

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May is physical fitness month! Join us as we added more activities to keep you fit and healthy!</p>	<p><u>Hairdresser</u> 1 9:30- Daily paper pass 10:30- Monday morning motions (1A) 11:00- News & lunch talk (1A) 2:00- Chair Zumba (1A) 3:00- Pacesetters - outside (weather allowing)</p>	<p><u>Continental Breakfast</u> 2 9:30- Daily paper pass 10:30- Fitness fun (1A) 11:00- News talk (1A) 2:00 -Bingo (1A) 2:00 Soothing sounds (2B) 3:30- One to one visits</p>	<p>9:30- Daily paper pass 3 10:30- Energetic exercise (1A) 11:00- News talk (1A) 2:00- Kentucky Derby hat making (2B) 3:00- Contributing Kindness (2B)</p>	<p>9:30- Daily paper pass 4 10:30- Get Moving (1A) 11:00- News & lunch talk (1A) 2:00- BINGO (1A) 2:00- Relax & Reminisce (2B) 3:30- One on one visits</p>	<p><u>Cinco De Mayo</u> 5 9:30- Daily paper pass & room visits 10:30- Stretching after sunrise (1A) 11:00- News & lunch talk (1A) 2:00- Cheesy fiesta Taco Making (2B) 3:00- Mariachi Music (2B)</p>	<p><u>Kentucky Derby</u> 6 10:00- Daily paper pass 2:00- BINGO (1A) 3:00- One on one visits</p>
<p>Family visits 7 & Boredom Busters (2B)</p>	<p>9:00- Daily paper pass & room visits 8 10:30- Monday morning motions (1A) 11:00- News talk 2:00- Mother's Day memories, poems, & discussion (2B) 3:00- Pacesetters (outside)</p>	<p>9:30- Daily paper pass 9 10:30- Fitness Fun (1A) 11:00- News & lunch talk (1A) BINGO-2:00 (1A) 2:00 Soothing Sounds Nurses Station 2nd floor 3:30- One to one visits</p>	<p>9:30- Daily paper pass & room visits 10 10:30- Energetic Exercise (1A) 11:00- News talk (1A) 1:30- Harp music by Laura Cole (1A) 2:00- Cooking creations Monkey Bread (1A)</p>	<p>9:30- Daily papers 11 10:30- Get Moving (1A) 11:00- News & lunch talk (1A) 2:00- BINGO (1A) 2:00- Relax & Reminisce (2B) 3:30- One on one visits</p>	<p>9:30- Daily paper pass & room visits 12 10:30- Stretching after sunrise (1A) 11:00- News & lunch talk (1A) 2:00- Chair Zumba (1A) 3:00- May birthday bash (1A)</p>	<p>Family visits 13 & Boredom Busters (2B)</p>
<p>Mothers Day 14 National Nursing Home Week Starts 2:00 Bingo (1A) 4:00 Mothers day recognition (room to room)</p>	<p><u>Gracious Gardening</u> 15 9:30- Daily paper pass 10:30- Earthly Exercise (1A) 11:00- Convey Kindness (1A) 2:00- Cheery Cultivating (Outside) 3:00- Senior Spelling Bee! (Outside)</p>	<p><u>Lucky Luau</u> 16 9:30- Daily paper pass 10:30- Boisterous Bash by S. Burke (outside) 2:00- Happy Hawaii High-Jinks (Outside)</p>	<p><u>Brotherly BBQ 1950's</u> 17 9:30- Daily paper pass 10:30- Caring Cardio (1A) 11:30- Burn Rubber BBQ (Backyard) 2:00- Health Concepts Surprise (Outside) 3:00- Backyard Bingo (Outside)</p>	<p><u>Casino Connection</u> 18 9:30- Daily paper pass 10:30- Money movements (1A) 11:00- Blissful Betting (1A) 2:00- Living Las Vegas! (Outside) 2:00- Tantalizing Talent Show- (Outside)</p>	<p><u>Cut-loose Carnival</u> 19 9:30- Daily paper pass 10:30- Clown-around Cardio (1A) 11:00- Fond for Fun (1A) 2:00- Carnival Celebration! (Outside) 3:30- Sincere Sentiments</p>	<p>10:00- Daily paper pass & room visits 20 2:00- BINGO (1A) 3:00- One on one visits</p>
<p>Family visits 21 & Boredom Busters (2B)</p>	<p><u>Hairdresser</u> 22 9:00- Daily paper pass & room visits 10:30- Monday morning motions (1A) 11:00- News talk 2:00- Canvas Creations (1A) 2:00 Soothing Sounds (2B) 3:00- Pacesetters (outside)</p>	<p>9:30- Daily papers 23 10:30- Fitness Fun (1A) 11:00- News & lunch talk (1A) BINGO-2:00 (1A) 2:00 Soothing Sounds (2B) 3:30- One to one visits</p>	<p>9:30- Daily paper pass & room visits 24 10:30- Energetic Exercise (2B) 11:00- Drum fun (2B) 2:00- Resident Council (1A) We are transforming the Hair Salon into a Nail Salon ALL DAY!</p>	<p>9:30- Daily papers 25 10:30- Get Moving (1A) 11:00- News & lunch talk (1A) 2:00- BINGO (1A) 2:00- Relax & Reminisce (2B) 3:30- One on one visits</p>	<p>9:30- Daily paper pass & room visits 26 10:30- Stretching after sunrise (1A) 11:00- News & lunch talk (1A) 2:00- Drive-in style movie matinee (2B)</p>	<p>10:00- Daily paper pass & room visits 27 2:00- BINGO (1A) 3:00- One on one visits</p>
<p>Family visits 28 & Boredom Busters (2B)</p>	<p><u>Memorial Day</u> 29 9:30- Daily paper pass & room visits 10:30- Monday morning motions (1A) 11:00- News talk (1A) 2:00- Honoring our fallen heroes (2B)</p>	<p>9:30- Daily paper pass & room visits 30 10:30- Fitness Fun (1A) 11:00- News & lunch talk (1A) BINGO-2:00 (1A) 2:00 Soothing Sounds (2B) 3:30- One to one visits</p>	<p>9:30- Daily paper pass & room visits 31 10:30- Energetic Exercise (1A) 11:00- News & lunch talk (1A) 2:00- Tye-dye fly's (2B) 3:30- One to one visits</p>	<p>May 2023 Highlights: Join the Pacesetters! We are a walking group that will be traveling to local parks, scenic neighborhoods & more! Chair Zumba is blast! Don't miss out. National Nursing Home Week will be one for the books, invite the whole family! 5/14 -5/20 All activities are subject to change.</p>		