

# May 2026

# York/Lancaster Lifestyle Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>MO</b> 📰 Daily Chronicle <b>1</b> <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:00am</b> 🎨 Pigment Party—Let's Color! (L) <b>10:45am</b> 🏆 Balloon Volleyball (Y) <b>1:15pm</b> 📄 Board Break <b>3:00pm</b> 🎸 Forte Friday: Guitar w/Dan & Johngo <b>EV</b> 📺 Friday Feature	<b>MO</b> 📰 Daily Chronicle <b>2</b> <b>MO</b> 🧠 Brain Boost <b>8:30am</b> 🌿 Garden Walk <b>10:00am</b> 🤖 Creighton Buddy Program <b>AF</b> 🚶 Saturday Stroll <b>1:00pm</b> 🏥 UNMC Health Fair (GH) <b>6:00pm</b> 📺 Way-Back-When TV: "The Lawrence Welk Show" (Y&L)
<b>MO</b> 📰 Daily Chronicle <b>3</b> <b>8:30am</b> 🌿 Garden Walk <b>AF</b> 🎨 Color Therapy <b>AF</b> 🚶 Sunday Stroll	<b>MO</b> 📰 Daily Chronicle <b>4</b> <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:45am</b> 🏆 Balloon Volleyball (Y) <b>11:00am</b> 🙏 Faith Stories & Prayers (AL) (ORR) <b>1:00pm</b> 🙏 Holy Rosary (Y) <b>1:15pm</b> 📄 Board Break <b>1:30pm</b> 🍬 Candy Bar Bingo (AL) (K) <b>2:30pm</b> 🎬 Musical Movie & Discussion (C) <b>EV</b> 🎨 Color Therapy (Y&L)	<b>MO</b> 📰 Daily Chronicle <b>5</b> <b>8:30am</b> 🌿 Garden Walk <b>10:30am</b> 📖 Book Adventures <b>12:30pm</b> 🍴 After-Lunch Lift (Y) <b>1:00pm</b> 🎵 Hymn Sing w/Pastor Jerry (Y) <b>2:00pm</b> 🎉 Cinco de Mayo: Chips & Salsa Happy Hour <b>4:00pm</b> You Don't Say?! <b>EV</b> 🧠 Brain Boost	<b>MO</b> 📰 Daily Chronicle <b>6</b> <b>MO</b> 💇 Salon Services <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:00am</b> 🍳 BREAKFAST SOCIAL (GH) <b>10:45am</b> 🏆 Balloon Volleyball (L) <b>1:15pm</b> 📄 Board Break <b>3:00pm</b> 📺 Way-Back-When TV: I Love Lucy (Y&L) <b>EV</b> 🎨 Moments in Color (Adult Coloring) (Y&L)	<b>MO</b> 📰 Daily Chronicle <b>7</b> <b>MO</b> 🏃 Joggin' Our Noggins <b>8:30am</b> 🌿 Garden Walk <b>10:00am</b> 🙏 Catholic Mass & Communion (GH) <b>1:15pm</b> 🍴 After-Lunch Lift (L) <b>3:00pm</b> 🎨 Color Therapy <b>4:00pm</b> You Don't Say?! <b>EV</b> 🎮 aMAZEing Challenge	<b>MO</b> 📰 Daily Chronicle <b>8</b> <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:30am</b> 📄 Page by Page (Y) <b>10:45am</b> 🏆 Balloon Volleyball (L) <b>1:15pm</b> 📄 Board Break <b>3:00pm</b> 🎸 Forte Friday: Guitar w/Dan & Johngo <b>EV</b> 📺 Friday Feature (Y&L)	<b>MO</b> 📰 Daily Chronicle <b>9</b> <b>8:30am</b> 🌿 Garden Walk <b>10:00am</b> 🎂 Mother's Day Celebration <b>AF</b> 🚶 Saturday Stroll <b>6:00pm</b> 📺 Way-Back-When TV: "The Lawrence Welk Show" (Y&L)
<b>MO</b> 📰 Daily Chronicle <b>10</b> <b>MO</b> 🧠 The Thinking Cap <b>8:30am</b> 🌿 Garden Walk <b>AF</b> 🍽️ MOTHER'S DAY BRUNCH BUFFET (Nott) <b>AF</b> 🏃 Joggin' Our Noggins (Y&L) <b>AF</b> 🚶 Sunday Stroll <b>EV</b> 🎨 Color Therapy (Y&L)	<b>MO</b> 📰 Daily Chronicle <b>11</b> <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:45am</b> 🏆 Balloon Volleyball (Y) <b>11:00am</b> 🙏 Faith Stories & Prayers (AL) (ORR) <b>1:00pm</b> 🙏 Holy Rosary (Y) <b>1:15pm</b> 📄 Board Break <b>1:30pm</b> 🍬 Candy Bar Bingo (AL) (K) <b>3:00pm</b> 🎬 Movie Monday! (in Hillcrest Cinema) (C) <b>EV</b> 🎭 Hidden Pictures	<b>MO</b> 📰 Daily Chronicle <b>12</b> <b>8:30am</b> 🌿 Garden Walk <b>10:00am</b> 🌱 SPRING-ing Into Plants, Flowers & Vegetables (with Master Gardeners) <b>AF</b> 🎨 Color Therapy <b>1:15pm</b> 🍴 After-Lunch Lift <b>4:00pm</b> You Don't Say?! <b>EV</b> 🧠 Brain Boost	<b>MO</b> 📰 Daily Chronicle <b>13</b> <b>MO</b> 💇 Salon Services <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:00am</b> 📄 Page by Page <b>10:45am</b> 🏆 Balloon Volleyball (L) <b>1:15pm</b> 📄 Board Break <b>2:45pm</b> 💃 Second-Act Dance Class (Y) <b>EV</b> 🏃 Joggin' Our Noggins	<b>MO</b> 📰 Daily Chronicle <b>14</b> <b>8:30am</b> 🌿 Garden Walk <b>10:00am</b> 🙏 Catholic Mass & Communion (GH) <b>10:00am</b> 🌱 SPRING-ing Into Plants, Flowers & Vegetables (with Master Gardeners) <b>AF</b> 🎨 Mani-Magic <b>1:15pm</b> 🍴 After-Lunch Lift (L) <b>2:30pm</b> 🎨 Creativity Hour <b>4:00pm</b> You Don't Say?! <b>EV</b> 🎮 aMAZEing Challenge	<b>MO</b> 📰 Daily Chronicle <b>15</b> <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:30am</b> 📖 Book Adventures (L) <b>10:45am</b> 🏆 Balloon Volleyball (Y) <b>1:15pm</b> 📄 Board Break <b>3:00pm</b> 🕒 It's 5 O'Clock Somewhere (Happy Hour) (Y&L) <b>3:00pm</b> 🎸 Forte Friday: Guitar w/Dan & Johngo <b>EV</b> 📺 Friday Feature	<b>MO</b> 📰 Daily Chronicle <b>16</b> <b>MO</b> 🧠 Brain Boost <b>8:30am</b> 🌿 Garden Walk <b>AF</b> 🚶 Saturday Stroll <b>6:00pm</b> 📺 Way-Back-When TV: "The Lawrence Welk Show" (Y&L)
