

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

## Southern Plaza Assisted Living

|   |   |   |   |   |  |   |
|---|---|---|---|---|--|---|
|   |   |   |   |   | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 11:00 <b>The Lokal</b> <b>Signup Required</b> (Lobby-1<sup>st</sup>)<br/> 1:00 <b>Volleyoccer with Betty</b> (3<sup>rd</sup>)<br/> 2:00 <b>Would you rather?</b> (3<sup>rd</sup>)<br/> 3:00 <b>Category Game</b> (3<sup>rd</sup>)</p> <p>May Day</p> | <p>1:00 <b>Movie: TBD</b> (Theater-3rd)<br/> 3:00 <b>Movie: TBD</b> (Theater-3rd)<br/> 6:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)</p>   |
| <p>9:30 <b>Worship Service by Doug Forsberg</b> (Event Center-1<sup>st</sup>)<br/> 2:00 <b>Movie: TBD</b> (Theater-3<sup>rd</sup>)<br/> 6:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)</p>  | <p>10:00 <b>Silver Cords Choir</b> (Event Center-1<sup>st</sup>)<br/> 1:00 <b>Bingo</b> (3<sup>rd</sup>)<br/> 2:00 <b>Therapy Dog Murphy by Legacy Hospice</b> (Lobby-1<sup>st</sup>)<br/> 3:00 <b>Bunco with Dusti</b> (3<sup>rd</sup>)<br/> 4:00 <b>Prayer Meeting</b> (Chapel-2nd)</p>   | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 10:45 <b>Senior Singers</b> (Event Center-1<sup>st</sup>)<br/> 1:00 <b>1<sup>st</sup> Floor Tornado Walk</b> (Lobby-1<sup>st</sup>)<br/> 1:20 <b>2<sup>nd</sup> Floor Tornado Walk</b> (Library-2<sup>nd</sup>)<br/> 1:40 <b>3<sup>rd</sup> Floor Tornado Walk</b> (Lobby-3<sup>rd</sup>)<br/> 2:00 <b>Walking Tacos</b> (Activity Kitchen-1<sup>st</sup>)<br/> 3:00 <b>Classical Music with Keziah</b> (Event Center-1<sup>st</sup>)<br/> 6:00 <b>Tap Dancers OKC</b> (Event Center-1<sup>st</sup>)<br/> <b>Cinco de Mayo</b><br/> <b>Wear Bright Colors!</b><br/> Cinco de Mayo</p> | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Volleyoccer with Betty</b> (3<sup>rd</sup>)<br/> 1:30 <b>Summer Bash</b> (Event Center-1<sup>st</sup>)<br/> 2:15 <b>Sheila OKC Arts Council</b> (Activity Kitchen-1<sup>st</sup>)<br/> 3:00 <b>Bible Study with Dan DeOme</b> (Event Center-1<sup>st</sup>)</p> | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Women's Bible Study with Denise</b> (Activity Kitchen-1<sup>st</sup>)<br/> 1:00 <b>Men's Bible Study with Dave Smith</b> (Chapel-2<sup>nd</sup>)<br/> 2:00 <b>Mother's Day Hat Making</b> (Activity Kitchen-1<sup>st</sup>)</p>   | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Thrift Store</b> <b>Signup Required</b> (Lobby-1<sup>st</sup>)<br/> 2:00 <b>Volleyoccer with Betty</b> (3<sup>rd</sup>)<br/> 3:00 <b>Mother's Day Tea Party</b> (Event Center-1<sup>st</sup>)</p>  | <p>1:00 <b>Movie: TBD</b> (Theater-3rd)<br/> 3:00 <b>Movie: TBD</b> (Theater-3rd)<br/> 6:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)</p>   |
