

MAY

Portland Activity Calendar

2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:30 AM - Doughnuts & Coffee 1 10:30 AM - Exercise 1:00 PM - Bingo 2:30 PM - Happy Hour 6:00 PM - In the Know Nightly News	2 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn
3 10:30 AM - Walk With A Friend 1:30 PM - Bingo with Nancy 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn	10:00 AM - Exercise 10:30 AM - Fancy Nails 1:00 PM - First Congregation Church 2:00 PM - Bingo 6:00 PM - In the Know Nightly News	Cinco De Mayo 5 10:00 AM - Exercise 3:00 PM - Wii Blowing 6:00 PM - In The Know Nightly News	6 10:00 AM - Exercise 1:00 PM - A Hall Activity Meeting 2:00 PM - Left Right Center 6:00 PM - In the Know Nightly News	7 10:00 AM - Rosery & Communion 10:45 AM - Exercise 3:00 PM - Wii Bowling 6:30 PM - Portland Orchestra Performance	9:30 AM - Doughnuts & Coffee 8 10:30 AM - Exercise 1:00 PM - Bingo 3:00 PM - Crafts 6:00 PM - In the Know Nightly News	9 10:30 AM - Walk With A Friend 2:00 PM - Mother's Day Tea Party 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn
Mother's Day 10 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn	10:00 AM - Exercise 11 10:30 AM - Fancy Nails 1:30 PM - Bingo 2:30 PM - Clique Vocals 6:00 PM - In the Know Nightly News	12 10:00 AM - Exercise 3:00 PM - Wii Blowing 6:00 PM - In The Know Nightly News	13 10:00 AM - Exercise 1:00 PM - B Hall Meet Up 2:00 PM - Movie & Popcorn 6:00 PM - In the Know Nightly News	10:00 AM - Rosery & Communion 14 10:45 AM - Exercise 1:30 PM - Bingo 3:00 PM - Wii Bowling 5:30 PM - Portland Car Show 6:00 PM - In the Know Nightly News	9:30 AM - Coffee & Donuts 15 10:00 AM - Exercise 1:30 PM - Bingo 2:30 PM - Gardening 6:00 PM - In the Know Nightly News	16 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn
17 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn	18 10:00 AM - Exercise 3:00 PM - Wii Bowling 6:00 PM - In The Know Nightly News	10:00 AM - Exercise 19 11:00 AM - Worship Music 1:00 PM - Bingo 2:30 PM - Gardening 6:00 PM - In The Know Nightly News	10:00 AM - Exercise 20 1:00 PM - C Hall Activity Meeting 2:30 PM - Sterling Silver Group 6:00 PM - In the Know Nightly News	10:00 AM - Rosery & Communion 21 10:45 AM - Exercise 3:00 PM - Wii Bowling 6:00 PM - In the Know Nightly News	9:30 AM - Coffee & Donuts 22 10:30 AM - Exercise 1:00 PM - Bingo 2:30 PM - Booze & Tattoo's 6:00 PM - In the Know Nightly News	23 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn
24 10:30 AM - Walk With A Friend 1:30 PM - Bingo with Nancy 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn	Memorial Day 25 10:00 AM - Exercise 10:30 AM - Fancy Nails 1:30 PM - Bingo 2:30 PM - Monthly Birthday Party 6:00 PM - In The Know Nightly News	26 10:00 AM - Exercise 3:00 PM - Wii Blowing 6:00 PM - In The Know Nightly News	9:30 AM - Activities Outing 27 10:00 AM - Exercise 1:00 PM - D Hall Activity Meeting 2:00 PM - Movie & Popcorn 6:00 PM - In the Know Nightly News	10:30 AM - Rosery & Communion 28 10:45 AM - Exercise 3:00 PM - Wii Bowling 6:00 PM - In The Know Nightly News	9:30 AM - Coffee & Donuts 29 10:30 AM - Exercise 1:00 PM - Bingo 2:30 PM - Lemonade & Cookies 6:00 PM - In the Know Nightly News	30 10:30 AM - Walk With A Friend 3:00 PM - Wii Bowling 6:30 PM - Movie & Popcorn

31



www.BrookRetirement.com

The Brook

A Retirement Community with Assisted and Independent Living