

SUN	MON	TUE	WED	THUR	FRI	SAT
<p><b>May Birthdays !!!!</b></p> <p>Carol Jackson 5/5 Randy Jones Jr 5/5 Mary ford 5/20 Melvin Mauck Jr. 5/23 Mona Grainger 5/26 Joyce Clinkscales 5/31</p>					<p>10:00 Total Body Fitness (CR) <b>1</b></p> <p>10:45 Games (GR)</p> <p>12:00 Trivia (LR)</p> <p>2:30 Welcome to the Weekend with Jon Durfee (DR)</p>	<p>10:00 Balloon Volleyball (CR) <b>2</b></p> <p>10:45 Scrabble (GR)</p> <p>12:00 20 Questions (LR)</p> <p>2:00 Bingo (CR)</p> <p>4:00 Walking Club (CR)</p> <p>6:30 Watch the Kentucky Derby (LR)</p>
<p>10:15 First Presbyterian (L) <b>3</b></p> <p>10:15 Holy Family (L)</p> <p>2:00 Diamond Art (CR)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Flex and Stretch (CR) <b>4</b></p> <p>10:45 Crossword (CR)</p> <p>12:00 Trivia (LR)</p> <p>2:00 Pokeno (CR)</p> <p>4:00 Walking Club (CR)</p> <p>7:00 Monday Movie Night (CR)</p>	<p><b>Cinco de Mayo</b> <b>5</b></p> <p>9:45 Shopping Trip (Meet in Lobby)</p> <p>10:00 Upper Body Workout (CR)</p> <p>12:00 Name 10 Trivia (LR)</p> <p>2:30 Cinco de Mayo Social (DR)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Weights and Balance (CR) <b>6</b></p> <p>10:45 Crossword (CR)</p> <p>12:00 Scattergories (LR)</p> <p>2:00 Birthday Social (CR)</p> <p>3:00 Corn Hole (CR)</p> <p>4:00 Walking Club (CR)</p> <p>7:00 Resident Led Bingo (CR)</p>	<p>10:00 Zumba (CR) <b>7</b></p> <p>10:45 Men's Club: May Guy Talk (CR)</p> <p>12:00 Family Feud (LR)</p> <p>2:00 Monthly Calendar Planning (CR)</p> <p>3:00 Make a Flower Bouquet for Mother's Day (CR)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Total Body Fitness (CR) <b>8</b></p> <p>10:45 Games (GR)</p> <p>12:00 Trivia (LR)</p> <p>2:30 Welcome to the Weekend with Eddie Sal (DR)</p>	<p>10:00 Balloon Volleyball (CR) <b>9</b></p> <p>10:45 Scrabble (GR)</p> <p>12:00 Brain Quest (LR)</p> <p>2:00 Bingo (CR)</p> <p>4:00 Walking Club (CR)</p>
<p><b>Mother's Day</b> <b>10</b></p> <p>10:15 First Presbyterian (L)</p> <p>10:15 Holy Family (L)</p> <p>2:00 Mother's Day Tea and Talk (CR)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Flex and Stretch (CR) <b>11</b></p> <p>10:45 Crossword (CR)</p> <p>12:00 Trivia (LR)</p> <p>2:00 Pokeno (CR)</p> <p>4:00 Walking Club (CR)</p>	<p><b>National Nursing Day</b> <b>12</b></p> <p>9:45 Shopping Trip (Meet in Lobby)</p> <p>10:00 Upper Body Workout (CR)</p> <p>12:00 Alphabet Game Trivia (LR)</p> <p>1:30 Bible Study (CR)</p> <p>2:30 Corn Hole (FP)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Chair Yoga with Zack (CR) <b>13</b></p> <p>10:45 Crossword (CR)</p> <p>12:00 I Should Have Known That! (LR)</p> <p>2:00 Adventure Movie with Cory Langley (CR)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Zumba (CR) <b>14</b></p> <p>10:45 Greatest Stories Told (CR)</p> <p>12:00 Who Am I ? (LR)</p> <p>2:00 Faith Based Matinee Movie: "My Ripple Effect" (CR)</p> <p>2:30 Hearing Evaluations with Beltone (GR)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Total Body Fitness (CR) <b>15</b></p> <p>10:45 Games (GR)</p> <p>12:00 Trivia (LR)</p> <p>2:30 Welcome to the weekend with Barbara Blair (DR)</p>	<p><b>Armed Forces Day</b> <b>16</b></p> <p>10:00 Balloon Volleyball (CR)</p> <p>10:45 Scrabble (GR)</p> <p>12:00 Armed Forces Trivia (LR)</p> <p>2:00 Bingo (CR)</p> <p>4:00 Walking Club (CR)</p>
