stained Glass Look- Sea Life Designs 2 <i>Unlucky 7's</i> Dice Game 4 Quick & Creative Door Decor <b>6 Front Porch Sippers &amp; Singers</b>	<b>26</b> 10 Morning Stretch 10:30 Smithsonian Institute You Be the Expert 11 Sounds of The Times 1:30 Weather or Not Card Game <b>2:30 Boston Cooler Float Social (café)</b> 4 Mexican Train Dominoes (resident led)	<b>27</b> 10:30 Chair Yoga <b>11 Make &amp; Donate: Discovery Makes A Difference Pet Blanket Making (no sew)</b> 1:30 Chip Off the Old Block & Wild Bill Hickok Coming to You (1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)
<b>28</b> 10:30 Chair Tai Chi 11 Bible Outburst 11:30 Hymn Sing 12:30 Indy 500 Race (NBC/Theatre) 1:30 Checkered Flag Fun & Facts and Top Chef's Hamburger Hacks Coming to You (1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> fls) 2 Table Games (resident led) 6 Movie Night (theatre)	<b>29</b> 10:30 Exercise 11 Uncle Sam's Bean Bag- It Contest 11:30 Patriotic Songs <b>*Special Indoor picnic lunch</b> 1:30 Sketch & Color- America The Beautiful 3 National Moment of Remembrance (silent salute) 4 Table Games (resident led) <i>Memorial Day</i>	<b>30</b> 10 Sit & Be Fit 10:30 Hollywood Spotlight on Henry Fonda 11 Garden Box Growers (meet on the back patio) 1:30 Manicures, Music & Hand Massages 3 Accuracy Toss 6 Game Night (resident led)	<b>31</b> 10 Easy Cardio Exercises 10:30 You Be the Judge 11 Stories That Will Uplift Your Spirit 1:30 Scrabble Poker Game 3:30 Indoor/Outdoor Walking Challenge (meet in lobby)			

Please note: Outdoor activities are weather permitting and calendar is subject to change.