<b>MO</b> 📰 Daily Chronicle <b>17</b> <b>8:30am</b> 🌿 Garden Walk <b>AF</b> 🎨 Color Therapy <b>AF</b> 🚶 Sunday Stroll	<b>MO</b> 📰 Daily Chronicle <b>18</b> <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:45am</b> 🏆 Balloon Volleyball (Y) <b>11:00am</b> 🙏 Faith Stories & Prayers (AL) (ORR) <b>1:00pm</b> 🙏 Holy Rosary (Y) <b>1:15pm</b> 📄 Board Break <b>1:30pm</b> 🍬 Candy Bar Bingo (AL) (K) <b>2:00pm</b> 🎧 Hearing & Audiology (HC) <b>EV</b> 🎨 Color Therapy	<b>MO</b> 📰 Daily Chronicle <b>19</b> <b>8:30am</b> 🌿 Garden Walk <b>10:00am</b> 🌱 SPRING-ing Into Plants, Flowers & Vegetables (with Master Gardeners) <b>12:30pm</b> 🍴 After-Lunch Lift <b>1:00pm</b> 🎵 Hymn Sing w/Pastor Jerry (Y) <b>2:00pm</b> 🎨 Piece by Piece <b>4:00pm</b> You Don't Say?! <b>EV</b> 🧠 Brain Boost	<b>MO</b> 📰 Daily Chronicle <b>20</b> <b>MO</b> 💇 Salon Services <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:00am</b> 🎨 STRUT YOUR STUFF! (GH) <b>10:15am</b> 📄 Page by Page (Y) <b>10:45am</b> 🏆 Balloon Volleyball (L) <b>1:15pm</b> 📄 Board Break <b>3:00pm</b> 🎨 Color Therapy <b>EV</b> 📺 Way-Back-When TV	<b>MO</b> 📰 Daily Chronicle <b>21</b> <b>8:30am</b> 🌿 Garden Walk <b>10:00am</b> 🙏 Catholic Mass & Communion (GH) <b>10:00am</b> 🌱 SPRING-ing Into Plants, Flowers & Vegetables (with Master Gardeners) <b>1:15pm</b> 🍴 After-Lunch Lift (L) <b>2:00pm</b> 🍷 Taste Test: Which Do You Like Best? (Y) <b>4:00pm</b> You Don't Say?! <b>EV</b> 🎮 aMAZEing Challenge	<b>MO</b> 📰 Daily Chronicle <b>22</b> <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:15am</b> 🎯 Friday Focus <b>10:45am</b> 🏆 Balloon Volleyball (L) <b>1:00pm</b> 🎭 Giggle Fest (Silly Babies) <b>1:15pm</b> 📄 Board Break <b>3:00pm</b> 🎵 Merry-makers Concert: Billy Troy <b>EV</b> 📺 Friday Feature (Y&L)	<b>MO</b> 📰 Daily Chronicle <b>23</b> <b>8:30am</b> 🌿 Garden Walk <b>AF</b> 🚶 Saturday Stroll <b>6:00pm</b> 📺 Way-Back-When TV: "The Lawrence Welk Show" (Y&L)
<b>MO</b> 📰 Daily Chronicle <b>24</b> <b>MO</b> 🧠 The Thinking Cap <b>8:30am</b> 🌿 Garden Walk <b>AF</b> 🚶 Sunday Stroll <b>EV</b> 🧠 The Thinking Cap	<b>MO</b> 📰 Daily Chronicle <b>25</b> <b>MO</b> 📰 Daily Chronicle <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:45am</b> 🏆 Balloon Volleyball (Y) <b>11:00am</b> 🙏 Faith Stories & Prayers (AL) (ORR) <b>1:00pm</b> 🙏 Holy Rosary (Y) <b>1:15pm</b> 📄 Board Break <b>1:30pm</b> 🍬 Candy Bar Bingo (AL) (K) <b>3:00pm</b> 🎬 Movie Monday (Hillcrest Cinema) (C) <b>EV</b> 🎭 Hidden Pictures <b>EV</b> 🎨 Color Therapy	<b>MO</b> 📰 Daily Chronicle <b>26</b> <b>8:30am</b> 🌿 Garden Walk <b>10:00am</b> 🌱 SPRING-ing Into Plants, Flowers & Vegetables (with Master Gardeners) <b>1:00pm</b> 🍴 After-Lunch Lift <b>2:00pm</b> 🎧 What's That? Discovery Through Touch <b>4:00pm</b> You Don't Say?! <b>EV</b> 🧠 Brain Boost <b>5:30pm</b> 🗣️ Monthly Dementia Support Group (GH)	<b>MO</b> 📰 Daily Chronicle <b>27</b> <b>MO</b> 💇 Salon Services <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:45am</b> 🏆 Balloon Volleyball (L) <b>1:15pm</b> 📄 Board Break <b>2:45pm</b> 💃 Second-Act Dance Class (Y) <b>EV</b> 🏃 Joggin' Our Noggins	<b>MO</b> 📰 Daily Chronicle <b>28</b> <b>8:30am</b> 🌿 Garden Walk <b>10:00am</b> 🙏 Catholic Mass & Communion (GH) <b>10:00am</b> 🌱 SPRING-ing Into Plants, Flowers & Vegetables (with Master Gardeners) <b>1:15pm</b> 🍴 After-Lunch Lift (L) <b>2:30pm</b> 🍬 Sweet Treat Bingo <b>4:00pm</b> You Don't Say?! <b>EV</b> 🎮 aMAZEing Challenge	<b>MO</b> 📰 Daily Chronicle <b>29</b> <b>8:30am</b> 🌿 Garden Walk <b>9:45am</b> You Don't Say?! <b>10:15am</b> 📖 Book Adventures (L) <b>10:45am</b> 🏃 Fun & Fitness w/John (Y) <b>11:00am</b> 🍳 Summer Cookout (BPL) <b>1:15pm</b> 📄 Board Break <b>3:00pm</b> 🎸 Forte Friday: Guitar w/Dan & Johngo <b>EV</b> 📺 Friday Feature	<b>MO</b> 📰 Daily Chronicle <b>30</b> <b>8:30am</b> 🌿 Garden Walk <b>AF</b> 🚶 Saturday Stroll <b>6:00pm</b> 📺 Way-Back-When TV: "The Lawrence Welk Show" (Y&L)
<b>MO</b> 📰 Daily Chronicle <b>31</b> <b>8:30am</b> 🌿 Garden Walk <b>AF</b> 🚶 Sunday Stroll						

