

Day:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	2	3	4	5	6
9:00 AM	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat
10:00 AM	Current Events with Rachel or Piñata Making	Art Appreciation with Eileen or Creative Coloring	Travel with Rachel or Gardening Project	Bay Area Food Culture with Mark or Jewlery Making	Social Change with Rachel or Finger Painting
11:00 AM	Exercise	Exercise with Lynnette	Exercise	Exercise	Exercise
12:00 PM	Lunchtime!	Lunchtime!	Lunchtime!	Lunchtime!	Lunchtime!
1:00 PM	Beanbags and Balls or Board Games Galore	Music with Sonia or BINGO	Music with Nancy Cassidy or Piñata Making	Rockin' and Rollin' with Regi or Cinco de Mayo Craft	Chair Volleyball or BINGO
Date:	9	10	11	12	13
9:00 AM	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat
10:00 AM	Current Events with Rachel or Mother's Day Craft	Mother's Day Celebration!	Travel with Rachel or Art Explosion with Luz	Scategories with Tamara or Collage Creations	Social Change with Rachel or Stencil Art
11:00 AM	Exercise	Exercise with Lynnette	Exercise	Exercise	Exercise
12:00 PM	Lunchtime!	Lunchtime!	Lunchtime!	Lunchtime!	Lunchtime!
1:00 PM	Piano with Maddeline or Word Games with Tamara	Fly Swatter Tennis or BINGO	Wii Sports or Greeting Card Workshop	Music with Nancy Cassidy or Watercolor Studio	Anna on Piano or BINGO
Date:	16	17	18	19	20
9:00 AM	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat
10:00 AM	Current Events with Rachel or Watercolor Studio	Word Games with Tamara or Art Explosion with Luz	Travel with Rachel or Beanbags and Balls	50s Food & Fun Demo or Board Games Galore	Social Change with Rachel or Creative Coloring
11:00 AM	Exercise	Exercise with Lynnette	Exercise	Exercise	Exercise
12:00 PM	Lunchtime!	Lunchtime!	Lunchtime!	Lunchtime!	Lunchtime!
1:00 PM	Piano with Maddeline or 50s Trivia	Sing Along or BINGO	Name that 50s Tune or Portrait Drawing	Chair Volleyball or BINGO	50s Sock Hop!
Date:	23	24	25	26	27
9:00 AM	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat	Coffee, Tea, and Chat
10:00 AM	Current Events with Rachel or Rock Painting	Family Feud with Elizabeth or Pointillism	Travel with Rachel or Gardening Project	Bay Area Food Culture with Mark or Pictionary	Social Change with Rachel or Art Explosion with Luz
11:00 AM	Exercise	Exercise with Lynnette	Exercise	Exercise	Exercise
12:00 PM	Lunchtime!	Lunchtime!	Lunchtime!	Lunchtime!	Lunchtime!
1:00 PM	Music with Sonia or Fly Swatter Tennis	Wii Sports or BINGO	Piano with Theresa or Still Life Art	Crosswords with Eileen or Watercolor Studio	Anna on Piano or BINGO
Date:	30	31			
9:00 AM	CENTER CLOSED	Coffee, Tea, and Chat			
10:00 AM		Word Games with Tamara or Collage Creations			
11:00 AM		Exercise with Lynnette			
12:00 PM		Lunchtime!			
1:00 PM		Steve the Bongo Man or Watercolor Studio			

May 2022 ARKC Activities Calendar

Activities subject to change