| <p>9:30 <b>Worship Service by Doug Forsberg</b> (Event Center-1<sup>st</sup>)<br/> 2:00 <b>Movie: TBD</b> (Theater-3<sup>rd</sup>)<br/> 6:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)</p> <p>Mother's Day<br/>National Skilled Nursing Care Week</p> | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Bingo</b> (3<sup>rd</sup>)<br/> 2:00 <b>Veterans Coffee Social with Jason from Synergy Home Care</b> (Event Center-1<sup>st</sup>)<br/> 3:00 <b>Hostess Cupcake Party with Dusti</b> (Activity Kitchen-1<sup>st</sup>)<br/> 4:00 <b>Prayer Meeting</b> (Chapel-2nd)</p>             | <p>10:00 <b>Light and Lively Exercise with Teresa</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Nurse Appreciation with Ameriah</b> (Activity Kitch-1<sup>st</sup>)<br/> 2:00 <b>Music by Sr. Ms. Oklahoma</b> (Event Center-1<sup>st</sup>)<br/> 2:00 <b>Therapy Dog Toby sponsored by Traditions Hospice</b> (Lobby-1<sup>st</sup>)<br/> 3:00 <b>Coloring Time with Ameriah</b> (Activity Kitch-1<sup>st</sup>)<br/> <b>International Nurses Day</b></p>  | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Volleyoccer with Betty</b> (3<sup>rd</sup>)<br/> 2:00 <b>Apple Pie Making</b> (Activity Kitchen-1<sup>st</sup>)<br/> 3:00 <b>Apple Pie Social with Ameriah</b> (Activity Kitchen-1<sup>st</sup>)<br/> <b>Sweet as Apple Pie Day</b></p>                         | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Women's Bible Study with Denise</b> (Activity Kitchen-1<sup>st</sup>)<br/> 1:00 <b>Men's Bible Study with Dave Smith</b> (Chapel-2<sup>nd</sup>)<br/> 2:00 <b>Thankful Thursday</b> (Activity Kitchen-1<sup>st</sup>)<br/> 3:00 <b>Baseball with Don</b> (Lobby-1<sup>st</sup>)</p>   | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Memory Garden Rocks</b> (Activity Kitchen-1<sup>st</sup>)<br/> 2:00 <b>Free Drive</b> <b>Signup Required</b> (Lobby-1<sup>st</sup>)<br/> 3:00 <b>Volleyoccer with Betty</b> (3<sup>rd</sup>)<br/> <b>Happy Birthday Billie H!</b></p>        | <p>1:00 <b>Movie: TBD</b> (Theater-3rd)<br/> 3:00 <b>Movie: TBD</b> (Theater-3rd)<br/> 6:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)<br/> <b>Happy Birthday Bob S!</b></p> <p>Armed Forces Day</p> |
| <p>9:30 <b>Worship Service by Doug Forsberg</b> (Event Center-1<sup>st</sup>)<br/> 2:00 <b>Movie: TBD</b> (Theater-3<sup>rd</sup>)<br/> 6:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)</p>  | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Bingo</b> (3<sup>rd</sup>)<br/> 2:00 <b>Dietary Meeting</b> (Event Center-1<sup>st</sup>)<br/> 3:00 <b>Popcorn Club with Micah/ sponsored Legacy Family Hospice</b> (Activity Kitchen-1<sup>st</sup>)<br/> 4:00 <b>Prayer Meeting</b> (Chapel-2nd)</p> <p>Victoria Day (Canada)</p> | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Community Recipe Book Making</b> (Activity Kitchen-1<sup>st</sup>)<br/> 2:00 <b>Music by James Randolf</b> (Event Center-1<sup>st</sup>)<br/> 3:00 <b>Eye Spy with Ameriah</b> (Activity Kitchen-1<sup>st</sup>)<br/> 6:00 <b>Piano Recital by Margret Anne Adams</b> (Event Center)</p>  | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Volleyoccer with Betty</b> (3<sup>rd</sup>)<br/> 2:00 <b>Red Paper Poppy</b> (Activity Kitchen-1<sup>st</sup>)<br/> 3:00 <b>Music by Michael Cooper</b> (Event Center-1<sup>st</sup>)<br/> <b>Buddy Poppy Day</b><br/> <b>Wear red!