

# May 2026

## OPTALIS OF GROSSE POINTE WOODS

|   |   |   |   |   |  |  |
|---|---|---|---|---|--|--|
|   |   |   |   |   | 9:00-Daily Chronicles <b>IR</b><br>10:30-Chair Yoga <b>AR</b><br>11:00-Guided Meditation <b>AR</b><br>1:00-Pictionary <b>AR</b><br>2:00-BINGO- <b>2DR</b><br>3:30-LCR <b>AR</b><br>5:30-Adult Coloring <b>AR RR</b><br>May Day | 10:00-Daily Chronicles <b>IR</b><br>11:00-Poetry Reading <b>AR</b><br>1:00-Spa Day <b>AR</b>                       |
| 10:00-Daily Chronicles <b>IR</b><br>11:00-Coffee & Donuts <b>AR</b><br>1:00-Movie & Popcorn<br>( <i>Roofman</i> , '25) <b>AR</b>                                | 9:00-Daily Chronicles <b>IR</b><br>10:00- Coffee & Convo <b>AR</b><br>11:00-Scrabble <b>AR</b><br>1:00-Jenga <b>AR</b><br>2:00- Book Club <b>AR</b><br>3:00-Flower Painting- <b>AR</b><br>5:30-Uno- <b>AR RR</b>                | 9:00-Daily Chronicles <b>IR</b><br>10:30-Chair Aerobics <b>AR</b><br>1:00-Happy Hour <b>2DR</b><br>2:00-BINGO <b>2DR</b><br>3:30-Watch Music Videos- <b>AR</b><br>Cinco de Mayo                       | 9:00-Daily Chronicles <b>IR</b><br>10:00-Coffee & Convo <b>AR</b><br>11:00-True Crime Show <b>AR</b><br>1:00-Cornhole <b>CY</b><br>2:00-Sharpie Painting <b>AR</b><br>3:00-Horror Movie Club<br>( <i>Sinners</i> , '25) <b>2DR</b>    | 9:00-Daily Chronicles <b>IR</b><br>10:00-Coffee & Convo <b>AR</b><br>11:00-Comedy Corner <b>AR</b><br>1:00-Trivia <b>AR</b><br>2:00-Tattoo Shop <b>AR</b><br>3:00-Clue <b>AR</b>      | 9:00-Daily Chronicles <b>IR</b><br>10:30-Chair Yoga <b>AR</b><br>11:00-Guided Meditation - <b>AR</b><br>1:00-Make Mother's Day<br>Decor <b>AR</b><br>2:00-BINGO <b>2DR</b><br>3:30-Would You Rather? <b>AR</b>                 | 10:00-Daily Chronicles <b>IR</b><br>11:00-Chair Exercises- <b>AR</b><br>1:00-Spa Day <b>AR</b>                     |
| 10:00-Daily Chronicles <b>IR</b><br>11:00-Coffee & Donuts <b>AR</b><br>1:00-Mother's Day Party <b>2DR</b><br>Mother's Day<br>National Skilled Nursing Care Week | 9:00-Daily Chronicles <b>IR</b><br>10:00-Coffee & Convo <b>AR</b><br>11:00-Pictionary <b>AR</b><br>1:00-Karaoke <b>AR</b><br>2:00-Book Club <b>AR</b><br>3:00-Movie & Popcorn<br>( <i>Going in Style</i> , '17) <b>AR</b>       | 9:00-Daily Chronicles <b>IR</b><br>10:30-Chair Aerobics <b>AR</b><br>11:00-Outside Time <b>CY</b><br>1:00-Air Dry Clay Sculptures <b>AR</b><br>2:00-BINGO <b>2DR</b><br>3:00-Name That Tune <b>AR</b> | 9:00-Daily Chronicles <b>IR</b><br>10:00-Coffee & Convo <b>AR</b><br>11:00-Stroll Patrol <b>CY</b><br>1:00-Flavor Your Popcorn! <b>AR</b><br>3:00-Horror Movie Club<br>( <i>Ready or Not</i> , '19) <b>2DR</b>                        | 9:00-Daily Chronicles <b>IR</b><br>10:00-Coffee & Convo <b>AR</b><br>11:00-Bunny Visits! <b>IR</b><br>1:00-Name That Celebrity <b>AR</b><br>2:00-Monopoly <b>AR</b>                   | 9:00-Daily Chronicles <b>IR</b><br>10:30-Chair Yoga <b>AR</b><br>11:00-Guided Meditation <b>AR</b><br>1:00-Grabber Games <b>AR</b><br>2:00-BINGO <b>AR</b><br>3:00-Dominoes <b>AR</b>  | 10:00-Daily Chronicles <b>IR</b><br>11:00-Twenty Questions <b>AR</b><br>1:00-Spa Day <b>AR</b><br>Armed Forces Day |
