

# 2024 May Activity Calendar

		05/01/24 Wednesday		05/02/24 Thursday		05/03/24 Friday		05/04/24 Saturday	
<b>Activity Structure</b>	Hair cut	5/8/24	<b>Daily regular activity</b>	9:45-10:15 Tai Chi	9:30-10:30 Traditional opera	9:45-11:00 Grocery Shopping	10:00-11:00 TV Show		
		5/22/24		08:00 - 09:00 Morning Exercise	9:35-9:55 Exercise	9:45-10:15 Tai Chi	10:00-11:00 TV Show	10:10-11:00 Bingo	
	09:00 - 09:30 Breakfast	5/29/24	9:30-10:30 Exercise	9:45-11:00 Nylon DIY	9:45-11:00 EnglishClass/grocery shopping	10:00-11:00 Fabric Collge	10:00-11:45 games/coloring		
	09:30-11:30 Activities		9:30-10:00 Sudoku(Tue,Fri)	9:45-10:15 Folk Song	9:30-10:00 Armchair Exercise	10:10-11:00 Bingo	Karaoke		
	11:30 - 12:00 Rest /Lunch	Birthday	5/14/24	10:00-11:00 Peking Opera	10:00-11:00 Traditional Dance/Fabric Collge	11:00-11:45 games/coloring			
	12:30 - 01:00 Board Games			10:00-11:00 Painting	10:00-11:00 Cantonese Group	Karaoke			
Departure			10:45-11:15 Recitation class	10:00-11:00 groovy movement					
		5/7/24	Mother's day Acticity	10:30-11:30 Yoga					
		05/05/24 Sunday	05/06/24 Monday	05/07/24 Tuesday	05/08/24 Wednesday	05/09/24 Thursday	05/10/24 Friday	05/11/24 Saturday	
9:45-11:00 Churching	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:30-10:30 Traditional opera	9:45-11:00 Grocery Shopping	10:00-11:00 TV Show		
10:00-11:00 TV Show	9:35-9:55 Exercise	10:00-11:00 Chinese Painting	9:35-9:55 Exercise	9:35-9:55 Exercise	9:45-10:15 Tai Chi	10:00-11:00 TV Show	9:45-11:00 Shopping		
10:10-11:00 Bingo	9:45-11:00 Nylon DIY	10:00-11:00 Humns	9:45-11:00 Nylon DIY	9:45-11:00 Nylon DIY	9:45-11:00 EnglishClass/grocery shopping	10:00-11:00 Fabric Collge	10:10-11:00 Bingo		
11:00-11:45 games/coloring	10:00-11:00 Painting	10:30-11:15 National Dance	9:45-10:15 Folk Song	9:45-10:15 Folk Song	9:30-10:00 Armchair Exercise	10:10-11:00 Bingo	10:00-11:45 games/coloring		
Karaoke	10:00-11:00 Peking Opera	10:40-11:30 Female Chorus	10:00-11:00 Peking Opera	10:00-11:00 Peking Opera	10:00-11:00 Traditional Dance/Fabric Collge	11:00-11:45 games/coloring	Karaoke		
	10:00-11:00 Bible Story	10:45-11:15 Entertainment	10:00-11:00 Painting	10:00-11:00 Painting	10:00-11:00 groovy movement	Karaoke			
	10:30-11:30 Yoga		10:45-11:15 Recitation class	10:45-11:15 Recitation class					
			10:30-11:30 Yoga	10:30-11:30 Yoga					
		05/12/24 Sunday	05/13/24 Monday	05/14/24 Tuesday	05/15/24 Wednesday	05/16/24 Thursday	05/17/24 Friday	05/18/24 Saturday	
9:45-11:00 Churching	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:30-10:30 Traditional opera	9:45-11:00 Grocery Shopping	10:00-11:00 TV Show		
10:00-11:00 TV Show	9:35-9:55 Exercise	10:00-11:00 Chinese Painting	9:35-9:55 Exercise	9:35-9:55 Exercise	9:45-10:15 Tai Chi	10:00-11:00 TV Show	10:10-11:00 Bingo		
10:10-11:00 Bingo	9:45-11:00 Nylon DIY	10:00-11:00 Humns	9:45-11:00 Nylon DIY	9:45-11:00 Nylon DIY	9:45-11:00 EnglishClass/grocery shopping	10:00-11:00 Fabric Collge	10:00-11:45 games/coloring		
