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Hello May!

"MAY IS THE MONTH OF EXPECTATION,
THE MONTH OF WISHES, THE MONTH OF HOPE."
— EMILY BRONTË

This is a projected calendar for the month of May 2026.
For a more detailed schedule, please refer to the daily activity sheet.
For any further questions or comments, please contact:
Shamaris Mercado, Life Enrichment Manager. SMercado@KensingtonSL.com
(914)-390-0090 Ext. 2024

1	2
May Day 10:30 The Symbols of May Day w/ Shelley (LR 10:30am-11:15am) 10:45 Morning Sing-Along w/ Andria (SR 10:45am-11:45am) 11:15 Tai Chi w/ Thomas (LR 11:15am-11:45am) 1:30 May Day Tunes w/ Shelley (LR 1:30pm-2:15pm) 1:30 Sorting & Folding w/ Andria (SR 1:30pm-2:30pm) 2:15 Shabbat Prayers w/ Shelley (SR 2:15pm-2:45pm) 2:15 Textures & Treasures w/ Andria (LR 2:15pm-2:45pm) 3:00 Happy Hour: Flash Back Friday (DR 3:00pm-4:00pm) 4:00 Music Therapy & Movement w/ Eric (LR 4:00pm-4:45pm) 6:00 Evening Musical (LR)	10:30 Music & Motion w/ Shelley (LR 10:30am-11:00am) 11:15 Daily Chronicles w/ Shelley (LR 11:15am-11:45am) 1:30 Eversound Time Machine Trivia w/ Shelley (LR 1:30pm-2:15pm) 2:15 Story Circle: Stories from a Photo (LR 2:15pm-2:45pm) 3:00 Happy Hour: Sangria Saturday (DR 3:00pm-4:00pm) 3:45 A.J. Freeman Sings Songs from The Golden Age! (LR 3:45pm-4:45pm) 6:00 Evening Musical (LR)

