

# May 2026 Arbor Hall Activities Calendar

This calendar is subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>31</b></p> <p>Exercise / Workout Daily Audio Prayer /Bible Reading Snacks / TV Time Lunch 11:30 12:30 Relaxation / TV Time Snacks &amp; Dominos 2:00 Bingo! 3:00 Dinner 4:00 Socialization 5:00 Final Stretch of the Day 5:10</p>	<p>"May is the month of expectation, the month of wishes, the month of hope."  ~ Emily Brontë</p>	<p><b>MAY DAYS TO NOTE...</b></p> <p>01 May Day 02 Kentucky Day 03 Nat'l Lemonade Day 04 Nat'l Nurses Day 06 Nat'l Teacher Day 07 Nat'l Teacher Day 08 Reward Yourself Day 10 Nat'l Golf Day 11 Nat'l Eat What You Want Day 12 Nat'l Limerick Day 13 Tulip Day 14 The Stars &amp; Stripes Forever Day</p>	<p><b>15</b> Bring Flowers to Someone Day <b>16</b> Nascar Day <b>18</b> Nat'l Museum Day <b>19</b> Plant Something Day <b>20</b> World Bee Day <b>21</b> World Meditation Day <b>23</b> Lucky Penny Day <b>24</b> Indianapolis 500 <b>26</b> Scripps Spelling Bee begins <b>30</b> Senior Health &amp; Fitness Day <b>31</b> Nat'l Smile Day</p>	<p><b>Month of May</b></p> <p>Birthstone: Emerald (rebirth, youth and good fortune) Flowers: Lily of the Valley Hawthorn Colors: Yellow and Red</p>	<p><b>1</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave /Socialization /TV Time 2:00 Snacks &amp; Playing Cards Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>2</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books 2:00 Snacks &amp; Dominos Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>
<p><b>10</b></p> <p><i>Mothers Day</i></p> <p>Exercise / Workout Daily Audio Prayer /Bible Reading Snacks / TV Time Lunch 10:30 11:30 12:30 Relaxation / TV Time Snacks &amp; Dominos 2:00 Bingo! 3:00 Dinner 4:00 Socialization 5:00 Final Stretch of the Day 5:10</p>	<p><b>4</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks &amp; Movie Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>5</b></p> <p><i>Cinco de Mayo</i></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave /Socialization /TV Time 2:00 Snacks &amp; Playing Cards Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>6</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Remembering History /Videos/Books 2:00 Snacks &amp; Puzzles Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>7</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks &amp; Movie Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>8</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave /Socialization /TV Time 2:00 Snacks &amp; Playing Cards Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>9</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books 2:00 Snacks &amp; Dominos Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>
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<p><b>24</b></p> <p>Exercise / Workout Daily Audio Prayer /Bible Reading Snacks &amp; TV Time Lunch 10:30 11:30 12:30 Relaxation / TV Time Snacks &amp; Dominos 2:00 Bingo! 3:00 Dinner 4:00 Socialization 5:00 Final Stretch of the Day 5:10</p>	<p><b>25</b></p> <p><i>Memorial Day</i></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks &amp; Movie Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>26</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave /Socialization /TV Time 2:00 Snacks &amp; Playing Cards Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>27</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Remembering History /Videos/Books 2:00 Snacks &amp; Puzzles Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>28</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks &amp; Movie Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>29</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave /Socialization /TV Time 2:00 Snacks &amp; Playing Cards Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>30</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books 2:00 Snacks &amp; Dominos Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>
<p><b>16</b></p> <p><i>Armed Forces Day</i></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books 2:00 Snacks &amp; Dominos Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>14</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Haircuts/ TV Time 2:00 Snacks &amp; Movie Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>13</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Remembering History /Videos/Books 2:00 Snacks &amp; Puzzles Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>12</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave /Socialization /TV Time 2:00 Snacks &amp; Playing Cards Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>11</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Colorful Nails /Hair Cuts /TV Time 2:00 Snacks &amp; Movie Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>15</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Shave /Socialization /TV Time 2:00 Snacks &amp; Playing Cards Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>	<p><b>16</b></p> <p>Exercise / Workout Daily Prayer /Bible Reading /Worship Audio Snacks / TV Time Lunch 10:30 11:30 12:30 Learning about Cultures /Videos/Books 2:00 Snacks &amp; Dominos Bingo! 3:00 Dinner 4:00 5:10 Final Stretch of the Day</p>