Dawn Mason Director of Celebrations, Recreation & Events (215) 257-6701 Ext. 114



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>HIDDEN MEADOWS</b> ON THE RIDGE By Discovery Senior Living	9:30 Aviary Bird Club <b>1</b> 10 Music & Movement 10:30 Black Jack 21 <b>11 Making: Decadent Dipped Cookie Truffles</b> 1:30 Tic, Tac, Toss 2:30 Creative Arts: Paper Mache 3:30 RC Racing 6 Tabletop Detective	9:30 Aviary Bird Club <b>2</b> 10 Exercise 10:30 Good News in Review 11 Music Trivia 1:30 Bingo <b>2:30 Truffles &amp; Tea Social</b> 3:30 Horseshoe Pitching 6 Helping Hands Fold & Sort <i>Truffle Tuesday</i>	9:30 Aviary Bird Club <b>3</b> 10 Easy Cardio 10:30 The Sentinel 11 Name the Mystery Melodies <b>1:30 Scenic Drive of Upper Bucks County</b> 2 Table Games 3:30 Target Practice 6 Good Old Days	9:30 Aviary Bird Club <b>4</b> 10 Morning Exercise 10:30 <i>Going My Way</i> : Music & Memories of Bing Crosby 11 Roll & Stroll (walk or wheel) 1:30 Name 5 2:30 Creative Art: 3D Butterfly Designs 3:30 <i>Basket Ball Toss</i> 6 Table Talk	9:30 Aviary Bird Club <b>5</b> 10 Exercise 10:30 Sing Along Songs <b>11 Armchair Travels to Mexico</b> 1:30 Pass the Piñata <b>2:30 Margarita Mocktails</b> 3:30 Off to The Races 6 Table Top Detective <i>Cinco de Mayo</i>	10 Table Talk <b>6</b> 10:30 Comedy Classic 11 Mini Manicures & Hand Massages 1:30 Creative Crafting <b>2:30 Derby Day Lotto Game</b> 3:30 Exercise 6 Kentucky Derby Race (NBC)
10 Classic Country <b>7</b> 10:30 Movie Matinee 11 Table Talk 1:30 Afternoon Exercise 2 Bible Bits & Finish the Hymn 2:30 Velvet Works of Art 3:30 Frisbee Disc Golf 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club <b>8</b> 10 Reach & Stretch 10:30 All About May 11 Ring Toss Fun 1:30 Name That Singer 2:30 Nature Collage Making 3:30 Bean Bag Bullseye Game 6 Tabletop Detective	9:30 Aviary Bird Club <b>9</b> 10 Noodle Exercise 10:30 This Day in History 11 Bocce Ball Game 1:30 Bingo 2:30 Essence of Aroma Therapy & Soothing Sounds 3:30 Rockin' Rebels: Song & Dance 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club <b>10</b> 10 Easy Cardio 10:30 Picture This 11 Mandalas & Music <b>11:15 Out to Lunch at a Local Diner</b> 1:30 Table Games 2:30 Wii Bowling 3:30 Web Cam Nature Wonders of The World 6 Good Old Days	9:30 Aviary Bird Club <b>11</b> 10 Sit & Be Fit 10:30 What Would You Do? 11 Roll & Stroll (walk or wheel) 1:30 Antique Roadshow Guessing Game 2:30 It's Hokey Pokey Limbo Time! 3:30 Food Lover's Trivia 6 Table Talk	9:30 Aviary Bird Club <b>12</b> 10 Exercise 10:30 Good News Review 11 Music Makers Lotto Game 1:30 Name Signs Color Designs <b>2:30 May Birthday Social</b> 3:30 Frisbee Can Slam 6 Table Top Detective	10 Table Talk <b>13</b> 10:30 Comedy Classic 11 Mini Manicures & Hand Massages 1:30 Kubb Bowling 2:30 Suncatcher Creations 3:30 Chair Yoga 6 Good Old Days
10 Classic Country <b>14</b> 10:30 Movie Matinee 11 Table Talk 1:30 Hymn Sing <b>2:30 Mother's Day: Tea &amp; Tarts and Tributes from The Heart</b> 3:30 Chair Tai Chi 6 Helping Hands Fold & Sort <i>Mother's Day</i>	9:30 Aviary Bird Club <b>15</b> 10 Reach & Stretch 10:30 Learn A Language 11 Ping Pong Box Toss 1:30 Penny Ante Reminiscing Game 2:30 Acrylic Paint Project 3:30 Texas Two-Steppin' 6 Tabletop Detective	9:30 Aviary Bird Club <b>16</b> 10 Exercise 10:30 Daily Chronicles 11 Beach Ball Volley 1:30 Bingo 2:30 Basket Full of Memories 3:30 Washers Toss 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club <b>17</b> 10 Easy Cardio 10:30 Poetry & Prose 11 Experimental Science 1:30 Dancing Through the Decades 2:30 Web Cams Coast to Coast 3:30 Table Top Shuffleboard 6 Good Old Days	9:30 Aviary Bird Club <b>18</b> 10 Morning Exercise <b>10:30 Town Hall Meeting</b> 11 Lucky 7 Dice Game <b>1:15 Campus Outing: Bowling at Earl Bowl</b> 1:30 Table Games 2:30 Balloon Volley 3:30 Signs of The Time Designs 6 Table Talk	9:30 Aviary Bird Club <b>19</b> 10 Exercise 10:30 Morning Mindfulness & Devotions to Ponder 11 Roll & Stroll (walk or wheel) 1:30 You Tube Karaoke <b>2:30 Chef's Demo &amp; Taste Sample Social</b> 3:30 Bank Shot Basketball 6 Table Top Detective	10 Table Talk <b>20</b> 10:30 Comedy Classic 11 Mini Manicures & Hand Massages 1:30 A Salute to Armed Forces Day 2:30 Collector's Corner 3:30 Exercise 6 Good Old Days <i>Armed Forces Day</i>
10 Classic Country <b>21</b> 10:30 Movie Matinee <b>11:30 Catholic Communion with Teri</b> 1:30 Afternoon Exercise 2 Amen Corner 2:30 Spiritual Works of Art 3:30 Cornhole Game 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club <b>22</b> 10 Reach & Stretch 10:30 What's in The Box? 11 Hollywood Legends Lotto 1:30 Moving to The Music 2:30 Creative Arts: Watercolor Painting 3:30 Ring the Bottle Game 6 Tabletop Detective	9:30 Aviary Bird Club <b>23</b> 10 Noodle Exercise 10:30 This Day in History 11 Better Than A Box Bakers 1:30 Bingo 2:30 RC Racers 3:30 Broadway's Best Sing Along Songs 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club <b>24</b> 10 Easy Cardio 10:30 Musical Spotlight on Bob Dylan 11 Garden Box Growers <b>1:30 Scenic Ride by The Lakeside</b> 2 Table Games 3:30 Picture Perfect Scavenger Hunt 6 Good Old Days <i>National Scavenger Hunt Day</i>	9:30 Aviary Bird Club <b>25</b> 10 Sit & Be Fit 10:30 Comedy Team Trivia 11 Roll & Stroll (walk or wheel) <b>10-3:30 Red Nose Day: Coin Collection &amp; Cookie Sale</b> 1:30 Funniest Home Videos 2:30 History Repeats Itself 3:30 Red Cup Ball Toss 6 Table Talk <i>Red Nose Day</i>	9:30 Aviary Bird Club <b>26</b> 10 Exercise 10:30 Good News Review 11 Finishing Lyrics 1:30 Making Recycled Bird Feeders <b>2:30 Boston Cooler Float Social</b> 3:30 Floor Darts 6 Table Top Detective	10 Table Talk <b>27</b> 10:30 Comedy Classic 11 Mini Manicures & Hand Massages 1:30 Juke Box Music Bingo Game 2:30 Decorating Seasonal Door Décor 3:30 Chair Yoga 6 Good Old Days
10 Classic Country <b>28</b> 10:30 Movie Matinee 11 Table Talk 1:30 Hymn Sing 2 Fascinating Bible Tidbits & Trivia 2:30 U.S.A. Jingo Game 3:30 Chair Tai Chi 6 Helping Hands Fold & Sort	10:30 Table Talk <b>29</b> 11 Movie Matinee <b>*Special Indoor picnic lunch</b> 1:30 Uncle Sam's Game 2:30 Patriotic Sing Along 3 National Moment of Remembrance (silent salute) 3:30 Sketch & Color- America The Beautiful 6 Tabletop Detective <i>Memorial Day</i>	9:30 Aviary Bird Club <b>30</b> 10 Exercise 10:30 Hollywood Spotlight on Henry Fonda 11 Quarter Back Toss 1:30 Bingo 2:30 You Tube Review 3:30 Who, What, Where 6 Helping Hands Fold & Sort	9:30 Aviary Bird Club <b>31</b> 10 Easy Cardio 10:30 Name That Hymn 11 Garden Box Growers <b>1:15 Outing: Merrymeade Farm Tour</b> 2 Table Games 3:30 Wii Sports Fun 6 Good Old Days			 <b>SHINE</b> An Exclusive Memory Care Program By Discovery Senior Living

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