3	4	5	6	7	8	9
10:30 Sunday Mass via Youtube (TR 10:30am-11:00am) 10:45 Morning Sit & Be Fit w/ Tanya (LR 10:45am-11:45am) 11:30 Resident & Family Sunday Brunch (DR) 1:30 Sing-Along & Rhythm w/ Tanya (LR 1:30pm-2:15pm) 2:15 This Day in History w/ Tanya (LR 2:15pm-2:45pm) 3:00 Happy Hour: Social Sunday (DR 3:00pm-4:00pm) 4:00 Afternoon Active Games & Puzzles w/ Tanya (LR 4:00pm-4:45pm) 6:00 Sunday Night Drive-in (LR)	10:30 Rise & Shine with Zinnia (LR 10:30am-11:15am) 10:45 Relaxing Hand Massages w/ Andria (SR 10:45am-11:45am) 11:15 Gentle Chair Yoga & Stretching w/ Shelley (LR 11:15am-11:45am) 1:30 Eversound Music & Memories w/ Shelley (LR 1:30pm-2:15pm) 1:30 Round Robin Story Telling w/ Andria (SR 1:30pm-2:30pm) 2:15 Art Appreciation w/ Shelley (LR 2:15pm-2:45pm) 3:00 Happy Hour: Margarita Monday (DR 3:00pm-4:00pm) 4:00 Music Therapy & Movement with Eric (LR 4:00pm-4:45pm) 6:00 Evening Musical (LR)	Cinco de Mayo 10:15 Out & About with Shamaris & Jen 10:30 Seated Salsa Fiesta w/ Ceasarina (LR 10:30am-11:00am) 11:00 Cinco De Mayo Guess A Letter w/ Cece (LR 11:00am-11:45am) 1:30 Fiesta Fun & Games w/ Ceasarina (LR 1:30pm-2:45pm) 3:00 Tequila Sunset Social (DR 3:00pm-4:00pm) 4:00 Music Therapy & Movement w/ Eric (LR 4:00pm-4:45pm) 6:00 Classic Movie Night (LR)	National Teacher's Day 10:30 Music Conservatory of Westchester - Music Therapy (LR 10:30am-11:30am) 11:30 Daily Chronicles & This Day in History w/ Shelley (LR 11:30am-11:45am) 1:30 Watercolor Wednesday w/ Shelley (SR 1:30pm-2:15pm) 2:15 Show & Tell Reminiscing w/ Shelley (SR 2:15pm-2:45pm) 3:00 Happy Hour: Wine Down Wednesday (DR 3:00pm-4:00pm) 4:00 Baking Favorite Family Recipes w/ Shelley (DR 4:00pm-4:45pm) 6:00 Evening Musical (LR)	Garden Meditation Day 10:30 Chair Zumba w/ Shelley (LR 10:30am-11:00am) 10:45 Relaxing Hand Massages w/ Andria (SR 10:45am-11:45am) 11:00 AWEN Horticultural Therapy w/ Meghann (2nd Flr CR 11:00am-12:00pm) 11:00 Conversation Ball w/ Shelley (LR 11:00am-11:45am) 1:30 Mindful Travels w/ Shelley (SR 1:30pm-2:15pm) 1:30 Story Circle w/ Andria (LR 1:30pm-2:30pm) 2:15 Garden Club w/ Shelley (SR 2:15pm-2:45pm) 3:00 Happy Hour: Throwback Thursday (DR 3:00pm-4:00pm) 3:45 Oldies Jam with Tommy D! (LR 3:45pm-4:45pm) 6:00 Classic Movie Night (LR)	10:30 Finish the Phrase w/ Shelley (LR 10:30am-11:15am) 10:45 Morning Sing-Along w/ Andria (SR 10:45am-11:45am) 11:15 Tai Chi w/ Thomas (LR 11:15am-11:45am) 1:30 Rhythm & Reminiscence w/ Shelley (LR 1:30pm-2:15pm) 1:30 Sorting & Folding w/ Andria (SR 1:30pm-2:30pm) 2:15 Shabbat Prayers w/ Shelley (SR 2:15pm-2:45pm) 2:15 Textures & Treasures w/ Andria (LR 2:15pm-2:45pm) 3:00 Happy Hour: Flash Back Friday (DR 3:00pm-4:00pm) 4:00 Music Therapy & Movement w/ Eric (LR 4:00pm-4:45pm) 6:00 Evening Musical (LR)	Hanging Flower Baskets Day 10:30 Music & Motion w/ Shelley (LR 10:30am-11:00am) 11:15 Daily Chronicles w/ Shelley (LR 11:15am-11:45am) 1:30 Eversound Time Machine Trivia w/ Shelley (LR 1:30pm-2:15pm) 2:15 Story Circle: Stories from a Photo (LR 2:15pm-2:45pm) 3:00 Happy Hour: Sangria Saturday (DR 3:00pm-4:00pm) 4:00 Puzzles & Sorting w/ Shelley (DR 4:00pm-4:45pm) 6:00 Evening Musical (LR)