</b></p>                     | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Women's Bible Study with Denise</b> (Activity Kitchen-1<sup>st</sup>)<br/> 1:00 <b>Men's Bible Study with Dave Smith</b> (Chapel-2<sup>nd</sup>)<br/> 2:00 <b>Popcorn with SNU President</b> (Event Center-1<sup>st</sup>)<br/> 3:00 <b>Girl Talk</b> (Activity Kitchen-1<sup>st</sup>)<br/> 3:00 <b>Guy Talk</b> (Chapel-2<sup>nd</sup>)</p> <p>Shavuot Begins</p> | <p>10:00 <b>Light and Lively Exercise with Linda</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 11:00 <b>Teds</b> <b>Signup Required</b> (Lobby-1<sup>st</sup>)<br/> 1:00 <b>Volleyoccer with Betty</b> (3<sup>rd</sup>)<br/> 2:00 <b>Meet-N-Greet</b> (3<sup>rd</sup>)<br/> 3:00 <b>Resident Council</b> (3<sup>rd</sup>)</p>            | <p>1:00 <b>Movie: TBD</b> (Theater-3rd)<br/> 3:00 <b>Movie: TBD</b> (Theater-3rd)<br/> 6:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)</p>   |
| <p>9:30 <b>Worship Service by Doug Forsberg</b> (Event Center-1<sup>st</sup>)<br/> 2:00 <b>Movie: TBD</b> (Theater-3<sup>rd</sup>)<br/> 6:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)</p>  | <p>10:00 <b>Light and Lively Exercise with Teresa</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 2:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)<br/> 4:00 <b>Prayer Meeting</b> (Chapel-2nd)</p> <p><b>Memorial Day</b><br/> <b>Wear red, white &amp; blue!</b></p> <p>Memorial Day</p>  | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Lemonade Making</b> (Activity Kitchen-1<sup>st</sup>)<br/> 2:00 <b>Music by June Carter</b> (Event Center-1<sup>st</sup>)<br/> 2:00 <b>Therapy Dog Toby sponsored by Traditions Hospice</b> (Lobby-1<sup>st</sup>)<br/> 3:00 <b>Paper Airplane Contest</b> (2<sup>nd</sup>-Library)</p>   | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Volleyoccer with Betty</b> (3<sup>rd</sup>)<br/> 2:00 <b>Advice for the Young</b> (3<sup>rd</sup>)<br/> 3:00 <b>Bible Study with Caleb Turk</b> (Event Center-1<sup>st</sup>)</p>   | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Women's Bible Study with Denise</b> (Activity Kitchen-1<sup>st</sup>)<br/> 1:00 <b>Men's Bible Study with Dave Smith</b> (Chapel-2<sup>nd</sup>)<br/> 1:00-2:00 <b>Lindsey Medical for Safety Checks</b> (Event Center-1<sup>st</sup>)<br/> 3:00 <b>Memory Lane</b> (Lobby-1<sup>st</sup>)</p>  | <p>10:00 <b>Light and Lively Exercise</b> (3rd)<br/> 10:20 <b>Hymns/Devotion</b> (3rd)<br/> 10:45 <b>The Chronicle</b> (3rd)<br/> 1:00 <b>Sing Along with Judy</b> (Event Center-1<sup>st</sup>)<br/> 2:00 <b>Volleyoccer with Betty</b> (3<sup>rd</sup>)<br/> 3:00 <b>Baseball with Don</b> (3<sup>rd</sup>)<br/> 6:00 <b>PROM</b> (Event Center-1<sup>st</sup>)</p>                  | <p>1:00 <b>Movie: TBD</b> (Theater-3rd)<br/> 3:00 <b>Movie: TBD</b> (Theater-3rd)<br/> 6:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)</p>   |
| <p>9:30 <b>Worship Service by Doug Forsberg</b> (Event Center-1<sup>st</sup>)<br/> 2:00 <b>Movie: TBD</b> (Theater-3<sup>rd</sup>)<br/> 6:00 <b>Gametime/Group Choice</b> (3<sup>rd</sup>)</p>  |   |   |   |   |  |   |