

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Room Locator  
AR – Activity Room  
C – Courtyard  
L – Library 1<sup>st</sup> Floor  
T – Theater 2<sup>nd</sup> Floor  
P – Parlor 1<sup>st</sup> Floor  
LR – Living Room

# May 2021


## Seabury at Springvale Terrace Assisted Living




**Kentucky Derby Day!** 1  
10:00 Daily Chronicle  
11:00 Face Time Visits  
1:30 Exercise w/Greg – C  
  
6:00 **Kentucky Derby Race!**  
- LR  
May Day


10:00 **Church Fusion Service w/Reverend Coates** - C 2  
10:30 Catholic Mass Televised – LR  
1:30 **BINGO** w/Yvette - AR


**Community Service Project Begins! Food Drive for Shepherd's Table!** 3  
10:00 Daily Chronicle  
10:30 **Scenic Ride w/Yvette to Cabin John Regional Park**  
2:00 Baking Club w/Yvette -AR  
3:00 Sing-A-Long – AR

10:00 Daily Chronicle 4  
10:30 Virtual Yoga w/Regine  
2:00 Travel Club w/Julie – LR  
3:00 Exercise w/Julie – AR  


10:00 Daily Chronicle 5  
10:30 **Scenic Ride w/Yvette to Downtown DC/White House**  
11:00 Sittercise w/Violet AR  
2:00 **Cinco de Mato Party! C Margaritas & Quesadillas**  
  
6:00 **Resident Book Club – P**  
Cinco de Mayo

10:00 Daily Chronicle 6  
11:00 **HomeAgain Virtual Tour w/Cara – LR**  
1:00 **Sharing Smiles Visit - LR**  
2:00 Mandalas & Music w/Julie  
3:00 **Towne Hall Meeting w/Marcy Hunter – Zoom Event**  
3:00 Exercise w/Julie


10:00 Daily Chronicle 7  
10:00 Zumba Gold – LR  
  
11:00 **Art Lecture w/Dr. Joanne Allen – T**  
11:30 Virtual Yoga w/Regine  
2:00 **Cinema Society – T Oscar Winner – Mank**

10:00 Daily Chronicle 8  
11:00 Face Time Visits  
1:30 Exercise w/Greg – C  
2:30 **Dr. Kelly's Wiz Quiz! - C**  
  
6:00 **Library Club – L**


Happy Mother's Day! 9  
10:00 Daily Chronicle  
10:30 Catholic Mass Televised – LR  
1:30 **BINGO** w/Yvette – AR  
Mother's Day


10:00 Daily Chronicle 10  
10:30 **Scenic Ride w/Yvette to Olney**  
2:00 Baking Club w/Yvette - AR  
3:00 **Community Life Meeting - C**  
6:00 **Storytelling w/Daniel - P**  


10:00 Daily Chronicle 11  
10:30 Virtual Yoga w/Regine  
2:00 Manicures & Hand Massage w/Julie- AR  
2:30 **Timeless Tuesday's – T The Three Tenors – London 1996**  
3:00 Exercise w/Julie – AR


Happy Nurses Day! 12  
10:00 Daily Chronicle  
10:30 **Scenic Ride w/Yvette to the Norman Temple and downtown Kensington**  
11:00 Sittercise w/Violet - AR  
2:00 **Bingo - P**  
3:00 **Happy Hour! – C**  


Happy Birthday Phyllis & Robert! 13  
10:00 Daily Chronicle  
11:00 **HomeAgain Virtual Tour w/Cara – LR**  
2:00 Creative Expressions w/Julie – AR  
3:00 **Resident Services Meeting w/Cara – Zoom Event**  
3:00 Exercise w/Julie - AR


10:00 Daily Chronicle 14  
11:00 **Art History Lecture - T**  
11:30 Virtual Yoga w/Regine  
2:00 **Cinema Society – T Oscar Nominee – The Two Popes**  