10	11	12	13	14	15	16
Mother's Day 10:30 Sunday Mass via Youtube (TR 10:30am-11:00am) 10:45 Morning Sit & Be Fit w/ Tanya (LR 10:45am-11:45am) 11:30 Love You A Brunch (DR) 1:30 Moms & Melodies w/ Tanya (LR 1:30pm-2:15pm) 2:00 Mother's Day Special w/ Deuces Wild (LR 2:00pm-2:45pm) 3:00 Mom-osa Hour (DR 3:00pm-4:00pm) 4:00 Mindful Travels w/ Tanya (LR 4:00pm-4:45pm) 6:00 Sunday Night Drive-in (LR)	10:30 Rise & Shine with Zinnia (LR 10:30am-11:15am) 10:45 Relaxing Hand Massages w/ Andria (SR 10:45am-11:45am) 11:15 Gentle Chair Yoga & Stretching w/ Shelley (LR 11:15am-11:45am) 1:30 Eversound Music & Memories w/ Shelley (LR 1:30pm-2:15pm) 1:30 Round Robin Story Telling w/ Andria (SR 1:30pm-2:30pm) 2:15 Art Appreciation w/ Shelley (LR 2:15pm-2:45pm) 3:00 Happy Hour: Margarita Monday (DR 3:00pm-4:00pm) 3:45 Live Entertainment w/ Joe Blanco! (LR 3:45-4:45pm) 6:00 Evening Musical (LR)	International Nurses Day 10:15 Out & About with Shamaris & Jen 10:30 Morning Yoga & Gentle Stretch w/ Ceasarina (LR 10:30am-11:00am) 11:00 Name that Tune w/ Ceasarina (LR 11:00am-11:45am) 1:30 Marvelous Lavender Spa & Massage w/ Ceasarina (LR 1:30pm-2:45pm) 3:00 Happy Hour: Tea Tuesday (DR 3:00pm-4:00pm) 4:00 Music Therapy & Movement w/ Eric (LR 4:00pm-4:45pm) 6:00 Classic Movie Night (LR)	National Apple Pie Day 10:30 Music Conservatory of Westchester - Music Therapy (LR 10:30am-11:30am) 11:30 Daily Chronicles & This Day in History w/ Shelley (LR 11:30am-11:45am) 1:30 Watercolor Wednesday w/ Shelley (SR 1:30pm-2:15pm) 2:15 Show & Tell Reminiscing w/ Shelley (SR 2:15pm-2:45pm) 3:00 Happy Hour: Wine Down Wednesday (DR 3:00pm-4:00pm) 4:00 Baking Favorite Family Recipes w/ Shelley (DR 4:00pm-4:45pm) 6:00 Evening Musical (LR)	World Turtle Day A Roaring Good Time 10:30 Chair Zumba w/ Shelley (LR 10:30am-11:00am) 10:45 Relaxing Hand Massages w/ Andria (SR 10:45am-11:45am) 11:00 Conversation Ball w/ Shelley (LR 11:00am-11:45am) 1:30 Mindful Travels w/ Shelley (SR 1:30pm-2:15pm) 1:30 Story Circle w/ Andria (LR 1:30pm-2:30pm) 2:15 Turtle Clay Art w/ Shelley (SR 2:15pm-2:45pm) 3:00 Happy Hour: Throwback Thursday (DR 3:00pm-4:00pm) 4:00 Great Gatsby Family Night! (Atrium, Cafe, Dining Room) 4:00 Rock N Roll with Lou Patrick! (LR 4:00-5:00pm) 6:00 Classic Movie Night (LR)	10:30 Finish the Phrase w/ Shelley (LR 10:30am-11:15am) 10:45 Morning Sing-Along w/ Andria (SR 10:45am-11:45am) 11:15 Tai Chi w/ Thomas (LR 11:15am-11:45am) 1:30 Rhythm & Reminiscence w/ Shelley (LR 1:30pm-2:15pm) 1:30 Sorting & Folding w/ Andria (SR 1:30pm-2:30pm) 2:15 Shabbat Prayers w/ Shelley (SR 2:15pm-2:45pm) 2:15 Textures & Treasures w/ Andria (LR 2:15pm-2:45pm) 3:00 Happy Hour: Flash Back Friday (DR 3:00pm-4:00pm) 4:00 Music Therapy & Movement w/ Eric (LR 4:00pm-4:45pm) 6:00 Evening Musical (LR)	Armed Forces Day 10:30 Music & Motion w/ Shelley (LR 10:30am-11:00am) 11:15 Military Slang w/ Shelley (LR 11:15am-11:45am) 1:30 Eversound Time Machine Trivia w/ Shelley (LR 1:30pm-2:15pm) 2:15 Story Circle: Stories from a Photo (LR 2:15pm-2:45pm) 3:00 Happy Hour: Sangria Saturday (DR 3:00pm-4:00pm) 3:45 Howard Cohen on the Cello! (LR 3:45pm-4:45pm) 6:00 Evening Musical (LR)

