

Monday	Tuesday	Wednesday	Thursday	Friday
 ELDERDAY ADULT DAY HEALTH CARE COMMUNITY BRIDGES PUENTES DE LA COMUNIDAD				
 May 2025				
 OLDER AMERICANS MONTH				
501 Main St. Watsonville, CA 95076 (831) 458-3481				
 Cinco de Mayo 10:00-Cafecito y Quesadilla 11:00- TAI CHI with IRO 11:00-Grupo de Mujeres con Alondra 12:30-Cinco de Mayo Fun 1:00-  1:00-Watercolor Art @RR	5 10:00-Spill the TEA 11:00-Artful Adventures 11:00-Celebrating Our Nurses 1:00-Table Games @RR 1:00-TOTALLY TRIVIA 1:15-  Bowl-a-Rama	6 10:00-Café y Compañía 11:00-TAI CHI with IRO 11:00-Artful Adventures 1:00-Catch-Up Corner w/ Larisa 1:00-Captain's Call @RR 1:00-  1:45-Spend'em If You Got'em	7 10:00-JAVA JOY! 11:00- Prayer Circle with Elena 11:00-Men's Group with Juan Carlos 1:00-Visiting The Grand Canyon @RR 1:00-Artful Adventures 1:15-LIVE SLOT MACHINES 1:15-  Hand Spa at the GYM	8 10:00-Teatime Talk 11:00-Grupo de Hombres con Juan Carlos 11:00-Crafty Creations: Piñatas 1:00-Scarf Dances @RR 1:00-Gardening Group 1:15-Putt-Putt Golfing
10:00-MUGS in the Morning 11:00- TAI CHI with IRO 11:00-Women's Group w/ Alondra 1:00-Reminiscing @RR 1:00-Men's Group with Juan Carlos 1:00-  1:45-Take Me Mall Shopping!	12 10:00-KAWfee Talk 11:00-SEW Beautiful Crafts 11:00-Breaking News Hour 1:00-Pottery Crafts @RR 1:00-  Wheel-of-Fortune 1:15-Cardio Drumming on the Patio	13 10:00-Sereni-TEA Now! 11:00- TAI CHI with IRO 11:00-SEW Beautiful Crafts 1:00-Catch-Up Corner with Larisa 1:00-Dealer's Choice @RR 1:00-  1:45-Retail Therapy	14 10:00-Snack & Chat 11:00-Prayer Circle with Elena 11:00-SEW Beautiful Crafts 1:00-Beach Ball Toss @RR 1:00- <i>Dance Exercises with Naomi</i> 1:15-  Cue Ball Club	15 10:00-It's a BREW-tiful Day! 11:00-Travel Talk-New York City 11:00-SEW Beautiful Crafts 1:00-Sing-a-Long @RR 1:00-  DANCE CLUB 1:15-  Mix & Mingle Mocktails
10:00-JAVA JOE'S 11:00-TAI CHI with IRO 11:00-Crafty Creations 1:00-Clay & Pottery Crafts @RR 1:00-  1:45-Shop 'Til You Drop	19 10:00-Excelen-TÉ Día 11:00-Grupo de Hombres con Juan Carlos 11:00-Crafty Creations 1:00-Table Games @RR 1:00-  JEOPARDY! 1:15-Beachball Volleyball	20 10:00-Coffee Therapy 11:00- TAI CHI with IRO 11:00-Crafty Creations 1:00-Catch-Up Corner w/ Larisa 1:00-Captain's Call @RR 1:00-  1:45-Shopper's Corner	21 10:00-It's a BREW-tiful Day! 11:00-Prayer Circle with Elena 11:00-Crafty Creations 1:00-Walking New York City @RR 1:00-  Relaxation Station 1:15-  Hand Spa at the GYM	22 10:00-Bes-TEAS in the Morning 11:00-CATHOLIC MASS 11:00-Trivia & Reminiscing on the Patio 1:00-Scarf Dances @RR 1:00- Grupo de Mujeres con Alondra 1:00- <i>Christine's Inner Glow Therapy</i> 1:00-  KARAOKE LOUNGE
CLOSED / CERRADO  MEMORIAL DAY REMEMBER AND HONOR	26 10:00-Fancy a Cuppa? 11:00-Watercolor Therapy 11:00-Gardening Group 1:00-Arts & Crafts @RR 1:00-  1:45-Click & Add to Shopping Cart	27 10:00-Coffee Clutch 11:00- TAI CHI with IRO 11:00-Watercolor Therapy 1:00-Catch-Up Corner with Larisa 1:00-Dealers Choice @RR 1:00-  1:45-Prize Shopping	28 10:00-Despertando Lentamen-TE 11:00-Prayer Circle with Elena 11:00-Gardening Group 1:00-Easy Beat Drumming @RR 1:00- <i>Dance Exercises with Naomi</i> 1:15-  Cue Ball Club	29 10:00-Cafecito y Chismecito 11:00-TAI CHI with IRO 11:00-Women's Group with Alondra 1:00-Sing-a-Long @RR 1:00- Live Music w/ Juan Carlos 1:30-  Happy Birthday Celebration

