



Arleigh Burke Assisted Living

May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>Location Key</i>		<i>Please Note</i>	<i>Dimensions of Wellness</i>	1	2
	DR – Dining Room (1st floor) GA – Galley (1st floor) LI – AL Library (1st floor) ML – Main Lobby (2nd floor) LR – Living Room (1st floor) MP – Multipurpose Room (2nd floor) PA – Patio (1st floor) PS – Port Side (2nd floor, 400 side) SB – Starboard (2nd floor, 300 side) TH – Theater (1st floor) B – Kathy Martin Building Ballroom (3rd floor) CBB – Community Building Boardroom (2nd floor) BI – Bistro (2nd floor) HHL – Heritage Hall Lobby		*All life enrichment programs are subject to change based on the needs and desires of our residents. Outdoor programs and outings are weather dependent.*	Emotional – Em Health – He Intellectual – In Nutritional – Nu Physical – Ph Purposeful – Pu Social – So Spiritual – Sp	10:00 AM News & Reviews - LR - So 10:30 AM Catholic Communion with Father Melmer - MP - Sp 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Accordionist Dave Lovins - DR - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So
3	4	5-Cinco De Mayo	6	7	8	9
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Non. Den. Church Service - GA - Sp 11:00 AM Pianist Roberta - DR - So 11:30 AM Virtual Catholic Service - GA – Sp 2:00 PM Sunday Movie Matinee - TH - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Walking Club - LR - Ph 11:35 AM Seated Exercise - GA - Ph 1:15 PM Bridge Game - LI - In 2:30 PM Name That Tune - LR - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Guitarist Tender Polman - AL - So	10:00 AM News & Reviews - LR - So 10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Creative Corner - GA - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Board Games - LR - So 4:00 PM Sing Along with Tony Nalker - ALDR - So	10:00 AM News & Reviews - LR - So 11:30 AM All Resident Meeting - LR - No 1:00 PM Pianist Jerry Roman - DR - So 2:00 PM Whiteboard Games - SB - Ph 3:00 PM Visits from Zena - LR - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - LR - So 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10- Mother's Day	11	12	13	14	15	16
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational. Church Service - GA - Sp 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Sunday Movie Matinee - TH - So 2:45 PM Tacy Foundation Music Program - AL - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Leisure Ride - AL - So 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Walking Club - LR - Ph 11:30 AM PH Lunch Bunch - PH - So 11:35 AM Seated Exercise - GA - Ph 1:15 PM Bridge Game - LI - In 2:30 PM Name That Tune - LR - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Pianist Jim West - DR - So	10:00 AM Historical Viewing & Discussion Group - TH - In 10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Active Game: Bowling - LR - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Board Games - LR - So 4:00 PM Sing Along with Tony Nalker - ALDR - So	10:00 AM News & Reviews - LR - So 2:00 PM Whiteboard Games - SB - Ph 3:00 PM Visits from Zena - LR - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Catholic Communion with Fr. Melmer - MP - Sp 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Music with Bob Clarks - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 11:00 AM ACTS Ministry - SB - Sp 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So
17	18	19	20	21	22	23
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational. Church Service - GA - Sp 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Sunday Movie Matinee - TH - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:30 AM Lunch Bunch - VH Cafe - VH - So 11:35 AM Seated Exercise with OG Fitness - GA - Ph 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Walking Club - LR - Ph 11:35 AM Seated Exercise - GA - Ph 1:15 PM Bridge Game - LI - In 2:30 PM Name That Tune - LR - So 3:00 PM Happy Hour & Trivia - LR - So	10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Creative Corner - GA - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Sing Along with Tony Nalker - ALDR - So	10:00 AM News & Reviews - LR - So 2:00 PM Whiteboard Games - SB - Ph 3:00 PM Visits from Zena - LR - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - LR - So 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So
24	25- Memorial Day	26	27	28	29	30
10:00 AM Chair Yoga with Ying - SB - Ph 10:45 AM Virtual Nondenominational. Church Service - GA - Sp 11:30 AM Virtual Catholic Service - GA - Sp 2:00 PM Sunday Movie Matinee - TH - So 3:00 PM Jigsaw Puzzles - LI - In	10:00 AM Morning Meditation - LR - So 11:35 AM Seated Exercise - GA - Ph 1:15 PM Ice Cream Social - LR - So 2:00 PM Movie Matinee - TH - So 3:00 PM Wine & Cheese - PS - So	10:00 AM News & Reviews - LR - So 10:30 AM Walking Club - LR - Ph 11:35 AM Seated Exercise - GA - Ph 1:15 PM Bridge Game - LI - In 2:30 PM Name That Tune - LR - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Music with Vince Borrelli - DR - So	10:30 AM Whiteboard Word Game - PS - In 11:00 AM Meeting of the Minds w/ Chaplain Scott - LR - Sp 11:35 AM Seated Exercise with OG Fitness - GA - Ph 1:30 PM Creative Corner - GA - So 2:00 PM Bingo - LI - So 3:00 PM Happy Hour & Trivia - LR - So 4:00 PM Board Games - LR - So 4:00 PM Sing Along with Tony Nalker - ALDR - So	10:00 AM News & Reviews - LR - So 11:00 AM Pianist Roberta - DR - So 2:00 PM Whiteboard Games - SB - Ph 3:00 PM Visits from Zena - LR - So 3:00 PM Wine & Cheese - PS - So 3:00 PM May Birthday Celebration - PS - So	10:00 AM News & Reviews - LR - So 11:00 AM Chair Aerobics - SB - Ph 1:15 PM Active Game: Balloon Toss - LR - Ph 1:15 PM Emotional Support Group - MP - Em 2:00 PM Bingo - LI - In 3:00 PM Happy Hour & Trivia - LR - So	10:00 AM News & Reviews - LR - So 10:30 AM Guided Seated Exercise - SB - Ph 1:15 PM Family Feud - GA - Ph 2:00 PM Active Game: Cornhole - LI - So 3:00 PM Happy Hour & Trivia - PS - So