17	18	19	20	21	22	23
10:30 Sunday Mass via Youtube (TR 10:30am-11:00am) 10:45 Morning Sit & Be Fit w/ Tanya (LR 10:45am-11:45am) 11:30 Resident & Family Sunday Brunch (DR) 1:30 Sing-Along & Rhythm w/ Tanya (LR 1:30pm-2:15pm) 2:15 This Day in History w/ Tanya (LR 2:15pm-2:45pm) 3:00 Happy Hour: Social Sunday (DR 3:00pm-4:00pm) 4:00 Afternoon Active Games & Puzzles w/ Tanya (LR 4:00pm-4:45pm) 6:00 Sunday Night Drive-in (LR)	Victoria Day 10:30 Rise & Shine with Zinnia (LR 10:30am-11:15am) 10:45 Relaxing Hand Massages w/ Andria (SR 10:45am-11:45am) 11:00 Morning Violin Concert with Albert! (LR 11:00am-11:45am) 1:30 Eversound Music & Memories w/ Shelley (LR 1:30pm-2:15pm) 1:30 Round Robin Story Telling w/ Andria (SR 1:30pm-2:30pm) 1:30 Queen Victoria & Victorian Literature w/ Shelley (LR 2:15pm-2:45pm) 3:00 Happy Hour: Margarita Monday (DR 3:00pm-4:00pm) 4:00 Piece-ful Puzzles w/ Andria (SR 4:00pm-4:45pm) 4:00 Table Top Bowling w/ Shelley (LR 4:00pm-4:45pm) 6:00 Evening Musical (LR)	National Macaroon Day 10:15 Out & About with Shamaris & Jen 10:30 Morning Yoga & Gentle Stretch w/ Ceasarina (LR 10:30am-11:00am) 11:00 Name that Tune w/ Ceasarina (LR 11:00am-11:45am) 1:30 Marvelous Lavender Spa & Massage w/ Ceasarina (LR 1:30pm-2:45pm) 3:00 Happy Hour: Tea Tuesday (DR 3:00pm-4:00pm) 4:00 Music Therapy & Movement w/ Eric (LR 4:00pm-4:45pm) 6:00 Classic Movie Night (LR)	Amelia Earhart Day 10:30 Music Conservatory of Westchester - Music Therapy (LR 10:30am-11:30am) 11:30 Daily Chronicles & This Day in History w/ Shelley (LR 11:30am-11:45am) 1:30 Watercolor Wednesday w/ Shelley (SR 1:30pm-2:15pm) 2:15 Show & Tell Reminiscing w/ Shelley (SR 2:15pm-2:45pm) 3:00 Happy Hour: Wine Down Wednesday (DR 3:00pm-4:00pm) 4:00 Baking Favorite Family Recipes w/ Shelley (DR 4:00pm-4:45pm) 6:00 Evening Musical (LR)	World Plant a Vegetable Garden Day 10:30 Chair Zumba w/ Shelley (LR 10:30am-11:00am) 10:45 Relaxing Hand Massages w/ Andria (SR 10:45am-11:45am) 11:00 Conversation Ball w/ Shelley (LR 11:00am-11:45am) 1:00 Pet Therapy on the Move w/ Linda (1:00pm-2:30pm) 1:30 Mindful Travels w/ Shelley (SR 1:30pm-2:15pm) 1:30 Story Circle w/ Andria (LR 1:30pm-2:30pm) 2:15 Garden Club w/ Shelley (SR 2:15pm-2:45pm) 3:00 Happy Hour: Throwback Thursday (DR 3:00pm-4:00pm) 3:45 A.J. Freeman Sings Songs from The Golden Age! (LR 3:45pm-4:45pm) 6:00 Classic Movie Night (LR)	10:30 Finish the Phrase w/ Shelley (LR 10:30am-11:15am) 10:45 Morning Sing-Along w/ Andria (SR 10:45am-11:45am) 11:15 Tai Chi w/ Thomas (LR 11:15am-11:45am) 1:30 Rhythm & Reminiscence w/ Shelley (LR 1:30pm-2:15pm) 1:30 Sorting & Folding w/ Andria (SR 1:30pm-2:30pm) 2:15 Shabbat Prayers w/ Shelley (SR 2:15pm-2:45pm) 2:15 Textures & Treasures w/ Andria (LR 2:15pm-2:45pm) 3:00 Happy Hour: Flash Back Friday (DR 3:00pm-4:00pm) 4:00 Music Therapy & Movement w/ Eric (LR 4:00pm-4:45pm) 6:00 Evening Musical (LR)	10:30 Music & Motion w/ Shelley (LR 10:30am-11:00am) 11:15 Daily Chronicles w/ Shelley (LR 11:15am-11:45am) 1:30 Eversound Time Machine Trivia w/ Shelley (LR 1:30pm-2:15pm) 2:15 Story Circle: Stories from a Photo (LR 2:15pm-2:45pm) 3:00 Happy Hour: Sangria Saturday (DR 3:00pm-4:00pm) 4:00 Puzzles & Sorting w/ Shelley (DR 4:00pm-4:45pm) 6:00 Evening Musical (LR)


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Bus Schedule
Outing Days- AL & Haven Tuesdays, KClub & Connections Wednesdays
Medical Appointment Days- Monday, Thursday, & Fridays
Errand Days- Wednesday Afternoons

For further information on scheduling transportation for medical appointments & errands please contact:
Jennifer Blair, Transportation. Transportation@KensingtonSL.com

Location Key:
LR- Living Room
DR-Dining Room
TR- Tranquility Room
SR- Sunroom



May 2026

Haven Calendar

The Kensington White Plains 100 Maple Avenue White Plains, NY, 10601