| 10:00-Daily Chronicles <b>IR</b><br>11:00-Coffee & Donuts <b>AR</b><br>1:00-Movie & Popcorn<br>( <i>Galaxy Quest</i> , '99) <b>AR</b>                           | 9:00-Daily Chronicles <b>IR</b><br>10:00-Coffee & Convo <b>AR</b><br>11:00- Adult Coloring <b>AR</b><br>1:00-Ice Cream Social <b>2DR</b><br>2:00-Book Club <b>AR</b><br>3:00-Rummy Card Game <b>AR</b><br>Victoria Day (Canada) | 9:00-Daily Chronicles <b>IR</b><br>10:30-Chair Aerobics <b>AR</b><br>11:00-Yard Games <b>CY</b><br>1:00-Resident/ Food Council <b>AR</b><br>2:00-BINGO <b>2DR</b><br>3:00-Picnic Game <b>AR</b>       | 9:00-Daily Chronicles <b>IR</b><br>10:00-Coffee & Convo <b>AR</b><br>11:00-True Crime Show <b>AR</b><br>1:00-Rummy Card Game <b>AR</b><br>2:00-Nails <b>AR</b><br>3:00-Horror Movie Club<br>( <i>The Wicker Man</i> , '73) <b>2DR</b> | 9:00-Daily Chronicles <b>IR</b><br>10:00-Coffee & Convo <b>AR</b><br>11:00-LCR <b>AR</b><br>1:00-Karaoke <b>AR</b><br>3:00-The Game of Life <b>AR</b><br>Shavuot Begins               | 9:00-Daily Chronicles <b>IR</b><br>10:30-Chair Yoga <b>AR</b><br>11:00-Guided Meditation <b>AR</b><br>1:00-Stroll Patrol <b>CY</b><br>2:00-BINGO <b>2DR</b><br>3:30-Music Therapy <b>AR</b>                                    | 10:00-Daily Chronicles <b>IR</b><br>11:00-Two Truths & a Lie- <b>AR</b><br>1:00-Spa Day <b>AR</b>                  |
| 10:00-Daily Chronicles <b>IR</b><br>11:00-Coffee & Donuts <b>AR</b><br>1:00-Movie & Popcorn<br>( <i>Sound of Metal</i> , '19) <b>AR</b>                         | 9:00-Daily Chronicles <b>IR</b><br>10:00-Flag Raising Ceremony <b>CY</b><br>11:00-Watercolor Monsters <b>AR</b><br>1:00-Watch Music Videos <b>AR</b><br>2:00-Book Club <b>AR</b><br>3:00-Charades <b>AR</b><br>Memorial Day     | 9:00-Daily Chronicles <b>IR</b><br>10:30-Chair Aerobics <b>AR</b><br>11:00-Fruit Salad <b>AR</b><br>1:00-Uno <b>AR</b><br>2:00-BINGO <b>2DR</b><br>3:00-Finish The Story <b>AR</b>                    | 9:00-Daily Chronicles <b>IR</b><br>10:00-Coffee & Convo <b>AR</b><br>11:00-True Crime Show <b>AR</b><br>1:00-Jenga/Stroll Patrol <b>CY/AR</b><br>2:00-Spades <b>AR</b><br>3:00-Horror Movie Club<br>( <i>Spring</i> , '14) <b>2DR</b> | 9:00-Daily Chronicles <b>IR</b><br>10:00-Coffee & Convo <b>AR</b><br>11:00-Grapes Sculptures <b>AR</b><br>1:00-Resident Birthday Party <b>AR</b><br>3:00-Trouble Board Game <b>AR</b> | 9:00-Daily Chronicles <b>IR</b><br>10:30-Chair Yoga <b>AR</b><br>11:00-Guided Meditation - <b>AR</b><br>1:00-Fortunately, Unfortunately<br>Game <b>AR</b><br>2:00-BINGO <b>2DR</b><br>3:30-Yahtzee <b>AR</b>                   | 10:00-Daily Chronicles <b>IR</b><br>11:00-Chair Exercises <b>AR</b><br>1:00-Spa Day <b>AR</b>                      |
| 10:00-Daily Chronicles <b>IR</b><br>11:00-Coffee & Donuts <b>AR</b><br>1:00-Movie & Popcorn<br>( <i>The Naked Gun</i> , '25) <b>AR</b>                          |   |   |   |   |  |  |