



Morningside Community Calendar

MAY 2026

SUNDAY	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Programs subject to change, please use the daily sheets for updates!	<p><u>Mind & Spirit Support</u> <u>Creative Expression</u> <u>Physical Fitness</u> <u>Entertainer/Instructor</u> <u>Music</u> <u>Cooking & Social</u> <u>Brain Fitness/Montessori</u></p>				<p>1 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle Reading 10:30 Dance Movement w/lvy 11:00 Cooking Group 1:00 Montessori Table Activity or Afternoon Games 2:00 1940's playlist 2:30 Resident Social 3:00 Bananagrams 4:00 Mindfulness 6:00 Classic Show</p>	<p>2 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Fittercise CD 11:00 Walking Group 1:00 Easy Listening CD 1:30 Creative Expression 1:30 Afternoon Spa & Nails 2:30 Google Arts & Culture 3:00 Where in the World 6:00 Resident Choice</p>
<p>3 10:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/Severin 1:30 Walking Group 2:30 YouTube Concert 4:00 Puzzles/Cards/Games 6:00 Netflix Series "The West Wing"</p>	<p>4 9:30 Morning Check In 10:00 Cranium Crunches 10:20 Daily Chronicle 10:30 Chaboom Dance & Movement 1:00 Nature Series Netflix "Our Planet" 2:00 Writing Group 2:30 Board Games 4:00 m4d radio 1940s 6:00 Musical Movie</p>	<p>5 CINCO DE MAYO 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Twist & Tone 1:00 Reading Group Plants & Animals of Spring 1:30 Jeopardy 2:00 Tuesday Tidbits 2:30 Spiritual Time - Spiritual Elders YouTube 2:30 Garden Club - Zone Plans 3:00 Classical Music & Zen 3:00 Magazines & Moments 4:00 Tuesdays Talks 6:00 Hollywood Classics</p>	<p>6 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Sing Fit Movement 11:15 Guess Who What When 1:00 Creative Expression 1:00 Puzzles/Cards/Games 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie</p>	<p>7 9:30 Morning Check In 10:00 WORDLE & Daily Chronicle Reading 10:30 Balance & Fit Class 1:00 BINGO w/Prizes 1:00 Lincoln Center Moments Presents "Developing Dance Through Sound and Visual Art" 1:30 Music & Reminiscing 2:30 Community Time 3:00 Afternoon Games 4:00 Cambridge Children's Chorus 4:00 Lifelong Learners 6:00 Netflix Series "The Crown"</p>	<p>8 V DAY 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle Reading 10:30 Twist & Turn 11:00 Cooking Group 1:00 Montessori Table Activity or Afternoon Games 2:00 1950's playlist 2:30 NE Conservatory 3:00 Bananagrams 3:30 Resident Social 4:00 Mindfulness 6:00 Classic Show</p>	<p>9 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Light & Lively CD 11:00 Walking Group 1:00 Easy Listening CD 1:30 Creative Expression 1:30 Afternoon Spa & Nails 2:30 Google Arts & Culture 3:00 Where in the World 6:00 Resident Choice</p>
<p>10 MOTHERS DAY 10:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/Severin 1:30 Walking Group 2:30 TUFTS All Female A Capella Performance 4:00 Puzzles/Cards/Games 6:00 Netflix Series "The West Wing"</p>	<p>11 9:30 Morning Check In 10:00 Cranium Crunches 10:20 Daily Chronicle 10:30 Chaboom Dance & Movement 1:00 Nature Series Netflix "Our Planet" 2:00 Writing Group 2:30 Board Games 4:00 m4d radio 1950s 6:00 Musical Movie</p>	<p>12 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Twist & Tone 1:00 Reading Group Plants & Animals of Spring 1:30 Jeopardy 2:00 Tuesday Tidbits 2:00 Mark West on the Piano 2:30 Spiritual Time - Spiritual Elders YouTube 3:00 Classical Music & Zen 3:00 Magazines & Moments 3:30 Garden Club - Prepare 4:00 Tuesdays Talks 6:00 Hollywood Classics</p>	<p>13 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Sing Fit Movement 11:15 Guess Who What When 1:00 Creative Expression 1:00 Puzzles/Cards/Games 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie</p>	<p>14 9:30 Morning Check In 10:00 WORDLE & Daily Chronicle Reading 10:30 Balance & Fit Class 10:30 Montessori Performance 1:00 BINGO w/Prizes 1:30 Music & Reminiscing 2:30 Community Time 3:00 Afternoon Games 4:00 Lifelong Learners 6:00 Netflix Series "The Crown"</p>	<p>15 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle Reading 10:30 Dance Movement w/lvy 11:00 Cooking Group 1:00 Montessori Table Activity or Afternoon Games 2:00 1960's playlist 2:30 Cadbury Sing Along 2:30 Resident Social 3:00 Bananagrams 4:00 Mindfulness 6:00 Classic Show</p>	<p>16 ARMED FORCES DAY 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Sittercise CD 11:00 Walking Group 1:00 Easy Listening CD 1:30 Creative Expression 1:30 Afternoon Spa & Nails 2:30 Google Arts & Culture 3:00 Where in the World 6:00 Resident Choice</p>
<p>17</p>	<p>18 9:30 Morning Check In</p>	<p>19 9:30 Morning Check In</p>	<p>20 9:30 Morning Check In</p>	<p>21 SHAVOUT BEGINS 9:30 Morning Check In</p>	<p>22 9:30 Morning Check In</p>	<p>23 SHAVOUT ENDS 9:30 Morning Check In</p>



