

# Activity Calendar – May 2022

## The Director's Corner

May is the time we honor all the Mothers and Veterans who have done so much for us.

Last month, Karen and George joined us as new members and we welcome them!

We hope this month brings more time on the patio, enjoying the sun and fresh air.




## Caregiver Meetings

This month the caregiver support meetings will take place on May 17<sup>th</sup> (Zoom) and May 18<sup>th</sup> (in-person, please wear a mask). *RVSP's are appreciated though not required to attend.*

To obtain the Zoom link or for more information, contact Lindsey Manetta, MSW at 203-396-1041 or lmanetta@jseniors.org

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00am: Chair Exercises 10:30am: Discussion Questions  1:00pm: Chair Zumba 1:30pm: Active Game: Ring Toss	<b>3</b> 10:00am: Chair Exercises 10:30am: Bingo  1:00pm: Chair Zumba 1:30pm: Trivia	<b>4</b> 10:00am: Chair Exercises 10:30am: Jeopardy  1:00pm: Chair Zumba 1:30pm: Painting Flower Pictures	<b>5</b> 10:00am: Chair Exercises 10:30am: Outdoor Game  1:00pm: Chair Zumba 1:30pm: Wood Art Project  <b>Cinco De Mayo Celebration!</b>	<b>6</b> 10:00am: Chair Exercises 10:30am: Group Discussion: Mother's Day!  1:00pm: Chair Zumba 1:15pm: Piano Music with Liz (Mother's Day Celebration)
<b>9</b> 10:00am: Chair Exercises 10:30am: Think Again... (A Question Game)  1:00pm: Chair Zumba 1:30pm: Outdoor Nature Project	<b>10</b> 10:00am: Chair Exercises 10:30am: Table Bowling  1:00pm: Chair Zumba 1:30pm: Discussion: The Circus!	<b>11</b> 10:00am: Chair Exercises 10:30am: Activity: Guess How Much Candy is in the Jar?  1:00pm: Chair Zumba 1:30pm: "Fill in the blank" Questions and Answers	<b>12</b> 10:00am: Chair Exercises 10:30am: <b>Self Love Project 1: Creation</b>  1:00pm: Chair Zumba 1:30pm: <b>Self Love Project 2: Follow up</b>	<b>13</b> 10:00am: Chair Exercises 10:30am: Uno Tournament  1:00pm: Chair Zumba 1:30pm: White Board Games
<b>16</b> 10:00am: Chair Exercises 10:30am: <b>Virtual Field Trip: We are off to Puerto Rico!</b>  1:00pm: Chair Zumba 1:30pm: Suggestions/Ideas for the Months ahead	<b>17</b> 10:00am: Chair Exercises 10:30am: Art  1:00pm: Chair Zumba 1:30pm: Discussion: What do we find at the Beach? <b>3:00pm: Caregiver Support Group (Online Via Zoom)</b>	<b>18</b> 10:00am: Chair Exercises 10:30am: Puzzles  1:00pm: Chair Zumba 1:30pm: Scategories <b>3:00pm: Caregiver Support Group (In-Person)</b>	<b>19</b> 10:00am: Chair Exercises 10:30am: Active Game: Balloon Volleyball  1:00pm: Chair Zumba 1:30pm: Sensory Activity	<b>20</b> 10:00am: Chair Exercises 10:30am: <b>Activity: What are some things in your life that bring you Joy and Comfort?</b>  1:00pm: Chair Zumba 1:30pm: Relaxation Techniques
<b>23</b> 10:00am: Chair Exercises 10:30am: Research Project: The importance of Physical Exercise  1:00pm: Chair Zumba 1:30pm: Special Project: Beach Fun!  <b>*Birthday Celebrations!</b>	<b>24</b> 10:00am: Chair Exercises 10:30am: Pictionary  1:00pm: Chair Zumba 1:30pm: Discussion based group: Top Favorite Restaurants in CT!	<b>25</b> 10:00am: Chair Exercises 10:30am: Scavenger Hunt  1:00pm: Chair Zumba 1:30pm: Active Game: Bowling	<b>26</b> 10:00am: Chair Exercises 10:30am: Gardening project  1:00pm: Chair Zumba 1:30pm: Summer-Themed Bingo	<b>27</b> 10:00am: Chair Exercises 10:30am: Discussion Group: Memorial Day  1:00pm: Chair Zumba 1:30pm: Art Project: Coloring Mandalas
<b>HAPPY MEMORIAL DAY</b>  <b>CENTER CLOSED</b>	<b>31</b> 10:00am: Chair Exercises 10:30am: Positivity and Gratitude in Our lives  1:00pm: Chair Zumba 1:30pm: <b>Special Guest: Entertainer Warren Bloom</b> 		Coffee Hour For Clients Every Morning at 9:00am	

