

# May 2026

## Shepherd Terrace

All programs are subject to change

**Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday**

She is clothed with strength and dignity; she can laugh at the days to come.  
She speaks with wisdom, and faithful instruction is on her tongue.  
She watches over the affairs of her household and does not eat the bread of idleness.  
Her children arise and call her blessed; her husband also, and he praises her:  
"Many women do noble things, but you surpass them all."  
~ Proverbs 31:25-29



<p>10:00 Church in the Village <b>3</b></p>	<p>10:00 GROUP EXERCISE <b>4</b> 11:00 Brain Fitness 2:00 SPIRITUAL LIFE / Hymn singing</p>	<p>10:00 GROUP EXERCISE <b>5</b> 11:00 Brain Fitness- Trivia 2:00 Crafts Club/ Making Bracelets 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT</p>	<p>9:30 Physio/Strengthening <b>6</b> 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p>	<p>10:00 GROUP EXERCISE <b>7</b> 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:20 How to Promote Brain Health   Dr. Daniel Amen/ TED Talk 6:00 MOVIE NIGHT</p>	<p>10:00 GROUP EXERCISE <b>1</b> 11:00 Brain Fitness- Word Game 2:00 Live entertainment / Lorna Langit-Blennerhassett &amp; Guests! Broadway and Opera Classics 6:00 Evening Hymn Singing</p>	<p>9:30 Physio/Strengthening <b>2</b> 10:15 Physio /Stretching 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 Comedy Movie &amp; Drinks (Royal Wedding ) 3:15 Play Whist with Bruno in the Game Room</p>
<p>10:00 Church in the Village <b>10</b></p> 	<p>10:00 GROUP EXERCISE <b>11</b> 11:00 Brain Fitness 2:00 SPIRITUAL LIFE / Hymn singing 6:00 Evening Hymn Singing</p>	<p>10:00 GROUP EXERCISE <b>12</b> 10:00 1:1 Pet Visits with Benji 11:00 Brain Fitness- Trivia 2:00 Education hour/ Diabetes strategy 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT</p>	<p>9:30 Physio/Strengthening <b>13</b> 10:15 Physio /Stretching 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p>	<p>10:00 GROUP EXERCISE <b>14</b> 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:15 AMAZING LIFE OF BIRDS   Wildlife Documentary 6:00 MOVIE NIGHT</p>	<p>10:00 GROUP EXERCISE <b>8</b> 11:00 Brain Fitness- Word Game 2:00 Popular Music for Spring - Vintage Broadway with Michelle E. White in the Community Hall 3:30 Scrabble Club in the Game Room 6:00 Evening Hymn Singing</p>	<p>9:30 Physio/Strengthening <b>9</b> 10:15 Physio /Stretching 11:00 Brain Fitness- Trivia 2:00 Celebrating Mothers /Live Performance with Bruce Tournay 3:15 Play Whist with Bruno in the Game Room</p>
<p>10:00 Church in the Village <b>17</b> 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p>	<p>10:00 GROUP EXERCISE <b>18</b> 11:00 Brain Fitness- Trivia 2:00 Victoria Day Tea Social 6:00 Evening Hymn Singing</p> 	<p>10:00 GROUP EXERCISE <b>19</b> 10:00 1:1 Pet Visits with Benji 11:00 Brain Fitness- Trivia 1:30 Art &amp; Music 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT</p>	<p>9:30 Physio/Strengthening <b>20</b> 10:15 Physio /Stretching 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p>	<p>10:00 GROUP EXERCISE <b>21</b> 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:20 Comedy TV Show 6:00 MOVIE NIGHT</p>	<p>10:00 GROUP EXERCISE <b>15</b> 11:00 Brain Fitness- Word Game 2:00 Live Performance with Shannon Graham 6:00 Evening Hymn Singing</p>	<p>9:30 Physio/Strengthening <b>16</b> 10:15 Physio /Stretching 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 Travelogue to Guatemala 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing</p>
<p>10:00 Church in the Village <b>24</b> 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p>	<p>9:30 Physio/Strengthening <b>25</b> 10:15 Physio /Stretching 11:00 Brain Fitness 2:00 SPIRITUAL LIFE / Hymn singing 6:00 Evening Hymn Singing</p>	<p>10:00 GROUP EXERCISE <b>26</b> 10:00 1:1 Pet Visits with Benji 11:00 Brain Fitness- Trivia 2:00 FOOD MEETING 2:30 Music &amp; Ice-cream on the patio 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT</p>	<p>9:30 Physio/Strengthening <b>27</b> 10:15 Physio /Stretching 11:00 This is Jeopardy! 2:00 Milestone Celebration - Birthdays from Jan-June In the Community Hall 3:20 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p>	<p>10:00 GROUP EXERCISE <b>28</b> 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:20 Emperor Penguin Societies   Secrets of the Penguins   National Geographic Documentary 6:00 MOVIE NIGHT</p>	<p>10:00 GROUP EXERCISE <b>22</b> 11:00 Brain Fitness- Word Game 2:00 HISTORY HOUR WITH LIANNE -Queens Who Ruled 3:30 Scrabble Club in the Game Room 6:00 Evening Hymn Singing</p>	<p>9:30 Physio/Strengthening <b>23</b> 10:15 Physio /Stretching 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 Live Entertainment with Davis Steven 3:15 Play Whist with Bruno in the Game Room</p>
<p>10:00 Church in the Village <b>31</b> 3:00 Games with Gil in the Game Room 6:00 Evening Hymn Singing</p>						