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SUNDAY	MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/Severin 1:30 Walking Group 2:30 YouTube Concert 4:00 Puzzles/Cards/Games 6:00 Netflix Series "The West Wing"	10:00 Cranium Crunches 10:20 Daily Chronicle 10:30 Chaboom Dance & Movement 1:00 Nature Series Netflix "Our Planet" 2:00 Writing Group 2:30 Board Games 4:00 m4d radio 1960s 6:00 Musical Movie	10:00 Word In A Word & Daily Chronicle Reading 10:15 Twist & Tone 10:45 Golden Moments Pet Therapy 1:00 Reading Group Plants & Animals of Spring 1:30 Jeopardy 2:00 Tuesday Tidbits 2:30 Spiritual Time - Spiritual Elders YouTube 2:30 Garden Club - Prepare 3:00 Classical Music & Zen 3:00 Magazines & Moments 4:00 Tuesdays Talks 6:00 Hollywood Classics	10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Sing Fit Movement 11:15 Guess Who What When 1:00 Creative Expression 1:00 Puzzles/Cards/Games 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	10:00 WORDLE & Daily Chronicle Reading 10:30 Balance & Fit Class 1:00 BINGO w/Prizes 1:30 Joel & Dan 2:30 Community Time 3:00 Afternoon Games 4:00 Lifelong Learners 6:00 Netflix Series "The Crown"	10:00 Whiteboard Game & Daily Chronicle Reading 10:30 Twist & Turn 11:00 Cooking Group 1:00 Montessori Table Activity or Afternoon Games 2:00 1970's playlist 2:30 Cadbury Sing Along 2:30 Resident Social 3:00 Bananagrams 4:00 Mindfulness 6:00 Classic Show	10:00 Word In A Word & Daily Chronicle Reading 10:30 Sittercise CD 11:00 Walking Group 1:00 Easy Listening CD 1:30 Creative Expression 1:30 Afternoon Spa & Nails 2:30 Google Arts & Culture 3:00 Where in the World 6:00 Resident Choice
24/31 10:00 Spiritual Time - Spiritual Elders YouTube 11:00 Saxophone w/Severin 1:30 Walking Group 2:30 YouTube Concert 4:00 Puzzles/Cards/Games 6:00 Netflix Series "The West Wing"	25 MEMORIAL DAY 9:30 Morning Check In 10:00 Cranium Crunches 10:20 Daily Chronicle 10:30 Dance & Movement 1:00 Nature Series Netflix "Our Planet" 2:00 Writing Group 2:30 Board Games 4:00 m4d radio MIX 6:00 Musical Movie	26 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Twist & Tone 1:00 Reading Group Plants & Animals of Spring 1:30 Jeopardy 2:00 Tuesday Tidbits 2:30 Spiritual Time - Spiritual Elders YouTube 2:30 Garden Club - Planting 3:00 Classical Music & Zen 3:00 Magazines & Moments 4:00 Tuesdays Talks 6:00 Hollywood Classics	27 9:30 Morning Check In 10:00 Cranium Crunches & Daily Chronicle Reading 10:30 Sing Fit Movement 11:15 Guess Who What When 1:00 Creative Expression 1:00 Puzzles/Cards/Games 2:30 Tunefoolery Musical Group 3:30 Short Story Group 4:00 Trivia & Tales 6:00 Action Movie	28 9:30 Morning Check In 10:00 WORDLE & Daily Chronicle Reading 10:00 St Peters 7th Grade Sing 10:30 Balance & Fit Class 1:00 BINGO w/Prizes 1:30 Josh Friedman on the Piano 2:30 Community Time 3:00 Afternoon Games 4:00 Lifelong Learners 6:00 Netflix Series "The Crown"	29 9:30 Morning Check In 10:00 Whiteboard Game & Daily Chronicle Reading 10:30 Twist & Turn 11:00 Cooking Group 1:00 Montessori Table Activity or Afternoon Games 2:00 1970's playlist 2:30 Cadbury Sing Along 2:30 Resident Social 3:00 Bananagrams 4:00 Mindfulness 6:00 Classic Show	30 9:30 Morning Check In 10:00 Word In A Word & Daily Chronicle Reading 10:30 Sittercise CD 11:00 Walking Group 1:00 Easy Listening CD 1:30 Creative Expression 1:30 Afternoon Spa & Nails 2:30 Google Arts & Culture 3:00 Where in the World 6:00 Resident Choice

Here are the 12 Key Principles of Montessori Inspired Lifestyle®

1. The activity should have a purpose and capture interest.
2. Invite the person to participate.
3. Offer choice whenever possible.
4. Demonstrate more. Talk less.
5. Physical Skills. Focus on what the person can do.
6. Match your speed to theirs. Slow down!
7. Use visual hints, cues, or templates.
8. Give the person something to hold.
9. Go from simple to more complex.
10. Break a task down into steps.
11. To end, ask: "Did you enjoy doing this?" and "Would you like to do this again?"
12. There is no right or wrong way to do an activity. Think Engagement.