




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Assisted Living Calendar				TRANSPORTATION SCHEDULE Monday-Friday 8:45 a.m. - 5 p.m. Doctor Visits/Grocery Stores/Banks ACTIVITIES ARE SUBJECT TO CHANGE.	<ul style="list-style-type: none"> 9:30 Chair Exercise 10:00 All About The Kentucky Derby 10:30 Ideas For Activities Meeting 11:00 Decorate & Listen to Music 1:30 Praying the Rosary 2:00 Kentucky Derby "Horse" Race 3:30 Kentucky Derby Resident Social 7:00 Dolce Flute Performance 	<ul style="list-style-type: none"> 10:15 Chair Exercise 10:30 Black Beauty Short Story & Background 11:00 Bingo 2:00 Hymn Sing-along w/Michael Martin 3:15 Horse Derby Game
Road Trip Week 3 <ul style="list-style-type: none"> 10:15 Morning Walk & Coffee 11:00 Church Service 2:00 50 States Map Quiz Game 2:30 Girl Scout Troop 540 Visit 3:30 Word Unscramble: U.S. States 	4 <ul style="list-style-type: none"> 9:30 Exercise w/Stephanie 10:00 Pet Therapy w/Bouncer 10:30 Color My World: Road Trip Edition 11:30 Inspirational Stories 1:30 Cornhole Fun! 2:00 Bryan Langerud Performs 3:15 Road Trip Reminiscing Discussion 3:30 Road Signs Quiz 	Cinco de Mayo 5 <ul style="list-style-type: none"> 9:30 Morning Stroll & Coffee 10:00 Powerback Chair Exercise 10:30 Manicures & Movie 1:00 Episcopal Service 2:00 Armchair Travel: Mexico 3:00 Cinco de Mayo Celebration 	6 <ul style="list-style-type: none"> 9:30 Catholic Communion 9:30 Chair Exercise 10:00 Astonishing Facts About Route 66 10:30 Makeup w/ Lisa 1:30 Beach Ball Toss 2:00 The Voices Perform "Broadway Tunes" 3:15 Scrabble/Rummikub Clubs 	7 <ul style="list-style-type: none"> 9:30 Exercise w/Stephanie 10:00 50 Fun Facts About The 50 States 10:30 Sunset Road Trip Painting 1:30 Carl's Ice cream Trip 2:30 Bingo 3:30 This or That? Travel Game 	8 <ul style="list-style-type: none"> 9:30 Chair Exercise 10:00 The Price Is Right: 70s Edition 10:30 Best Places to Visit In the US 11:00 Hot Seat Game: Travel Edition 11:30 I Have Who Has Game: US States & Capitals 1:30 Praying the Rosary 2:00 Movie & Popcorn 3:30 Road Trip Tips: True or False? 	Train Day 9 <ul style="list-style-type: none"> 10:15 Chair Exercise 10:30 Interesting Facts About Trains 11:00 Mexican Train Dominoes 2:15 Bingo 3:15 Find The Hidden Objects: Train Station 3:30 10 Most Luxurious Trains in the World
Mother's Day 10 <ul style="list-style-type: none"> 10:15 Morning Walk & Coffee 11:00 Church Service 2:00 Jeopardy: Mother's Day Edition 3:00 Collage Detective: Mom Edition 3:30 Collage Detective Mother's Day Discussion 	Furry Friends Week 11 <ul style="list-style-type: none"> 9:30 Exercise w/Stephanie 10:00 What Are They Thinking? Puppy Faces 10:30 Dog Painting 11:30 Inspirational Stories 1:30 Cornhole Fun! 2:00 Michael Martin Performs 3:15 All About Dogs 3:30 Pet Quiz & Reminiscing 	12 <ul style="list-style-type: none"> 9:30 Morning Stroll & Coffee 10:00 Powerback Chair Exercise 10:30 Exploring Different Dog Breeds 11:00 Health Benefits of Owning a Pet 11:30 All About Exotic Pets 1:00 Episcopal Service 1:30 Manicures & Movie 3:00 Bible Study w/Rev. Ritchie 3:30 History & Science of Animal Domestication 	13 <ul style="list-style-type: none"> 9:30 Chair Exercise 10:00 Cute Puppy Videos 10:30 Pet Therapy w/Tanner 11:00 Color My World: Pets Edition 1:30 Washer Toss 2:00 Hot Seat Game: Animals Edition 3:00 History of Assisted-Animal Therapy 3:30 Cross Country with Bud: The First Coast-to-Coast Road Trip Story 	14 <ul style="list-style-type: none"> 9:30 Exercise w/Stephanie 10:00 Why People Have Fish as Pets 10:30 Discovering Different Cat Breeds 11:00 Bingo 2:00 Mother's Day Tea Party 3:15 Scrabble/Rummikub Clubs 	15 <ul style="list-style-type: none"> 9:30 Chair Exercise 10:00 Close-up Cat Painting 11:00 Decorate & Listen to Music 11:00 Lutheran Service of the Sacrament 1:30 Praying the Rosary 2:00 Jaime Lloyd Performs 3:15 All About Cats 3:30 Purr-fect Multi-Level Sanctuary Story 	16 <ul style="list-style-type: none"> 10:15 Chair Exercise 10:30 Small Pets Packed With Personality 11:00 Dominoes 2:15 Bingo 3:15 Cat-opoly Board Game