# Lunch Menu - May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Egg Drop Soup Sweet &amp; Sour Chicken Fried Rice Japanese Blend Vegetables Egg Roll Peanut Butter Brownie</p>	<p><b>3</b></p> <p>Italian Wedding Soup Manicotti w/Marinara Sauce Toasted Orzo Creamed Spinach Garlic Toast Ambrosia Salad</p>	<p><b>4</b></p> <p>Potato Leek Soup Hot Dog w/Sauerkraut Baked Beans Coleslaw Caramel Brownie</p>	<p><b>5</b></p> <p>Pasta Fagioli Soup Chicken Parmesan Garlic Orzo Ratatouille Chocolate Cream Pie</p>	<p><b>6</b></p> <p>Quinoa Vegetable Soup Flounder Florentine Steamed Brown Rice Tossed Salad/Dressing Vanilla Cake w/Choc Icing</p>
<p><b>9</b></p> <p>Turkey Noodle Soup Oven Fried Chicken Wild Rice Seasoned Spinach Peanut Butter Brownie</p>	<p><b>10</b></p> <p>Lemon Chicken &amp; Rice Soup Garlic Herb Meatloaf Dirty Mashed Potatoes Honey Glazed Carrots Chocolate Ganache Cheesecake</p>	<p><b>11</b></p> <p>White Bean Soup Hot Dog with Sauerkraut French Fries Baked Beans Fruit Cocktail</p>	<p><b>12</b></p> <p>Wisconsin Beer &amp; Cheese Soup Chicken Piccata Fruited Quinoa Roasted Root Vegetables Carrot Cake w/Cream Cheese Icing</p>	<p><b>13</b></p> <p>Minestrone Soup Apricot Glazed Salmon Lyonnais Potatoes Sautéed Broccoli Strawberry Shortcake</p>
<p><b>16</b></p> <p>Alphabet Soup Corned Beef Roasted Red Potatoes Seasoned Cabbage Banana Split Sundae</p>	<p><b>17</b></p> <p>Tuscan Cauliflower Soup Vegetable Lasagna Garden Salad Garlic Bread Blonde Brownie</p>	<p><b>18</b></p> <p>Lentil Soup Hamburger on a Bun Potato Salad &amp; Baked Beans Sauerkraut &amp; Onions Cubed Watermelon</p>	<p><b>19</b></p> <p>Minestrone Soup Chicken Cacciatore Capellini Italian Blend Vegetables Coconut Cake</p>	<p><b>20</b></p> <p>Mushroom Barley Soup Salisbury Steak Mashed Potatoes Honey Glazed Carrots Strawberry Cheesecake</p>
<p><b>23</b></p> <p>Beef Vegetable Soup Herb Roasted Turkey Baked Sweet Potatoes Ratatouille Blueberry Shortcake</p>	<p><b>24</b></p> <p>Turkey Noodle Soup Stuffed Peppers Lyonnais Potatoes Roasted Zucchini &amp; Summer Squash Cream Cheese Brownie</p>	<p><b>25</b></p> <p>Wisconsin Beer and Cheese Soup Hawaiian Chicken Baked French Fries Baked Beans Pear Halves</p>	<p><b>26</b></p> <p>Carrot Apple Soup Chicken Tenders Onion Rings California Blend Veg Chocolate Éclair</p>	<p><b>27</b></p> <p>Southwestern Tomato Soup Fish and Chips French Fries Chopped Country Cole Slaw Black Forest Parfait</p>
<p><b>30</b></p> <p><b>HAPPY MEMORIAL DAY</b></p>  <p><b>CENTER CLOSED</b></p>	<p><b>31</b></p> <p>Chicken Gumbo Soup Capellini &amp; Meatballs Caesar Salad Roasted Zucchini &amp; Summer Squash Garlic Bread</p>	