11:00-11:45 games/coloring	10:00-11:00 Painting	10:30-11:15 National Dance	9:45-10:15 Folk Song	9:45-10:15 Folk Song	9:30-10:00 Armchair Exercise	10:10-11:00 Bingo	Karaoke		
Karaoke	10:00-11:00 Peking Opera	10:40-11:30 Female Chorus	10:00-11:00 Peking Opera	10:00-11:00 Peking Opera	10:00-11:00 Traditional Dance/Fabric Collge	11:00-11:45 games/coloring			
	10:00-11:00 Bible Story	10:45-11:15 Entertainment	10:00-11:00 Painting	10:00-11:00 Painting	10:00-11:00 Cantonese Group	Karaoke			
	10:30-11:30 Yoga		10:45-11:15 Recitation class	10:45-11:15 Recitation class	10:00-11:00 groovy movement				
			10:30-11:30 Yoga	10:30-11:30 Yoga					
		05/19/24 Sunday	05/20/24 Monday	05/21/24 Tuesday	05/22/24 Wednesday	05/23/24 Thursday	05/24/24 Friday	05/25/24 Saturday	
9:45-11:00 Churching	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:30-10:30 Traditional opera	9:45-11:00 Grocery Shopping	10:00-11:00 TV Show		
10:00-11:00 TV Show	9:35-9:55 Exercise	10:00-11:00 Chinese Painting	9:35-9:55 Exercise	9:35-9:55 Exercise	9:45-10:15 Tai Chi	10:00-11:00 TV Show	9:45-11:00 Shopping		
10:10-11:00 Bingo	9:45-11:00 Nylon DIY	10:00-11:00 Humns	9:45-11:00 Nylon DIY	9:45-11:00 Nylon DIY	9:45-11:00 EnglishClass/grocery shopping	10:00-11:00 Fabric Collge	10:10-11:00 Bingo		
11:00-11:45 games/coloring	10:00-11:00 Painting	10:30-11:15 National Dance	9:45-10:15 Folk Song	9:45-10:15 Folk Song	9:30-10:00 Armchair Exercise	10:10-11:00 Bingo	10:00-11:45 games/coloring		
Karaoke	10:00-11:00 Peking Opera	10:40-11:30 Female Chorus	10:00-11:00 Peking Opera	10:00-11:00 Peking Opera	10:00-11:00 Traditional Dance/Fabric Collge	11:00-11:45 games/coloring	Karaoke		
	10:00-11:00 Bible Story	10:45-11:15 Entertainment	10:00-11:00 Painting	10:00-11:00 Painting	10:00-11:00 groovy movement	Karaoke			
	10:30-11:30 Yoga		10:45-11:15 Recitation class	10:45-11:15 Recitation class					
			10:30-11:30 Yoga	10:30-11:30 Yoga					
		05/26/24 Sunday	05/27/24 Monday	05/28/24 Tuesday	05/29/24 Wednesday	05/30/24 Wednesday	05/31/24 Wednesday		
9:45-11:00 Churching	<b>Memorial Day  Center Closed</b>	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:45-10:15 Tai Chi	9:30-10:30 Traditional opera	9:45-11:00 Grocery Shopping	10:00-11:00 TV Show		
10:00-11:00 TV Show		10:00-11:00 Chinese Painting	9:35-9:55 Exercise	9:35-9:55 Exercise	9:45-10:15 Tai Chi	10:00-11:00 TV Show	9:45-11:00 Shopping		
10:10-11:00 Bingo		10:00-11:00 Humns	9:45-11:00 Nylon DIY	9:45-11:00 Nylon DIY	9:45-11:00 EnglishClass/grocery shopping	10:00-11:00 Fabric Collge	10:10-11:00 Bingo		
11:00-11:45 games/coloring		10:30-11:15 National Dance	10:30-11:15 National Dance	9:45-10:15 Folk Song	9:30-10:00 Armchair Exercise	10:10-11:00 Bingo	10:00-11:45 games/coloring		
Karaoke		10:40-11:30 Female Chorus	10:40-11:30 Female Chorus	10:00-11:00 Peking Opera	10:00-11:00 Traditional Dance/Fabric Collge	11:00-11:45 games/coloring	Karaoke		
		10:45-11:15 Entertainment	10:45-11:15 Entertainment	10:00-11:00 Painting	10:00-11:00 groovy movement	Karaoke			
			10:45-11:15 Recitation class	10:45-11:15 Recitation class					
			10:30-11:30 Yoga	10:30-11:30 Yoga					