



# MAY 2024

Gracious Living ADHCC. The Best Place For Your Best Days!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Schedule</b>            6:00-9:00am Arrivals &amp; Personal Care            7:30-9:30 am Breakfast/Snack            10:00-10:45am Exercise            10:45-11:45 Devotion / Picture Find            12:00- 1:00pm Lunch</p>	<p><b>*Mental Health Awareness Month*</b>  </p>	<p><b>*High Blood Pressure Awareness *</b>  </p>	<p><b>1. HAPPY DAY</b>  </p>	<p><b>2. Mental Health Day</b>  </p>	<p><b>3.*BINGO*</b>  </p>	<p><b>4. Kentucky Derby Day</b>  </p>
<p>2:00-3:00pm Afternoon activity (see calendar)            3:00-4:00 Afternoon Snack/ Rest            4:00-6:30pm Choice of Activity/ Walk/ Departure</p>	<p><b>6. Cinco de Mayo</b>  </p>	<p><b>7. Laughter Day</b>  </p>	<p><b>8. Let's Dance Day</b>  </p>	<p><b>9. TRAIN DAY</b>  </p>	<p><b>10. *BINGO*</b>            Let's celebrate Mother's Day  </p>	<p><b>11. *CLOSED*</b>  </p>
<p>13. Health Care Week/ Nurses Day</p>	<p><b>14. International Family Day</b>  </p>	<p><b>15. Dance Like a Chicken Day</b>  </p>	<p><b>16. BE KIND</b>  </p>	<p><b>17. *BINGO*</b>            Blood Pressure Awareness Day  </p>	<p><b>18. Armed Forces Day</b>  </p>	
<p>20. Tuesday/Thursday ART            Wednesday MUSIC</p>	<p><b>21. Strawberry Day</b>  </p>	<p><b>22. Musical Instrument Day</b>  </p>	<p><b>23. WORLD TURTLE DAY</b>  </p>	<p><b>24. *BINGO*</b>            Lucky Penny Day  </p>	<p><b>25. *CLOSED*</b>  </p>	
<p>27. *CLOSED*</p>	<p><b>28. Hamburger Day</b>  </p>	<p><b>29. Senior Health &amp; Fitness</b>  </p>	<p><b>30. Let's get creative</b>  </p>	<p><b>31. Smile Day</b>  </p>	<p><b>1. National Barefoot Day</b>  </p>	