

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

## ASSISTED LIVING



9:00 Gardening Club  
 9:30 Daily Chronicle  
 10:00 Balloon Badminton  
 11:00 Word Games  
 1:30 BINGO  
 3:00 Trivia (YouTube, Monument Room)  
 3:30 This is Nacho Average Cinco de Mayo Event (3rd Floor Pub)

May Day

Pearl Salon (PM)  
 9:30 Daily Chronicle  
 10:00 Derby Hat/ Fascinator Making Workshop with Carla  
 11:00 Derby Day Trivia  
 1:00 Movie Matinee- Residents' Pick  
 1:30 Sip'n Paint with Carla- Guided Painting Workshop (Bistro)  
 3:00 Table Games (Bistro)  
 6:00 Watch the Kentucky Derby Festivities and Horse Race

National Lemonade Day  
 9:30 Daily Chronicle  
 10:00 Non-denominational Sunday Service with Kim Robinson  
 10:00 Music and Manicures  
 11:00 Word Games  
 1:30 BINGO  
 3:00 Lemonade Mixers on the Patio (Weather Permitting)

Transportation Day/ PA Visits  
 9:00 Gardening  
 9:30 Daily Chronicle  
 10:00 1:1 Activities with LEC/ LED  
 10:00 Catholic Rosary and Communion with Holy Trinity Catholic Church Group  
 11:00 Table Games (Bistro)  
 1:00 Horse Talk and Mint Juleps with Dermot M.  
 2:00 Bridge Club (3rd Floor)  
 3:00 Rummikub Club with Renee

Lunch Outing/ NP Visits/  
 Pearl Salon (AM)  
 9:30 Daily Chronicle  
 10:00 Sit and Get Fit  
 11:00 Armchair Travel to Mexico  
 11:00 Lunch Outing to "La Finca" (Please sign up with Carla B.)  
 1:00 Movie Matinee- Resident's Choice  
 1:30 Depart for "Rock Around the Decades" Concert at Heritage Hunt  
 4:00 Movie Series  
Cinco de Mayo

Transportation Day  
 9:30 Daily Chronicle  
 10:00 Walking Club  
 10:30 Music and Manicures  
 1:00 BINGO  
 3:00 Make Flower Corsages and Boutonnieres with Dominion  
 Woman Club Volunteers Group  
 3:00 Rummikub Club with Renee

9:30 Daily Chronicle  
 10:00 Sit and Get Fit  
 11:00 Thursday Book Club with Renee  
 1:00 Table Games in the Bistro  
 1:00 ASL Class with Marty  
 2:30 Scrapbooking Club with Carla  
 4:00 Movie Series

9:00 Gardening  
 9:30 Daily Chronicle  
 10:00 Pampering Party with Tracy  
 1:15 Resident Council Meeting  
 2:30 New Residents Meet and Greet  
 Happy Hour  
 4:00 Trivia (YouTube, Monument Room)

Pearl Salon (PM)  
 9:30 Daily Chronicle  
 10:00 Walking Club  
 11:00 Word Games  
 1:00 Movie- Residents' Pick  
 3:00 Music Memories and Happy Hour on the Patio- Fruity Mocktails and Flavorful Coolers (Weather Permitting)  
 4:00 Movie Series

Happy Mother's Day  
 10:00 Non-denominational Sunday Service with Kim Robinson  
 10:00 Mimosas and Manicures  
 1:30 Mother's Day BINGO  
 3:00 Movie Matinee: "Queens on the Run"  
Mother's Day  
 National Skilled Nursing Care Week

Transportation Day/ PA Visits  
 9:00 Gardening  
 9:30 Daily Chronicle  
 10:00 1:1 Activities with LEC/ LED  
 10:00 Catholic Rosary and Communion with Holy Trinity Catholic Church  
 11:00 Table Games in the Bistro  
 1:00 \*NEW\* Live Music with Evan Ross  
 2:00 Bridge Club (3rd Floor)  
 3:00 Rummikub Club with Renee  
 4:00 BINGO

Lunch Outing/ NP Visits/  
 Pearl Salon (AM)  
 9:30 Daily Chronicle  
 10:00 Sit and Get Fit  
 11:00 Armchair Travel  
 11:00 Lunch Outing to "Olive Garden"  
 1:00 Movie Matinee- Residents' Choice  
 3:00 Knitting and Crocheting Club with our Volunteer Barbara L. (Bistro)  
 3:30 Caregivers' Support Group (Monument Room)  
 4:00 Movie Series

Transportation Day  
 Dental Clinic  
 9:30 Daily Chronicle  
 10:00 Balloon Badminton  
 10:30 Music and MAN-icures  
 1:00 \*NEW\* Live Music with Brian Journey  
 2:30 Table Games (Bistro)  
 3:00 Rummikub Club with Renee  
 3:30 Walking Club

9:30 Daily Chronicle  
 10:00 Sit and Get Fit  
 11:00 Thursday Book Club with Renee  
 1:00 ASL Class with Marty and Ginny  
 2:00 Shopping Trip to Walmart-Haymarket (Please sign up with Adina C. or Carla B.)  
 4:00 Movie Series

National Chocolate Chip Day  
 9:00 Gardening  
 9:30 Daily Chronicle  
 10:00 Balloon Badminton  
 11:00 Word Games  
 1:30 BINGO  
 3:00 \*NEW\* Live Music with Roxanne Cook  
 4:00 Trivia (YouTube, Monument Room)

