

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

CityView SOUL Calendar May 2024



9:30 Stationary Cycling
10:30 Paint with Friends:
Beautiful Backyards
1:00 Soul Afternoon Walking Club
2:00 Holy Communion
3:00 Design My Own
Cinco De Mayo Hand Fan
6:00 Classic Love Film

May Day

9:30 Morning Meditation
10:30 Breathe Right Exercise
1:00 Soul Adventures:
Neighborhood Library
2:00 Soul Afternoon Walking Club
with Volunteer Alely
3:00 Soul Ted Talk
& Friendship Bowling
6:00 Musical Theatre Movie

National Raspberry PopOver Day

9:30 Morning Refreshments
10:30 Dance Aerobics
1:00 Soul Afternoon Walking Club
2:00 Freshly Crafted SOUL
Raspberry Cookies
3:00 Card Game Tournament:
Solitaire
6:00 Classic Television Marathon

9:30 Soul Daily News Update
10:30 Inhale & Exhale Affirmations
1:00 Soul Afternoon Walking Club
2:00 SOUL: Pen Pal Hour
3:00 Loving Our Beautiful Garden:
Stone Pet Painting
6:00 Hollywood Blockbuster Movie

9:30 Power Up Hour
10:30 Sending Positive Blessings to All
1:00 Ultimate Sports Recap:
NBA (National Basketball Association) Play Offs
2:00 Soul Afternoon Walking Club
3:00 SOUL Cinco De Mayo Happy Hour
& Celebratory Mask Painting
6:00 "I Love Lucy" TV Series

Cinco de Mayo

9:30 Local Daily News Updates
10:30 Morning Massages
1:00 Soul Afternoon Walking Club
2:00 Soul Travel Day:
Mexico & Live Music By: Mateo Canul
3:00 Music Appreciation:
Joni Mitchell
6:00 Movie based on a true story.

9:30 Shake it off Zumba
10:30 Sound Meditation & Tea
1:00 Soul Afternoon Walking Club
2:00 DIY: My Own Healthy Smoothie
3:00 Hello, Spring Bingo!
6:00 Romantic Comedy

National Barrier Awareness Day

9:30 Morning Meditation
10:30 Paint with Friends:
Ice Cream Sundaes
1:00 Soul Afternoon Walking Club
2:00 Holy Communion
3:00 Tournament:
HD Word Search
6:00 Classic Love Film

National Moscato Day

9:30 Stationary Cycling
10:30 Local News: Los Angeles
1:00 Soul Afternoon Walking Club
2:00 Soul Adventures:
Rodeo Dr. Scenic Drive
3:00 CityView Entertainer:
Joey Aaron
6:00 Musical Theatre Movie

National Miniature Golf Day

9:30 Joint Therapy Massage
10:30 Sending Positive Blessings to All
1:00 Ultimate Sports Recap:
NBA (National Basketball Association) Play Offs
2:00 Soul Afternoon Walking Club
3:00 Soul Mother's Day Happy Hour
6:00 "I Love Lucy" TV Series

Mother's Day
Nat'l Skilled Nursing Care Week

9:30 Mindful Meditations
10:30 Aromatherapy Massage
1:00 Spiritual Listening
2:00 Soul Afternoon Walking Club
3:00 Card Game Tournament:
Blackjack 21
6:00 Classic Television Marathon

9:30 Today's News & Early Bird Stretches
10:30 Soul Remembrance & Tea
1:00 Soul Afternoon Walking Club
2:00 May Horoscopes Discussion
3:00 Sports Hour: Soul Bowling
6:00 Hollywood Blockbuster Movie

9:30 Health-Focused Affirmations
10:30 Morning Facials
1:00 Show & Tell:
Animals We Love at Home
1:00 Soul Afternoon Walking Club
2:00 Make your own Healthy Fruit Cup
3:00 Art Appreciation:
Jim Dine
6:00 Movie Based on a true story.

National Fruit Cup Day

9:30 Soul Morning Affirmations
10:30 Pilates Workout
1:00 Soul Afternoon Walking Club
2:00 Soul Patio Scavenger Hunt Part 2
3:00 Soul Vocal Exercise:
Karaoke
6:00 Romantic Comedy

National Juice Slush Day

9:30 Morning Refreshments
10:30 Paint with Friends:
Beautiful Flower Bouquets
1:00 Soul Afternoon Walking Club
2:00 Holy Communion
3:00 HAPPY HOUR:
Residents Birthday Celebration
6:00 Classic Love Film

National Cherry Cobler Day

9:30 Soul Breakfast & Power Up
Pilates Body Stretches
10:30 Orange Juice Smoothies
1:00 Soul Adventures:
Neighborhood Walk
2:00 Brain Exercise: Jigsaw Puzzle
3:00 CityView Entertainer:
Jeannie Hudak
6:00 Musical Theatre Movie