To Cancel Transportation to Elderday, Please Contact **LIFTLINE** (831) 688-9663 AS SOON AS POSSIBLE

Lunch Is Served Daily at 12:00 pm

MENU

 MAY 2025 ELDERDAY MEALS 					Offered substitutions : Turkey Sandwich on WW Bread, or Peanut Butter and Jelly Sandwich on WW Bread, or 1 cup Lentil Soup
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
			1 Meatloaf w/ Gravy Mashed Potatoes Green Salad w/ Peppers WW Bread/Butter Graham Crackers 1% Milk	2 Tuna Noodle Casserole Peas & Mushrooms Spinach Salad WW Bread/Butter 1% Milk	
5 Chicken Enchiladas Refried Beans Mexican Coleslaw Spanish Rice 1%Milk	6 Egg Salad Sandwich Minestrone Soup Spinach Salad w/ Pepper WW Bread 1% Milk	7 Salisbury Steak w/ Gravy Mashed Potatoes Mixed Green Salad WW Roll/Butter Graham Crackers 1% Milk	8 Turkey Burger Broccoli Potato Wedges WW Bun 1% Milk	9 Clam Chowder Pickles Beets Romaine Salad WW Roll/Butter Oyster Crackers 1% Milk	
12 Crab Cake Herbed Cauliflower Romaine Salad w/ Carrots Pesto Noodles WW Roll/Butter 1% Milk	13 Asian Chicken Salad Romaine, Cabbage Mix Carrots & Cucumbers Sesame Noodle Salad WW Roll	14 Beef and Cheese Soft Garden Vegetables Romaine Salad w/ Mexico City Rice Tortilla 1% Milk	15 Turkey Salad Sandwich Cream of Broccoli Soup Carrot Raisin Salad WW Bread 1% Milk	16 Pizza Three Bean Salad Caesar Salad 1% Milk	
19 Sloppy Joes Succotash Romaine Salad w/ Pepper WW Bun 1% Milk	20 Salmon Patty Green Beans Spinach Salad w/ Carrots Rice Pilaf WW Roll/Butter 1% Milk	21 Macaroni & Cheese Broccoli Three Bean Salad WW Roll/Butter 1% Milk	22 Chicken Pozole Zucchini Mixed Green Salad Spanish Rice WW Crackers 1% Milk	23 Beef Hot Dog Vegetarian Chili Beans Coleslaw WW Bun 1% Milk	
26 Memorial Day Site Closed	27 Fish Sticks Sweet Potato Green Salad WW Roll/Butter Graham Crackers 1% Milk	28 Savory Casserole Mixed Vegetables Green Salad WW Roll/Butter 1% Milk	29 Navy Bean Soup Vegetable Pasta Salad Tossed Green Salad WW Crackers 1% Milk	30 Roast Chicken Thigh Cauliflower au gratin Sautéed Kale Brown Rice Pilaf 1% Milk SF Birthday Cake	