Questions? Sarah Sinovic - [ssinovic@hillcresthealth.com](mailto:ssinovic@hillcresthealth.com)

**\*\*All activities subject to change\*\***



## Happy Birthday

Rose D. – 1st  
Mary Beth J. – 2nd  
Ruth F. – 5th  
Linda J. – 9th  
Gwen R. – 12th  
Paul J. – 13th  
Dan L. – 16th  
Sonja P. – 16th  
Gale S. – 16th  
Sarah D. – 16th  
Shirley C. – 16th  
Donna L. – 17th  
Marge B. – 17th  
Barbara K. – 18th  
Patty P. – 18th  
Jean W. – 19th  
Mae U. – 19th  
Jean W. – 19th  
Evelyn K. – 20th  
Rocky K. – 20th  
Marty H. – 21st  
Mary Q. – 24th  
Gayle H. – 26th  
Judy C. – 26th  
Marilyn M. – 26th  
Don M. – 27th  
Karen R. – 31st

## Contacts

CONCIERGE SERVICES  
(402) 885 - 7100

SALON & SPA  
(402) 885 - 7355

WELLNESS CENTER  
(402) 885 - 7033



**THE GRAND LODGE LIFESTYLE EXPERIENCE**

**Monthly Calendar of Events & Activities**

**May 2026**

**YORK & LANCASTER**

