


Life Enrichment Services – Sterling Heights

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Bible Study on Thursdays Baking Club: Thursday, May 28 th Craft Club: Monday, May 18 th Book Club: Tuesday, May 5 th Garden Club TBD		Asian American & Pacific Islander (AAPI) Heritage Month AVON – May 1st & May 14th		1 AVON 10:30 Morning Stretches 10:45 Calendar Review 11:00 Movie & Popcorn 1:00 Movie & Popcorn 2:00 Movie & Popcorn
4 Elderific Salon 10:30 Cornhole/Velcro Darts 10:45 Mobile SOS Sign-Up 11:30 855 Education 1:00 May Trivia 2:00 Name that Tune	5 Meijer Outing/Book Club 10:30 Chair Aerobics 10:45 Cinco De Mayo Fiesta 11:30 Calendar Review 1:00 Dynamic Duo/Bingo 2:00 Daily Wordle	6 10:30 Movement to Music 11:00 Tai Chi 11:30 Bio: Tammy Duckworth 1:00 Cardio Drumming/Euchre 2:00 Daily Gratitude	7 Elderific Salon 10:30 Chair Yoga 10:45 Mother's Day Social 11:30 855 Education 1:00 R&M Sounds & Co. 2:00 Music & Mingle	8 Pop-Up Shop/Walmart 10:30 You Pick Exercise 10:45 Mother's Day Social 11:30 Bio: Dr. Chien Shiung Wu 1:00 Relaxing Coloring 2:00 You Pick Music
11 Mental Health Awareness Day 10:30 Chair Aerobics 10:45 Bingo 11:30 Bio: Kalpana Chawla 1:00 Kite Making 2:00 Mental Health Awareness	12 10:30 Morning Stretches 10:45 Mindful Meditation 11:00 Memorial Service 1:00 Table Talk Tidbits 2:00 Daily Gratitude	13 Community Impact Day 10:30 Chair Yoga 10:45 Talent Show/Karaoke 11:30 Activity Planning 1:00 Nails/Board Games 2:00 Mingle with Volunteers	14 Hand Care Day/GC Outing 10:30 You Pick Exercise 10:45 Activity Planning/Karaoke 11:30 Participant Art Show 1:00 Comedy Show/Bingo 2:00 You Pick Music	15 10:30 Walk 'n' Roll 10:45 Jeopardy/Family Feud 11:30 Participant Art Show 1:00 Outdoor Social/Uno 2:00 This Day in History
18 Craft Club/Low Vision Group 10:30 Movement to Music 10:45 Virtual Museum Tour 11:30 Bio: Philip Vera Cruz 1:00 You Be the Judge 2:00 Daily Gratitude	19 10:00 Participant Townhall 1:00 Pet Therapy/Bingo	20 Mexican Restaurant Outing 10:00 Participant Townhall 1:00 Euchre/Outdoor Social	21 Memorial Day Party 10:30 Basketball/ Sno Cones 10:45 Seafoam Art w/ Kim 11:30 Bio: Joyce Chen 1:00 Petting Zoo 2:00 This Day in History	22 Memorial Day Party 10:30 Chair Yoga/ Sno Cones 10:45 Seafoam Art w/ Kim 11:30 Scam Prevention Ed. 1:00 Heart of the Hills Players 2:00 Music & Mingle
25 CLOSED FOR MEMORIAL DAY 	26 10:30 Morning Stretches 11:00 Tai Chi 11:30 Bio: Cecilia Chung 1:00 Outdoor Social/Jeopardy 2:00 Music & Mingle	27 Senior Day @ Zoo 10:30 Chair Aerobics 10:45 Balloon Volleyball 11:30 June Outing Sign-Up 1:00 Dr. Feelgood/Bingo 2:00 You Pick Music	28 Baking Club/Peaches 10:30 You Pick Exercise 10:45 Hat Decorating 11:30 June Outing Sign-Up 1:00 Cardio Drumming 2:00 Name That Tune	29 10:30 Movement to Music 10:45 Hat Decorating 11:30 Bio: Grace Lee Boggs 1:00 Charades 2:00 Daily Wordle

Life Enrichment Therapists: Chelsea Roginski, CTRS: (248) 763-4611
 Grace Smith, CTRS: (313) 701-6940