

May 2025

On With Life at New Horizons Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			10:00 – Social Dice 1 10:30 – Music Therapy 1:30 – May Day Baskets Outing: Jester Park Picnic 11:30 – 2:30	10:00 – Animal Rescue League 2 11:00 – Kentucky Derby History 11:30 – Kentucky Derby Horse Race Game 1:30 – Dumbbell Exercises 2:00 – Sign Language: Colors & Numbers
10:00 – Self Care/Spa Day 5 11:00 – Cinco de Mayo Education 11:30 – Paper Fan Craft 1:30 – Music Therapy	10:00 – Tell Me About... 6 10:30 – Yoga 11:00 – Jeopardy 11:30 – Butterfly Life Cycle 1:30 – Butterfly Life Cycle Craft	10:00 – Healing Devotions 7 10:30 – Valerie's Flute Entertainment 11:30 – Walking 1:30 – Butterfly Symmetry Art	10:00 – A to Z Memory 8 10:30 – Cardio 11:00 – Ankeny Police Department 11:30 – Sign Language: Manners 1:30 – Active Games	10:00 – Reminiscing 9 10:30 – Zumba 11:00 – Mother's Day BINGO 1:30 – Mother's Day Cards Outing: Women's Coffee at Smokey Row 10:00 – 12:00
10:00 – Growing Our Own Butterflies 12 10:30 – Stretching 11:00 – Armchair Travel: New York 11:30 – Listen & Draw 1:30 – Music Therapy Outing: Crestbruck Park 10:00 – 12:00	10:00 – Sign Language: Greetings 13 10:30 – Walking 11:00 – Armchair Travel: Broadway 1:30 – Outdoor Games Outing: Men's Coffee at Smokey Row 10:00 -12:00	10:00 – Healing Devotions 14 10:30 – Dumbbell Exercises 11:00 – Filling Your Emotional Cup 11:30 – Armchair Travel: Landmarks 1:30 – BINGO with PEO Group	10:00 – Yoga 15 10:30 – Music Therapy 1:30 – Balloon Games 2:00 – Armchair Travel: Word Search	10:00 – Dice Breaker 16 10:30 – Wheel of Sweat 11:00 – Armchair Travel: Baking 1:30 – Board/Card Games
10:00 – Mindful Monday Cards 19 10:30 – Scavenger Hunt 11:00 – Cardio 11:30 – Sign Language: People/Places 1:30 – Music Therapy	10:00 – Family Feud 20 10:30 – Coping Skills 11:00 – Backyard BBQ 1:30 – Step by Step Drawing	10:00 – Healing Devotions 21 10:30 – Stretching 11:00 – Circle Watercolor Art 1:30 – Music with Pat Lydon	10:00 – Walking 22 10:30 – Music Therapy 1:30 – Cornhole Tournament	10:00 – Memorial Day Education 23 10:30 – Poppy Craft 11:30 – Cardio 1:00 – Blank Park Zoo at NH 2:00 - Escape Deserted Island
CLOSED MEMORIAL DAY 26	10:00 – Relaxation Coloring 27 11:00 – Zumba 11:30 – Words From Words 1:30 – Active Games Outing: Miracle League Park 12:30 – 2:30	10:00 – Healing Devotions 28 10:30 – Walking 11:00 – Name That TV Show 11:30 – Sign Language: Alphabet 1:30 – Valerie's Flute Entertainment	10:00 – Conversation Cards 29 10:30 – Music Therapy 1:30 – Board/Card Games Outing: Blank Park Zoo 10:00 – 2:30	10:00 – Benefits of Recreation/Leisure 30 10:30 – Dumbbell Exercises 11:00 – Kindness Cards 1:00 – Jonathan May Magic Show 2:00 – Picnic Game