<p>10:15 First Presbyterian (L) <b>17</b></p> <p>10:15 Holy Family (L)</p> <p>2:00 Let's Play Jeopardy (CR)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Flex and Stretch (CR) <b>18</b></p> <p>10:45 Crossword (CR)</p> <p>12:00 Trivia (LR)</p> <p>2:00 Pokeno (CR)</p> <p>4:00 Walking Club (CR)</p> <p>7:00 Monday Movie Night (CR)</p>	<p><b>Senior Citizen's Day</b> <b>19</b></p> <p>9:45 Shopping Trip (Meet in Lobby)</p> <p>10:00 Upper Body Workout (CR)</p> <p>12:00 Decade's Trivia (LR)</p> <p>1:30 Bible Study (CR)</p> <p>2:30 Italian Ice on the Front Porch (FP)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Weights and Balance (CR) <b>20</b></p> <p>10:45 Crossword (CR)</p> <p>12:00 Who knows It Better ? (LR)</p> <p>2:00 Paint and Sip (CR)</p> <p>4:00 Walking Club (CR)</p> <p>7:00 Resident Led Bingo (CR)</p>	<p>10:00 Zumba (CR) <b>21</b></p> <p>10:45 Word in a Word (CR)</p> <p>12:00 Act Up! (LR)</p> <p>2:00 New Resident Social (CR)</p> <p>3:00 Corn Hole (CR)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Total Body Fitness (CR) <b>22</b></p> <p>10:45 Games (GR)</p> <p>12:00 Trivia (LR)</p> <p>2:30 Welcome to the Weekend with Skip Hancock (DR)</p>	<p>10:00 Balloon Volleyball (CR) <b>23</b></p> <p>10:45 Scrabble (GR)</p> <p>12:00 Cliches (LR)</p> <p>2:00 Bingo (CR)</p> <p>4:00 Walking Club (CR)</p>
<p><b>National Brother's Day</b> <b>24</b></p> <p>10:15 First Presbyterian (L)</p> <p>10:15 Holy Family (L)</p> <p>2:00 Art with Erica (CR)</p> <p>4:00 Walking Club (CR)</p>	<p><b>Memorial Day</b> <b>25</b></p> <p>10:00 Flex and Stretch (CR)</p> <p>10:45 Crossword (CR)</p> <p>12:00 Memorial Day Trivia (LR)</p> <p>2:00 Pokeno (CR)</p> <p>4:00 Walking Club (CR)</p>	<p><b>Eid al-Adha</b> <b>26</b></p> <p>9:45 Shopping Trip (Meet in Lobby)</p> <p>10:00 Upper Body Workout (CR)</p> <p>12:00 Buzz Words (LR)</p> <p>1:30 Bible Study with Chaplain Ron (CR)</p> <p>2:30 Resident Association Meeting (CR)</p> <p>4:00 Walking Club (CR)</p>	<p><b>National Senior Health and Fitness Day</b> <b>27</b></p> <p>10:00 Dance Fitness (CR)</p> <p>10:45 Crossword (CR)</p> <p>12:00 Alphabet Trivia Game (LR)</p> <p>2:00 Sing a long Karaoke with GLOW (CR)</p> <p>3:00 Bowling (CR)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Zumba (CR) <b>28</b></p> <p>10:45 Scavenger Hunt: Getting to know your neighbor (CR)</p> <p>12:00 20 Questions (LR)</p> <p>2:00 Faith Based Matinee Movie: "God Made Man" (CR)</p> <p>4:00 Walking Club (CR)</p>	<p>10:00 Total Body Fitness (CR) <b>29</b></p> <p>10:45 Games (GR)</p> <p>12:00 Trivia (LR)</p> <p>2:30 Welcome to the Weekend with ken Keller (DR)</p>	<p>10:00 Balloon Volleyball (CR) <b>30</b></p> <p>10:45 Scrabble (GR)</p> <p>12:00 Oodles (LR)</p> <p>2:00 Bingo (CR)</p> <p>4:00 Walking Club (CR)</p>
<p>10:15 First Presbyterian (L) <b>31</b></p> <p>10:15 Holy Family (L)</p> <p>2:00 Sunday Service Worship with Andru K. (CR)</p> <p>4:00 Walking Club (CR)</p>	<p><b>KEY</b></p> <p>CR - Community Room</p> <p>DR - Dining Room</p> <p>FP - Front Porch</p> <p>GR - Game Room</p> <p>LR - Living Room</p> <p>L - Lobby</p>					

# May 2026

Discovery Commons Virginia Beach: Assisted Living

