





# MAY 2023 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1. <b>Morning</b> Devotion/Fitness Current Events 50/50 Nurse Health Talk Spanish Trivia Mayo Bingo</p> <p><b>Afternoon</b> Learn a Spanish Word Limbo Competition Bean-Bag Toss</p> <p><b>Outing: Gospel is Alive at Franklin Ave Church</b></p>	<p>2. <b>Morning</b> Devotion/Fitness Current Events Kingsley Court Happy Hour Bingo</p> <p><b>Afternoon</b> Pass The Sombrero Brain Games Word Search</p>  <p><b>Outing: Pandora's Snowballs</b></p>	<p>3. <b>Morning</b> Devotion/Fitness <b>Fitness with Frederick</b> True or False Game Mariachi Bingo</p> <p><b>Afternoon</b> Connect 4 Uno &amp; Spades Tournament</p>  <p><b>Outing: DD's Discount</b></p>	<p>4. <b>Morning</b> Devotion/Fitness Current Events <b>Cinco De Mayo Celebration</b> Cinco De Mayo Bingo</p> <p><b>Afternoon</b> Pinata Competition Movie &amp; Popcorn: Coco</p>  <p><b>Attire: Ponchos &amp; Sombreros</b></p>	<p>5. <b>Morning</b> Devotion/Fitness Current Events Salsa Tasting Cinco De Mayo Trivia</p> <p><b>Afternoon</b> Fruit Walk Word Search Karoke</p> <p><b>Outing: La Pandora</b></p> 
<p>8. <b>Morning</b> Devotion/Fitness Current Events <b>DePaul Health</b> Let's Make A Deal Hakuna Matata Bingo</p> <p><b>Afternoon</b> Word in a Word Word Search Bean Bag Toss</p>	<p>9. <b>Morning</b> Devotion/Fitness Current Events 50/50 <b>Wakanda Forever Celebration</b> African King Bingo</p> <p><b>Afternoon</b> Chair Yoga Aux Cord Game</p>  <p><b>Attire: African Attire</b></p>	<p>10. <b>Morning</b> Devotion/Fitness Current Events <b>Fitness with Frederick</b> Sports Trivia Kwanza Bingo</p> <p><b>Afternoon</b> Gumbo Pot Paint &amp; Sip Karoke</p> 	<p>11. <b>Morning</b> Devotion/Fitness <b>Mother's Day Celebration</b> Wakanda Bingo</p> <p><b>Afternoon</b> Cake Walk Uno Tournament Word in a Word</p>  <p><b>Attire: Sunday Hats &amp; Floral Print</b></p>	<p>12. <b>Morning</b> Devotion / Fitness Current Events T.G.I.F Raffle Bible Trivia Bantu Bingo</p> <p><b>Afternoon</b> Name That Tune Movie &amp; Popcorn: Women King</p> 
<p>15. <b>Morning</b> Devotion/ Fitness Current Events Nurse Health Talk <b>Chinese New Year Celebration</b></p> <p><b>Afternoon</b> Brain Games Word Search</p> <p><b>Outing: Walmart</b></p>	<p>16. <b>Morning</b> Devotion/ Fitness Current Events 50/50 <b>Price is Right</b> Bingo</p> <p><b>Afternoon</b> Move &amp; Groove Movie &amp; Popcorn</p> <p><b>FREE HAIRCUTS &amp; SPA DAY</b></p>	<p>17. <b>Morning</b> Devotion/Fitness Current Events <b>Fitness with Frederick</b> Bingo</p> <p><b>Afternoon</b> Move &amp; Groove Afternoon Stroll Patio Games</p> <p><b>Outing: Shoney's</b></p>	<p>18. <b>Morning</b> Devotion/Fitness Current Events <b>Hurricane Preparedness Seminar</b></p> <p><b>Afternoon</b> Fortune Cookie Bingo Pool Tournament</p> <p><b>Attire: Clover Shirt</b></p>	<p>19. <b>Morning</b> Devotion/Fitness Current Events</p> 

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<p>22. <b>Morning</b> Devotion/Fitness Current Events Nurse Health Talk Finish The Lyrics Carnival Bingo</p> <p><b>Afternoon</b> Grab That Dough Prize Walk</p>  <p><b>Outing: Walgreen's</b></p>	<p>23. <b>Morning</b> Devotion/Fitness Current Events 50/50 Scavenger Hunt Jamaican Me Bingo</p> <p><b>Afternoon</b> Musical Chairs Floor Games Word Search</p>  <p><b>Outing: Hobby Lobby</b></p>	<p>24. <b>Morning</b> Devotion/Fitness Current Events <b>Fitness with Frederick</b> Honduran Bingo</p> <p><b>Afternoon</b> Finish The Lyrics Music Therapy</p>  <p><b>Outing: Family Dollar</b></p>	<p>25. <b>Morning</b> Devotion/Fitness Current Events Tea with Chante' <b>Central American Celebration</b> Bingo</p> <p><b>Afternoon</b> Move and Groove Movie &amp; Popcorn</p>  <p><b>Outing: City Park Ride</b></p>	<p>26.</p> <p><b>Closed</b> <i>for TRAINING</i></p> <p><small>www.fmc-stm.com</small></p> <p><b>AGENCY CLOSURE</b></p>
<p>29.</p> <p><b>AGENCY CLOSURE</b></p> 	<p>30. <b>Morning</b> Devotion/Fitness Current Events <b>Lunch at Copeland's</b></p> <p><b>Afternoon</b> Scavenger Hunt Move &amp; Groove Fact or Fiction</p> 	<p>31. <b>Morning</b> Devotion/Fitness Current Events <b>Fitness w/ Frederick</b> Soul Bingo</p> <p><b>Afternoon</b> <b>Birthday Celebration!</b> Soul Train Line Horseshoe Toss</p> <p><b>Outing: Canal St. Ride</b></p>		<p><b>MAY BIRTHDAYS!</b></p> <p>Larry R. 5.02 Barbara H. 5.06 Daria S. 5.15 Faris W. 5.22 Lucy R. 5.31</p> 


The calendar is subject to change daily.

### Center News

- **Mayfest** will be on 5/19. Please come and shop arts and crafts from our participants! The Public is invited!
- Clover will be closed on 5/26 for staff development training and 5/29 for Memorial Day.
- Any participant going on a food outing must have \$20.00.

### HEALTH CORNER

Every May is  
**MENTAL HEALTH MONTH**



An estimated 1 in 5 adults experience a mental health disorder each year. Many of these conditions are treatable, but many suffer in silence because of stigma or shame.

If you know someone in crisis, contact the Military Crisis Line: 800-273-8255 or Website: [militaryonesource.mil/health-wellness](http://militaryonesource.mil/health-wellness)