

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# May 2026 Exercise Calendar

*Color code for location: Sunroom / Azalea Living Room / Both houses / Outing*

			<p>1 9:30am Music and Movement with Emily (Azalea) 3:15pm Fitness with Kristen (Sunroom)</p>			<p>2 10:00am Morning Exercise with Ruth (Azalea) 1pm Fitness with Ruth (Sunroom)</p>
<p>3 9:30am Exercise (in both houses) 1pm Fitness with Ruth (Sunroom)</p>	<p>4 9:30am Music &amp; Movement with Emily (Azalea) 3pm Fitness with Kristen (Azalea)</p>	<p>5 9:30am Music &amp; Movement with Emily (Sunroom) 4pm Fitness with Kristen (Azalea)</p>	<p>6 9:30am Music &amp; Movement with Emily (Azalea) 3pm Fitness with Ann (Sunroom)</p>	<p>7 9:30am Hymns &amp; Exercise with Emily (Sunroom) 3pm Fitness with Ann (Azalea)</p>	<p>8 9:30am Music and Movement with Emily (Azalea) 3:15pm Fitness with Kristen (Sunroom)</p>	<p>9 10:00am Morning Exercise (Azalea) 1pm Fitness with Ann (Sunroom)</p>
<p>10 MOTHER'S DAY 9:30am Exercise (in both houses)</p>	<p>11 9:30am Music &amp; Movement with Emily (Azalea) 3pm Fitness with Kristen (Azalea)</p>	<p>12 9:30am Music &amp; Movement with Emily (Sunroom) 3:30pm Fitness with Kristen (Azalea)</p>	<p>13 9:30am Music &amp; Movement with Emily (Azalea) 3:00pm Fitness with Emily (Azalea)</p>	<p>14 9:30am Hymns &amp; Exercise with Emily (Sunroom) 3:30pm Fitness with Ann (Azalea)</p>	<p>15 9:30am Music and Movement with Emily (Azalea) 3:00pm Fitness with Emily (Azalea)</p>	<p>16 9:30am Daily Chronicles and Exercise (Azalea) 1pm Fitness with Ruth (Sunroom)</p>
<p>17 9:30am Exercise (in both houses) 1pm Fitness with Ruth (Sunroom)</p>	<p>18 10:00am Exercise with Ann (Azalea) 3pm Fitness with Kristen (Azalea)</p>	<p>19 9:30am Music &amp; Movement with Emily (Sunroom) 3pm Fitness with Kristen (Azalea)</p>	<p>20 9:30am Music &amp; Movement with Emily (Azalea) 3:00pm Fitness with Kristen (Sunroom)</p>	<p>21 9:30am Hymns &amp; Exercise with Emily (Sunroom) 3:30pm Fitness with Ann (Azalea)</p>	<p>22 9:30am Music and Movement with Emily (Azalea) 3:15pm Fitness with Kristen (Sunroom)</p>	<p>23 9:30am Morning Exercise with Ruth (Azalea) 1pm Fitness with Ann (Sunroom)</p>
<p>24 9:30am Exercise (in both houses) 1pm Fitness with Ann (Sunroom)</p>	<p>25 9:30am Music &amp; Movement with Emily (Azalea) 2pm Fitness with Emily (Azalea)</p>	<p>26 9:30am Music &amp; Movement with Emily (Sunroom) 3pm Fitness with Kristen (Azalea)</p>	<p>27 9:30am Music &amp; Movement with Emily (Azalea) 3pm Fitness with Kristen (Sunroom)</p>	<p>28 9:30am Hymns &amp; Exercise with Emily (Sunroom) 3pm Fitness with Ann (Azalea)</p>	<p>29 9:30am News and Exercise (Azalea) 3:15pm Fitness with Kristen (Sunroom)</p>	<p>30 SATURDAY 9:30am Morning Exercise with Kristen (Azalea) 1pm Fitness with Ruth (Sunroom)</p> <p>31 SUNDAY 9:30am Exercise (in both houses) 1pm Fitness with Ruth (Sunroom)</p>