**Preakness Race!** 15  
10:00 Daily Chronicle  
11:00 Face Time Visits  
1:30 Exercise w/Greg – C  
6:00 **Preakness Race from Pimlico! – LR**  
  
Armed Forces Day

Shavuot Begins 16  
10:00 Daily Chronicle  
10:30 Catholic Mass Televised – LR  
1:30 **BINGO** w/Yvette – AR  
Shavuot Begins


10:00 Daily Chronicle 17  
10:30 **Scenic Ride w/Yvette to the Basilica/Catholic Univ.**  
2:00 **Live Virtual Concert w/Dale Jarrett! – LR**  
3:00 Sing-A-Long w/Yvette  


10:00 Daily Chronicle 18  
10:30 Virtual Yoga w/Regine  
2:00 Travel Club w/Julie – LR  
2:30 **Timeless' Tuesday's – Bob Dylan by Martin Scorsese Documentary**  
3:00 Exercise w/Julie


10:00 Daily Chronicle 19  
10:30 **Scenic Ride w/Yvette to Beach Drive**  
11:00 Sittercise w/Violet - AR  
2:00 **Bingo – P**  
3:00 **Happy Hour! - C**  



10:00 Daily Chronicle 20  
11:00 **HomeAgain Virtual Tour w/Cara – LR**  
2:00 Trivia Time w/Julie - AR  
3:00 Exercise w/Julie – AR  


10:00 Daily Chronicle 21  
11:00 **Art History Lecture - T**  
11:30 Virtual Yoga w/Regine  
1:30 **Aging Discussion Group Senior Planet Live – P**  
3:00 **Ice Cream Social! – C**  


10:00 Daily Chronicle 22  
11:00 Face Time Visits  
1:30 Exercise w/Greg – C  
2:30 **Dr. Kelly's Wiz Quiz! - C**  
  
6:00 **Library Club - L**


10:00 Daily Chronicle 23  
10:30 Catholic Mass Televised – LR  
1:30 **BINGO** w/Yvette – AR


10:00 Daily Chronicle 24  
10:30 **Scenic Ride w/Yvette to College Park/UMD**  
2:00 Baking Club w/Yvette - AR  
3:00 Sing-A-Long w/Yvette – AR  
6:00 **Storytelling w/Daniel - P**  
Victoria Day (Canada)  


10:00 Daily Chronicle 25  
10:30 Virtual Yoga w/Regine  
2:00 Manicures & Hand Massage w/Julie- AR  
3:00 Exercise w/Julie – AR  


10:00 Daily Chronicle 26  
10:30 **Scenic Ride w/Yvette to Meadowside Nature Center**  
11:00 Sittercise w/Violet - AR  
2:00 **Bingo – P**  
3:00 **“Getting to Know You” Welcome New Residents – C**  
6:00 **Wellness Chat w/Kim Ray, Director – LR**

10:00 Daily Chronicle 27  
11:00 **HomeAgain Virtual Tour w/Cara – LR**  
2:00 Creative Expressions w/Julie – AR (C)  
2:30 **Monthly Birthday Party**  


10:00 Daily Chronicle 28  
11:00 **Art History Lecture - T**  
11:30 Virtual Yoga w/Regine  
1:00 **Sharing Smiles Visits - LR**  
2:00 **Live Concert w/the Plummer Family – C**  
3:00 **TGIF Happy Hour!**  


10:00 Daily Chronicle 29  
11:00 Face Time Visits  
1:30 Exercise w/Greg – C  


**105<sup>th</sup> Indianapolis 500 Race!** 30  
10:00 Daily Chronicle  
10:30 Catholic Mass Televised – LR  
11:00 **Race Coverage Begins at Noon! – NBC – LR**  
1:30 **BINGO** w/Yvette – AR

**Memorial Day** 31  
  
10:00 Daily Chronicle  
2:00 **Memorial Day Cookout!**  
Memorial Day  


Seabury  at Springvale Terrace  
*Senior & Assisted Living*