Mental Health Week 17 <ul style="list-style-type: none"> 10:15 Morning Walk & Coffee 11:00 Church Service 2:00 Color My World: Mental Health Edition 3:00 Mindfulness Matters 3:30 Mental Health: Myth vs. Reality 6:30 Stacy Nunamker Spring Recital 	18 <ul style="list-style-type: none"> 9:30 Exercise w/Stephanie 10:00 Catholic Mass 10:00 Pet Therapy w/Jambo 10:30 Tree of Life & Seasons Painting 11:30 Inspirational Stories 1:30 Cornhole Fun! 2:00 May Birthday Celebration 3:15 Ways to Improve Your Mood 3:30 Chatty Cards Game 	19 <ul style="list-style-type: none"> 9:30 Elevate Hearing Center 9:30 Morning Stroll & Coffee 10:00 Powerback Chair Exercise 10:30 Fredericksburg Area Museum Trip 1:00 Episcopal Service 2:00 Manicures & Movie 3:30 Is That True? Game 	Bee Day 20 <ul style="list-style-type: none"> 9:30 Chair Exercise 10:00 Salvation Army Church & Michael Milstead Devotion & Gospel Music 10:30 Buzzing Facts About Bees You Won't Bee-lieve 11:00 Bee Ornament Craft 1:30 Beach Ball Toss 2:00 Dolley Madison Lecture by Montpelier 3:00 Spelling Bee 3:30 Alphabet Game 	21 <ul style="list-style-type: none"> 9:30 Exercise w/Stephanie 10:00 Protestant Communion 10:30 Understanding Mental Health Stigma 11:00 Bingo 1:30 Afternoon Chat & Hot Chocolate 2:00 Youth String Performance 3:00 Scrabble/Rummikub Clubs 	22 <ul style="list-style-type: none"> 9:30 Chair Exercise 10:00 Pet Therapy w/Pebbles 10:30 Mental Health Kindness Art 11:30 How Exercise Improves Mental Health 1:30 Praying the Rosary 2:00 Movie & Popcorn 2:00 Pianist Frederick Moyer Performs 3:15 Comedy TV Show 	Turtle Day 23 <ul style="list-style-type: none"> 10:15 Chair Exercise 10:30 All About Tortoises & Turtles 11:00 Dominoes 2:15 Bingo 3:15 Turtle Tug-Of-War Game
Crafty Week 24 <ul style="list-style-type: none"> 10:15 Morning Walk & Coffee 11:00 Church Service 2:00 SCRAP Categories Game 2:30 Is It Fast or Slow? Understanding Music Tempo 3:00 Werewolf Discussion Game 	Memorial Day 25 <ul style="list-style-type: none"> 9:30 Exercise w/Stephanie 10:00 The Origins Of Memorial Day 10:30 Decoupage American Flag Sign 11:30 Inspirational Stories 1:30 Cornhole Fun! 2:00 Memorial Day Ceremony 3:00 The Write Word Game 	26 <ul style="list-style-type: none"> 9:30 Morning Stroll & Coffee 10:00 Powerback Chair Exercise 10:30 Manicures & Movie 1:00 Episcopal Service 2:00 Randy Riggle Comedy Show 3:00 Fortunately/Unfortunately Game 	Senior Health & Fitness Day 27 <ul style="list-style-type: none"> 9:30 Chair Exercise 10:00 Resident Council Meeting 10:30 The Top 10 Benefits of Daily Exercise 1:30 Washer Toss 2:00 Dominoes 3:00 Balloon Volleyball 3:30 Nature Walk & Talk 	28 <ul style="list-style-type: none"> 9:30 Exercise w/Stephanie 10:00 Minute To Win It Games 11:00 Hydrangea Q-Tip Flower Art 1:30 Afternoon Chat & Hot Chocolate 2:00 Bingo 3:15 Scrabble/Rummikub Clubs 	29 <ul style="list-style-type: none"> 9:30 Chair Exercise 10:00 Cover the Number Dice Game 11:00 Decorate & Listen to Summer Music 1:30 Praying the Rosary 2:00 Movie & Popcorn 3:30 Who Wants to Be a Millionaire Game 	30 <ul style="list-style-type: none"> 10:15 Chair Exercise 10:30 All About Sculpture Art 11:00 Bingo 2:00 Gospel Music w/Gordon & Barbara McDonald 3:15 Board Games/Card Games
31 <ul style="list-style-type: none"> 10:15 Morning Walk & Coffee 11:00 Church Service 2:00 Hot Seat Game 3:00 Strawberry Lemonade & Chat 						