National Armed Forces Day

9:30 Inhale & Exhale Warm Up
10:30 Joint Therapy Massage
1:00 Soul Afternoon Walking Club
2:00 Pictionary with Friends
3:00 Top 10 World Fastest Animals
in the World
6:00 Classic Television Marathon

National Wine Day

9:30 Mindful Meditation
10:30 Sending Positive Blessings to All
1:00 Soul Afternoon Walking Club
2:00 Ultimate Sports Recap:
NBA (National Basketball Association) Play Offs
3:00 Pen Pal Hour: **Love Letters**
6:00 "I Love Lucy" TV Series

Victoria Day (Canada)

9:30 Early Bird Stretches
10:30 Resistance Band Workout
11:00 Card Game: Goldfish
1:00 Soul Afternoon Walking Club
3:00 Music Appreciation:
Mavin Gaye
6:00 Movie Based on a true story.

9:30 Breathe Right Exercise!
10:30 Aromatherapy Warm up.
1:00 Soul Afternoon Walking Club
2:00 Nourishing our Bodies:
Hydration Hour
3:00 Chef Demo:
Fruit Art
6:00 Romantic Comedy

9:30 Morning Warm Up
10:30 Soul Paint with Friends:
Cute Adorable Puppies
1:00 Soul Afternoon Walking Club
2:00 Holy Communion
3:00 WELCOME:
New Residents Happy Hour
6:00 Classic Love Film

National Taffy Day

9:30 Positive Morning Affirmations
10:30 Heart to Heart Hour
1:00 Soul Adventures:
Griffith Park Observatory
1:00 Soul Afternoon Walking Club
3:00 SOUL Family Game Night:
Wheel Of Fortune
5:00 CityView Entertainer:
David Kaufman
6:00 Musical Theatre Movie

National Wine Day

9:30 Hand to Hand Meditation
10:30 Morning Refreshments
1:00 Soul Afternoon Walking Club
1:00 DIY: Personalized Mosaic Letters
2:00 Chef Demo:
Popcorn Flavor Mix
3:00 Soul Friendship Bowling
6:00 Classic Television Marathon

9:30 Early Bird Stretches
10:30 Soul Pampered Hair Salon
1:00 Soul Afternoon Walking Club
2:00 Residents Pick:
Snack Hour
3:00 World Issues Discussion Hour
6:00 Hollywood Blockbuster Movie

9:30 Cheerful Morning Walk
10:30 Sending Positive Blessings to All
1:00 Soul Afternoon Walking Club
2:00 Ultimate Sports Recap:
NBA (National Basketball Association) Play Offs
3:00 Volunteers Tournament Hour:
Who I'm I? Superhero Edition
6:00 "I Love Lucy" TV Series

Memorial Day

9:30 Aromatherapy Massage
10:30 Fab, Fit, Fun Workout
1:00 Soul Afternoon Walking Club
2:00 Honor Flags to Our Soldiers
3:00 Art Appreciation:
Robert Goodnough
6:00 Movie Based on a true story.

9:30 Zen Friendship Yoga
10:30 Short Stories Book Club
1:00 Soul Afternoon Walking Club
2:00 Soul Hoop Hour:
Basketball Tournament
3:00 Soul Fun World Trivia Brain Hour
6:00 Romantic Comedy

National Senior Health & Fit Day

9:30 Morning Meditation
10:30 Paint with Friends:
Beautiful Sunsets
1:00 Soul Afternoon Walking Club
2:00 Holy Communion
3:00 Tournament:
HD Word Search
6:00 Classic Love Film

National Smile Day

9:30 Stationary Cycling
10:30 Local News: Los Angeles
1:00 Soul Afternoon Walking Club
2:00 Soul Adventures:
Rodeo Dr. Scenic Drive
5:00 CityView Entertainer:
Yasha
6:00 Musical Theatre Movie

9:30 Morning Refreshments
10:30 Dance Aerobics
1:00 Soul Afternoon Walking Club
2:00 Freshly Crafted SOUL
Lemon Cake
3:00 Card Game Tournament:
Mix & Match
6:00 Classic Television Marathon

9:30 Morning Refreshments
10:30 Soul Pampered Hair Salon
1:00 Soul Afternoon Walking Club
2:00 Residents Pick:
Snack Hour
3:00 World Issues Discussion Hour
6:00 Hollywood Blockbuster Movie

9:30 Hand to Hand Meditation
10:30 Morning Refreshments
1:00 Soul Afternoon Walking Club
1:00 DIY: Personalized Mosaic Letters
2:00 Chef Demo:
Popcorn Flavor Mix
3:00 Soul Friendship Bowling
6:00 Classic Television Marathon

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10:30 Soul Pampered Hair Salon
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2:00 Residents Pick:
Snack Hour
3:00 World Issues Discussion Hour
6:00 Hollywood Blockbuster Movie

