

Schedule for May 2025 Week 4	Monthly Observance: Pacific Islander Heritage Month/ National Photograph Month				
	Human Right of the Month: Right to Privacy				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	Arrival to Program; Find Assigned Room and Settle In				
9:30-10:00	Morning Coffee and Morning Meeting				
10:00-10:15	Flowing Into Balance *				
10:15-11:15	19. Nutrition; Identify the Vegetables	20. Program Shopping; Who was Amelia Earhart?	21. Kitchen Cooking Group; Coping Strategies, Practice Strategies	22. Drum Circle; Wachusett Meadows- Pond Life- 10am-1pm; Who is going will be notified	23. Chair Yoga; Meditation
11:15-12:45	Lunch and Social Hour				
12:45-1:30	Outside Garden; Music Hour	Create Paper Airplanes	Bowling, Fitchburg Library, Write and Practice Letters	Fitchburg Art Museum; Symmetry papers	Outdoor Sports Games, Community Walk
1:30-2:15	Walking, Exercise, and Stretching Goals	Board Games	Individual Choice Activity	Walking, Exercise, and Stretching Goals	Bottle Turtle Craft
2:15-2:45	Bathrooms/Clean Up/ ICentrix Data Entry				
2:45- 3:00	Coats On; Bags Packed; Rooms Ready for Departure; Bussing Starts at 3pm				

*Gentle meditative music during a period of reflection and conversation of yesterday, and what is expected for today.