




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>May Special Programs & Events: 4th - "In the Moment:" Long Island Museum virtual gallery tour and art-making session 7th - Live Music: Pre-Mother's Day Celebration w/ Joey Nickels 8th - "Recall & Reminiscence" Group: Guided by LIU Post professors & student interns 14th - Gallery Gathering: "ArtTalk" facilitated by Laura Lynch</p>	<p>May Special Programs & Events: 20th - Sip & Socialize: crafts and trivia with Pam & Judith from Sunrise & Care First 21st -- Horticulture Therapy program: Sensory & Seasonal engagement w/ Lori 22nd - Music Therapy Program: Facilitated by NEG</p>	<p>May Special Programs & Events: 21st @ 10:15 am - Caregiver Support Group Facilitated by FCA (<i>Please contact Amanda to inquire, as dates are subject to change</i>) Thursdays: Sign Language w/ Mill Neck Manor</p>	<p><i>"May is the month of expectation, the month of wishes, the month of hope."</i> <i>Emily Bronte</i></p> <p><i>"The world's favorite season is the spring. All things seem possible in May."</i> <i>Edwin Way Teal</i></p>	<p>Lei Day 1 10a - Sip & Share: A Celebration of Life - Diving into the rich meaning behind this symbolic "spirit of Aloha" 10:30a - Recycled Craft - Plastic bottle flowers 11:30a - Brain Booster: Traditions wordsearch 12p - Lunch, music, & an Aloha category 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin</p>
<p>Kentucky Derby / "In the Moment" 4 10a - Tea & Trivia: And They're Off! - The rich and storied history of the much-celebrated Kentucky Derby 10:30a - Brain Teaser: Paddock picture-find 11a - "In the Moment:" LIM virtual gallery tour 12p- Lunch, music & a friendly Sweepstake 1-2p - Maiden Races & Matriarchs: Derby festivities! Mocktails, millinery crafts & horse racing</p>	<p>Cinco De Mayo 5 10a - Sip & Share: Against All Odds! - Shining a light on the courage, unity, and heroism at Puebla 11a - Exercise: Zumba w/ Carol 11:45a - Brain Fitness: Cinco de Mayo I-Spy 12:15 - Lunch, music & a mariachi scattergory 1:15-2p-End of Day: Fiesta de Colores - Maracha craft, and a game of Loteria & cactus ring toss</p>	<p>Graduation 6 10a - Recall & Reminiscence: Academic Achievements - The fascinating chronicles of this graduation staple 10:30a - Brain Game: Team Spirit picture-find 11a - Expressive Arts: Mortar board decorating 12p - Lunch, music, & a ceremony word game 1-2p - End of Day: Exercise: Tai Chi w/ Maria</p>	<p>Mother's Day Celebration & Live Music 7 10a - Readings & Recitals: Decades of Influence - Recounting the stories of famous mothers in history & their enduring legacies 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a mother scattergory 1:15- 2p - Mother's Day Celebration Mocktails, sundaes, and live music w/ Joey Nickels</p>	<p>Small Businesses / Recall & Rem 8 10a - Reminiscing and Reflecting: Mom & Pop Stores - Reminiscing on the days of the small family-owned business 11a - "Recall & Reminiscence" Group - Guided by LIU Post professors & student interns 12p- Lunch, music, and a merchandise A - Z 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin</p>
<p>Coke 11 10a - Show & Tell: It's the Real Thing! - The intriguing origins of this global thirst quencher 10:30a - Decorative Arts: Decoupage Coke bottle flower vases 11a - Cognitive Challenge: Sweets crossword 12p - Lunch, music, & a beverage hangman 1-2p - End of Day: Exercise: Balance, Strength, & Fitness class w/ Kayla from <i>Metro PT</i></p>	<p>Hummingbirds 12 10a - Coffee & Conversations: Joy, Resilience, and Love - Discussing the fascinating symbolism surrounding these spiritual messengers 11a - Exercise: Zumba w/ Carol 11:45a - Brain Booster: Blossom wordsearch 12p - Lunch, music, & a floral hangman 1:15-2p - End of Day: Buzz & Bloom Bash - Hummingbird wind chime craft, <i>garden</i> Jingo, & a game of balloon volleyball</p>	<p>Bees 13 10a - Sip & Share: Busy As A... - Uncovering the mysterious world of our industrious plant and crop cultivators 10:30a - Brain Teaser: Pollinator