Pearl Salon (PM)  
 9:30 Daily Chronicle  
 10:00 About Armed Forces Day (Virtual)  
 10:00 Walking Club  
 1:00 Movie- Residents' Pick  
 1:15 Depart for Hilton Performing Arts Center to See "Don Quijote" by Manassas Ballet  
Armed Forces Day  
 4:00 Movie Series

9:30 Daily Chronicle  
 10:00 Non-denominational Sunday Service with Kim Robinson  
 10:00 Music and Manicures  
 11:00 Word Games  
 1:30 BINGO  
 3:00 Sparkling Mixers on the Patio (Weather Permitting)

Transportation Day/ PA Visits  
 9:00 Gardening  
 9:30 Daily Chronicle  
 10:00 1:1 Activities with LEC/ LED  
 10:00 Catholic Rosary and Communion with Holy Trinity Catholic Church Group  
 11:00 Table Games in the Bistro  
 1:00 BINGO  
 2:00 Bridge Club (3rd Floor)  
 3:00 Rummikub Club with Renee  
Victoria Day (Canada)

Lunch Outing/ NP Visits/  
 Pearl Salon (AM)/ Podiatrist Visits  
 9:30 Daily Chronicle  
 10:00 Sit and Get Fit  
 11:00 Armchair Travel  
 11:00 Lunch Outing to "El Jaripeo"  
 1:00 Movie Matinee- Residents' Choice  
 3:00 Table Games  
 3:00 Self-Guided Knitting and Crocheting Club  
 4:00 Movie Series

Transportation Day  
 9:30 Daily Chronicle  
 10:00 Balloon Badminton  
 10:30 Music and Manicures  
 1:00 "Squeals on Wheels" Pet Therapy Friends (1st Floor Patio)  
 3:00 Rummikub Club with Renee  
 3:00 Make Silk Flower Corsages and Boutonnieres with Carla and Adina  
 6:00 Evening Bingo (Monument Room)  
Shavuot Begins

9:30 Daily Chronicle  
 10:00 Sit and Get Fit  
 11:00 Thursday Book Club with Renee  
 1:00 Fall Prevention Seminar (Monument Room) All Residents are invited to attend.  
 2:00 Table Games in the Bisto  
 4:00 Movie Series

9:00 Gardening Club  
 9:30 Daily Chronicle  
 10:00 Seated Cardio with Myra  
 11:00 Word Games  
 1:30 BINGO  
 3:00 "Senior Prom" Dance Party and Live Music with DM Shift (1st Floor Bistro)  
 4:00 Trivia (YouTube, Monument Room)

Pearl Salon (PM)  
 9:30 Daily Chronicle  
 10:00 Walking Club  
 11:00 Word Games  
 1:00 Movie- Residents' Pick  
 1:30 Jewelry Making with Allena  
 3:00 Table Games (Bistro)  
 4:00 Movie Series

9:30 Daily Chronicle  
 10:00 Non-denominational Sunday Service with Kim Robinson  
 10:00 Music and Manicures  
 11:00 Word Games  
 1:00 Pet Therapy with Sasha (Library)  
 1:30 BINGO  
 3:00 Outdoor Games (Weather Permitting)

Transportation Day/ PA Visits  
 9:00 Gardening  
 9:30 Daily Chronicle  
 10:00 1:1 Activities with LEC/ LED  
 10:00 Catholic Rosary and Communion with Holy Trinity Catholic Church Group  
 1:00 Live Music with Adam Melia  
 2:00 Bridge Club (3rd Floor)  
 3:00 Rummikub Club with Renee  
Memorial Day

Lunch Outing/ NP Visits/  
 Pearl Salon (AM)  
 9:30 Daily Chronicle  
 10:00 Sit and Get Fit  
 11:00 Armchair Travel  
 11:00 Lunch Outing "Katerina's Greek"  
 1:00 Movie Matinee- Residents' Choice  
 3:00 Table Games  
 3:00 Self-Guided Knitting and Crocheting Club  
 4:00 Movie Series

Transportation Day  
 9:30 Daily Chronicle  
 10:00 Balloon Badminton  
 10:30 Music and Manicures  
 1:30 BINGO  
 3:00 Rummikub Club with Renee  
 3:00 Table Games (Bistro)  
 6:00 Casino Night (3rd Floor Pub)

9:30 Daily Chronicle  
 10:00 Sit and Get Fit  
 11:00 Thursday Book Club with Renee  
 1:00 ASL Class with Marty and Ginny  
 2:00 Shopping Trip to Dollar Tree (Please sign up with Adina C. or Carla B.)  
 4:00 Movie Series

9:00 Gardening Club  
 9:30 Daily Chronicle  
 10:00 Balloon Badminton  
 11:00 Word Games  
 1:30 BINGO  
 3:00 May Birthdays Celebration and Live Music with Ron Howard (1st Floor Bistro)  
 4:00 Trivia (YouTube, Monument Room)

Pearl Salon (PM)  
 9:30 Daily Chronicle  
 10:00 Walking Club  
 11:00 Word Games  
 1:00 Movie- Residents' Pick  
 1:30 Sip'n Paint with Carla  
 3:00 Table Games (Bistro)

9:30 Daily Chronicle  
 10:00 Non-denominational Sunday Service with Kim Robinson  
 10:00 Music and Manicures  
 11:00 Word Games  
 1:30 BINGO  
 3:00 Sparkling Mixers on the Patio (Weather Permitting)

**Dear residents and friends of Heritage Village, please note that our activities are subject to change. We appreciate your understanding and continuous support!**

