

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2025

Sarahpa Adult Day Care Center



Cinco de Mayo!
Chair Dancing
Sombrero Crafts
Balloon Volleyball
Taco Lunch
Margarita Mocktails
Mariachi Music

Seated Workout
Bingo
Dominoes
Crochet Group
May Facts & Fun
Bowling
Travelin' Tunes

Meditation
Jewelry Making
Baseball Toss Game
Entertainment with Tom Bonanno
Card Games
Famous May Birthdays

Movement to Music
Pokeno
Cornhole
Jigsaw Puzzles
May Day Planting
Flower Crafts

Chair Aerobics
Word Puzzles
Special Mother's Day Lunch
Red, White & Blue Ring Toss
Walking Club
Sing a Long

Derby Day!
Horse Racing
Chair Yoga
Bingo
Sing a Long
Walking Club
Making Mint Juleps



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Activities Director

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Lunch in the Garden
Morning Stretch
May Jeopardy
Basketball
Category Game
Scrabble

Chair Exercise
Spring Crafts
Slots Ball
Manicures
Dominoes
Stevie Wonder Music
Hour

Olive Garden Trip
Stretch & Relaxation
Card Games
Stars & Stripes Bean Bag
Phillies Game (1:05pm)
Walking Club
Sing a Long

Movement to Music
Pokeno
Cornhole
Chocolate Chip Cookie
Baking
Jigsaw Puzzles
Crochet Group

Chair Yoga
Bingo
Big Dice Games
Wine Glass Painting
Birthday Cupcakes & Ice Cream
Wacky Words
Name that Tune



Shopping Trip to Dollar Tree
Sit & Be Fit
Bingo
Special Hot Dog Lunch
Crafts

Calendar Subject to Change

Chair Dancing
Volleyball
Sing a Long
Board Games
Jenkintown Library Visit
Word Mining

Seated Workout
Bingo
Walking Club
Dominoes
Bowling
Baking Group

Take Out Lunch-Wings
Meditation
Baseball Toss Game
Card Games
Crochet Group
Double Trouble

Chair Aerobics
Word Puzzles
Finishing Lines
Red, White, & Blue Ring Toss
Entertainment with Calvin Pressley
Phillies Game (3:10pm)

Lunch in the Garden
Movement to Music
Pokeno
Cornhole
Jigsaw Puzzles
Walking Club
The Life of Bob Hope

Chair Yoga
Bingo
Big Dice Games
Manicures
Crochet Group
The Music of Hank Williams



Center Closed



Trip to Michael's Diner
Chair Exercise
Canvas Painting
Slots Ball
Sing a Long
Dominoes
Heat & Sun Safety

Stretch & Relaxation
Card Games
Crafts
Participant Council
Stars & Stripes Bean Bag
Popsicle Making
Remembering Jim Thorpe

Daily AM Activities

7:00-8:00 Meet & Greet
8:00-9:00 Coffee & News
8:30-10:00 Breakfast
10:00-10:30 Morning Stretch
10:30-11:00 Daily Chronicles
11:00-11:30 Daily Themed Activity
11:30-12:00 Active Games

Daily PM Activities

12:00-1:00 Lunch
1:00-1:30 Cognitive Game
1:30-2:30 Afternoon Activity
2:30-3:00 Snack
3:00-3:30 Afternoon Stretch
3:30-4:30 Late Afternoon Activity
4:30-5:30 Independent Activities