picture-find 11a - Bee-autiful Creations: Bee & flower pen crafting followed by a honey tasting 12p - Lunch, music, & apiculturist wordplay 1- 2p. - End of Day: Exercise: Tai Chi w/ Maria</p>	<p>May Symbolism 14 10a - Tea & Trivia: Prosperity, Growth, and Vitality - Exploring the revelatory meanings behind May's symbols 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a growth category game 1:15-2p - End of Day: ArtTalk! - Discussing the portrayal of mothers in art, guided by Laura Lynch</p>	<p>Inventions 15 10a - Show & Tell: Happy Accidents - Curious stories of discovery that birthed our most indispensable inventions 10:30a - Tactile Craft: Lightbulb suncatcher 11:30a - Brain Fitness: Inventors I-Spy 12p - Lunch, music, & inventions from A-Z 1-2p - End of Day: Exercise: Mind & Body Movement w/ Marvin</p>
<p>Strawberries 18 10a - Sip & Share: Ruby Ann, Seascape, and Purple Wonder - Discussing the rich and fascinating history of these "heart seed berries" 10:30a - In the Kitchen: Individual strawberry pies 11a - Brain Booster: In the garden crossword 12p - Lunch, music, & a fruit hangman 1-2p - End of Day: Berry Bash - Strawberry pinch pots, smoothies, and a food Jingo</p>	<p>Ray Day 19 10a - Tea & Trivia: Here Comes the Sun! - Celebrating May Ray Day and discussing the mood-boosting benefits of sunshine 11a - Exercise: Zumba w/ Carol 11:45a - Brain Fitness: Leisure time crossword 12:15p-Lunch, music, & inventions from A-Z 1:15-2p - Sunny Social: Solar printing, a Singo game, and a game of corn hole for prizes</p>	<p>Baking / Sip & Socialize 20 10a - Recall & Reminisce: Comfort & Joy! - Delving into the surprising psychological benefits of this creative art form 10:30a - Kitchen Explorations: Lemon bundt cakes 11a - Exercise: Tai Chi w/ Maria 12p - Lunch, music, & food hangman 1- 2p - End of Day: Sip & Socialize - Trivia, games, and crafts with Pam & Judith from Sunrise & CareFirst</p>	<p>Poppies / Caregiver Support Group 21 10a - Reminiscing and Reflecting: McCrae & Moina - The inspirations behind the vibrant and iconic "symbol of remembrance" 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a service category game 1:15- 2p - End of Day: Horticulture Therapy- Sensory & Seasonal engagement with Lori</p>	<p>USO Show & Military Music 22 10a - A.M. Sing-along: Solace & Inspiration - Exploring the powerful influence of song as a beacon of hope during wartime and conflict 10:30a - Brain Game - Musical I Spy 11a - Music Therapy - Facilitated by NEG 12p - Lunch, music, & a heroism wordplay 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin</p>
<p>CLOSED for Memorial Day 25 A time to pay tribute to those who made the ultimate sacrifice</p> 	<p>Flowers 26 10a - Coffee & Conversations: Flower Power - Exploring the myths & magic of well-known flowers that made history 11a - Exercise: Zumba w/ Carol 11:45a - Brain Booster: Blossom wordsearch 12:15p - Lunch, music, & a floral hangman 1:15-2p - End of Day: Petal Party - Clay posy crafting, tissue paper flowers, and a <i>garden</i> Jingo</p>	<p>Tea 27 10a - Tea & Trivia: The Drink that Conquered the World - Journeying through the rich & ancient history of this bitter leaf 10:30a - Brain Teaser: Tea picture-find 11a - Afternoon Tealight - Tea tasting, & a teacup candle craft 12p - Lunch, music, & a leaf category game 1- 2p - Exercise: Tai Chi w/ Maria</p>	<p>Flip Flops / Live Music 28 10a - Coffee & Conversations: Chinelo's, Zoris, & Jandals! - The fascinating history behind this ancient, ever-popular summer accessory 11a - Sign Language Class - w/ Mill Neck Manor 11:45a - Exercise: Aerobicize w/ Agatha 12:15p - Lunch, music, & a Kick-off to Summer Musical celebration with Tommy Mulhavile</p>	<p>Sea Monkeys 29 10a - Sip & Share: Bowl Full of Happiness - The Intriguing backstory of our childhood "Sea Monkeys" 10:30a -Tactile Craft - Felt Fish 11:30a - Brain Booster - Toys & Games crossword 12p- Lunch, music, & a game of Outburst 1-2p - End of Day: Exercise - Mind & Body Movement w/ Marvin</p>