



MAY

Cedar Springs Activity Calendar

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					10:00 AM - Exercise 2:00 PM - Frisbee Toss	10:00 AM - Exercise 5:30 PM - Movie & Popcorn
3	4	Cinco De Mayo 5	6	7	8	9
2:00 PM - Church Service W/ Hillcrest Church 5:30 PM - Movie Night	10:00 AM - Exercise 10:45 AM - Craft 2:00 PM - Mother's Day Social	10:00 AM - Exercise 11:15 AM - Movement W/ Scarves 1:00 pm - Music W/ Deb & Larry 2:00 PM - Bingo	10:00 AM - Exercise 1:00 PM - Bible Study	10:00 AM - Exercise 11:15 AM - Ice Breaker 1:00 PM - Tour the World Virtual Reality 2:00 PM - Bingo	10:00 AM - Exercise 10:30 AM - Coffee & Donuts	10:00 AM - Exercise 5:30 PM - Movie & Popcorn
Mother's Day 10	11	12	13	14	15	16
2:00 PM - Church Service W/ United Methodist Church 5:30 PM - Movie Night	10:00 AM - Exercise 11:15 AM - Bean Bag Toss 1:30 PM - Hand Massage	10:00 AM - Exercise 11:15 AM - Table Hockey 1:00 PM - Music W/ Sue 2:00 PM - Bingo	10:00 AM - Exercise 10:00 AM ~ 11:00 AM - Dog Therapy/Love on a Leash 1:00 PM - Bible Study	10:00 AM - Exercise 11:15 AM - Ice Breaker 12:15 PM - Celebrate May Birthdays 2:00 PM - Bingo	10:00 AM - Exercise 2:00 PM - Hoop Game	10:00 AM - Exercise 5:30 PM - Movie & Popcorn
17	18	19	20	21	22	23
5:30 PM - Movie Night	10:00 AM - Exercise 11:15 AM - Table Bowling 1:30 PM - Music With Ron & Bonnie	10:00 AM - Exercise 11:15 AM - Balloon/Pool Noodle 1:00 PM - Craft Time 2:00 PM - Bingo	10:00 AM - Exercise 1:00 PM - Bible Study	10:00 AM - Exercise 11:15 AM - Ice Breaker 1:00 PM - Book club 2:00 PM - Bingo	10:00 AM - Exercise 2:00 PM - Men's Group	10:00 AM - Exercise 5:30 PM - Movie & Popcorn
24	Memorial Day 25	26	27	28	29	30
2:00 PM - Church Service W/ Dave & Caroline 5:30 PM - Movie Night		10:00 AM - Exercise 11:15 AM - Ball Skills 1:00 PM - Music W/ Dave & Doug 2:00 PM - Bingo	10:00 AM - Exercise 10:00 AM ~ 11:00 AM - Dog Therapy/Love on a Leash 1:00 PM - Bible Study	10:00 AM - Exercise 11:15 AM - Ice Breaker 1:00 PM - Fancy Nails 2:00 PM - Bingo	10:00 AM - Exercise 6:30 PM ~ 7:30 PM - Spring Dance (Music Provided By Dave & Doug)	10:00 AM - Exercise 5:30 PM - Movie & Popcorn
31	 www.BrookRetirement.com The Brook <i>A Retirement Community with Assisted and Independent Living</i>					
5:30 PM - Movie Night						