

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# May 2026

Birkwood Village Tama/Toledo

9:30 Grow Young Fitness  
 2:00 May Day Baskets (U)  
 3:00 Happy Hour: Fresh Strawberry Lemonade (D)  
May Day



3	9:30 Grow Young Fitness 10:30 Manicures (D) 2:00 Horse Races (U) 3:00 BINGO <i>Wear Your Best Derby Hat Day!</i>	4	10:00 Millennium Therapy 2:00 Music: Rearview Mirror (D) 3:00 Pepper (U) <small>Cinco de Mayo</small>	6	10:00 Exercise Judy/Linda 1:00 Walmart 4:00 Visit with Tucker	7	10:00 Chair Yoga 11:00 Lunch: Applebees 3:00 BINGO	8	9:30 Grow Young Fitness 2:00 Happy Hour: Iced Tea/Arnold Palmer Bar (Courtyard) (D)	9	Happy Birthday Barbara!
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10	9:30 Grow Young Fitness 10:30 Manicures 11:00-1:00 Mother's Day Brunch: Goats, Flowers & More! 3:00 BINGO <small>Happy Mothers Day Mother's Day National Skilled Nursing Care Week</small>	11	10:00 Millennium Therapy 10:30 Intown Shopping 2:00 Craft: Spoonful of Tulips (U)	13	10:00 Exercise Judy/Linda 2:00 Make Your Own Fruit Skewers (D) <i>12:45pm Tornado Drill 11:45pm Fire Drill</i>	14	10:00 Chair Yoga 1:30 National Buttermilk Biscuit Day Competition (D) 3:00 BINGO	15	9:30 Fishing w/ Blake & Anna 1:00 Casino 3:00 Happy Hour: Hometown Sips (D)	16	9:00 Walk in Lincoln Highway Bridge Festival Parade (Sign Up by Recreation Office) <small>Armed Forces Day</small>
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17	9:30 Grow Young Fitness 10:30 Manicures 1:30 Ice Cream & Drive in the Park 3:00 BINGO <small>Victoria Day (Canada)</small>	18	10:00 Millennium Therapy 10:30 Intown Shopping 2:00 Craft: Paper Mache Vases (U)	20	10:00 Exercise Judy/Linda 2:00 World Bee Day Education & Tasting (D)	21	10:00 Chair Yoga 11:00 Lunch: A9 Chinese 3:00 BINGO <small>Shavuot Begins</small>	22	9:30 Grow Young Fitness 4:00-6:00 Memorial Day Cookout <i>Wear Your Red, White &amp; Blue!</i>	23	Happy Birthday Chris!
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24	1:00 Methodist Church Service  Happy Birthday Jean!	25	10:00 Millennium Therapy 2:00 National Paper Plane Day & Target Contest (D) 3:00 BINGO <small>Memorial Day</small>	26	10:00 Exercise Judy/Linda 1:00 Tenant/Food Council 2:00 Water Gun Canvases (Courtyard)	27	10:00 Chair Yoga 2:00 Iowa River Hospice Talk (U) 3:00 BINGO w/ Iowa River Hospice	28	9:30 Grow Young Fitness 2:00 Tama County Extension (U) 2:00-4:00 Mini Golf Bash! (Event for Staff & Residents!)	29		30	
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KEY: (U- Upstairs) (D- Downstairs) (T- Trip) \*All activities are subject to change due to circumstances or weather conditions\*