



2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| <p>Please contact DENISE MITCHELL To schedule your appointment With the Podiatrist on MAY 29, 2019 361-6141 ext 885</p> | <p>CAREGIVER SUPPORT GROUP MAY 23, 2019 6:00 p.m. RESPIRE CARE & DINNER AVAILABLE UPON REQUEST</p> | <p>1</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (TS) 10:30 Trivia Time (RB)) 10:30 Jazz the Walls (EF)</p> <p>Hour 12:50 News Flash Recall 1:00 Spiritual Hour (RB) 1:10 Arts & Crafts (EF) 2:00 Snack /Home Stretch 3:00 Wind Down 3:00 Story Hour (AIT)</p> <p>12:00-1:00 Lunch / Social</p> | <p>2</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (RB) 10:30 Wii Bowling (EF) 10:30 Craft Class (EF) 10:30 Focus Group 12:00-1:00 Lunch/Social Hr.</p> <p>1:00 Board Game Bonanza (AIT) 1:00 Art 1:10 Manicures (EF) 2:30 Home Stretch 3:00 Wind Down</p> | <p>3</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Chair Yoga/ Tai Chi Denise Dameron 10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour 1:00 Art 1:00 MUSIC THERAPY 2:00 Snack / Home Stretch 3:00 Wind Down SCARVES GALORE (AIT)</p> |
| <p>6</p> <p>9:30 Breakfast 10:00 Reminisce Stretching/ Wellness Walk 10:30 Arts & Crafts (EF) 10:30 VOCA Music Therapy 11:00 Massage Therapy 12:00-1:00 Lunch Social Hour</p> <p>1:00 Latin Lounge Flow (AIT) 1:00 Art 1:10 Men's Group (RB) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down</p> | <p>7 TRIP TBA (EF)</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Do You Know? (RB) 10:30 Wii Bowling (TS) 10:30 ART THERAPY 10:30 Veterans Gathering Group (AIT)</p> <p>12:00-1:00 Lunch / Social Hour 1:00 Art 1:10 BINGO 1:10 Music Group (WJ) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down</p> | <p>8 TRIP TBA (EF)</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (TS) 10:30 Trivia Time (RB)) 10:30 Jazz the Walls (EF) 10:30 Jackie the Storyteller</p> <p>12:00-1:00 Lunch / Social Hour 12:50 News Flash Recall 1:00 Spiritual Hour (RB) 1:10 Arts & Crafts (EF) 2:00 Snack /Home Stretch 3:00 Wind Down 3:00 Story Hour (AIT)</p> | <p>9</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (RB) 10:30 Wii Bowling (EF) 10:30 Craft Class (EF) 10:30 Focus Group 11:00 Koinonia Home Group</p> <p>12:00-1:00 Lunch/Social Hr. 1:00 ZELMA GEORGE DANCERS 1:10 Manicures (EF) 2:30 Home Stretch 3:00 Wind Down</p> | <p>10 TRIP TBA 1:00 MOVIE DAY</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Chair Yoga/ Tai Chi Denise Dameron 10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour 1:00 Art 2:00 Snack / Home Stretch 3:00 Wind Down SCARVES GALORE (AIT)</p> |
| <p>13 TRIP TBA (EF)</p> <p>9:30 Breakfast 10:00 Reminisce Stretching/ Wellness Walk 10:00 Loving Hands Group 10:30 Arts & Crafts (EF) 10:30 VOCA Music Therapy 11:00 Massage Therapy 12:00-1:00 Lunch Social Hour</p> <p>1:00 Latin Lounge Flow (AIT) 1:00 Art 1:10 Men's Group (RB) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down</p> | <p>14</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Do You Know? (RB) 10:30 Wii Bowling (TS) 10:30 ART THERAPY 10:30 Veterans Gathering Group (AIT)</p> <p>11:00 Massage Therapy 12:00-1:00 Lunch / Social Hour 1:00 Art 1:10 BINGO 1:10 Music Group (WJ) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down</p> | <p>15 TRIP TBA (TJ)</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Well-ness Walk 10:30 Senior Fitness (TS) 10:30 Trivia Time (RB)) 10:30 Jazz the Walls (EF) 12:00-1:00 Lunch / Social Hour</p> <p>12:50 News Flash Recall 1:00 Spiritual Hour (RB) 1:10 Arts & Crafts (EF) 2:00 Snack /Home Stretch 3:00 Wind Down 3:00 Story Hour (AIT)</p> | <p>16 TRIP TBA (EF)</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (RB) 10:30 Wii Bowling (EF) 10:30 Craft Class (EF) 10:30 Guardians Praise Dancing Group</p> <p>12:00-1:00 Lunch/Social Hr. 1:00 Board Game Bonanza (AIT) 1:00 Art 1:10 Manicures (EF) 2:30 Home Stretch 3:00 Wind Down</p> | <p>17</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Chair Yoga/ Tai Chi Denise Dameron 10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour 1:00 Art 2:00 Snack / Home Stretch 3:00 Wind Down SCARVES GALORE (AIT)</p> |
| <p>20 TRIP TBA (TJ)</p> <p>9:30 Breakfast 10:00 Reminisce Stretching/ Wellness Walk 10:30 Arts & Crafts (EF) 12:00-1:00 Lunch Social Hour</p> <p>1:00 Latin Lounge Flow (AIT) 1:00 Art 1:10 Men's Group (RB) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down</p> | <p>21 MOBILE DENTIST</p> <p>9:30 Breakfast 9:30 Poisonberry Bakery 10:00 Reminisce Stretching / Wellness Walk 10:30 Do You Know? (RB) 10:30 Wii Bowling (TS) 10:30 ART THERAPY 10:30 Veterans Gathering Group (AIT)</p> <p>11:00 Massage Therapy 12:00-1:00 Lunch / Social Hour 1:00 Art 1:10 BINGO 1:10 Music Group (WJ) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down</p> | <p>22</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (TS) 10:30 Trivia Time (RB)) 10:30 Jazz the Walls (EF) 11:00 Cleveland Clinic Health talk</p> <p>12:00-1:00 Lunch / Social Hour 12:50 News Flash Recall 1:00 Spiritual Hour (RB) 1:10 Arts & Crafts (EF) 2:00 Snack /Home Stretch 3:00 Wind Down 3:00 Story Hour (AIT)</p> | <p>23 CAREGIVER SUPPORT GROUP</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (RB) 10:30 Wii Bowling (EF) 10:30 Craft Class (EF) 10:30 Focus Group 11:00 Koinonia Home Group</p> <p>12:00-1:00 Lunch/Social Hr. 1:00 ZELMA GEORGE DANCERS 1:10 Manicures (EF) 2:30 Home Stretch 3:00 Wind Down</p> | <p>24 1:00 MOVIE DAY</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Chair Yoga/ Tai Chi Denise Dameron 10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour 1:00 Art 1:00 MUSIC THERAPY 2:00 Snack / Home Stretch 3:00 Wind Down SCARVES GALORE (AIT)</p> |
| <p>27</p> <p>9:30 Breakfast 10:00 Reminisce Stretching/ Wellness Walk 10:00 Loving Hands Group 10:30 Arts & Crafts (EF) 12:00-1:00 Lunch Social Hour</p> <p>1:00 Latin Lounge Flow (AIT) 1:00 Art 1:10 Men's Group (RB) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down</p> | <p>28 TRIP TBA (EF)</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Do You Know? (RB) 10:30 Wii Bowling (TS) 10:30 ART THERAPY 10:30 Veterans Gathering Group (AIT)</p> <p>11:00 Massage Therapy 12:00-1:00 Lunch / Social Hour 1:00 Art 1:10 BINGO 1:10 Music Group (WJ) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down</p> | <p>29 PODIATRIST</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Well-ness Walk 10:30 Senior Fitness (TS) 10:30 Trivia Time (RB)) 10:30 Jazz the Walls (EF) 12:00-1:00 Lunch / Social Hour</p> <p>12:50 News Flash Recall 1:00 Spiritual Hour (RB) 1:10 Arts & Crafts (EF) 2:00 Snack /Home Stretch 3:00 Wind Down 3:00 Story Hour (AIT)</p> | <p>30</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (RB) 10:30 Wii Bowling (EF) 10:30 Craft Class (EF) 10:30 Guardians Praise Dancing Group</p> <p>12:00-1:00 Lunch/Social Hr. 1:00 Board Game Bonanza (AIT) 1:00 Art 1:10 Manicures (EF) 2:30 Home Stretch 3:00 Wind Down</p> | <p>31</p> <p>9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Chair Yoga/ Tai Chi Denise Dameron 10:30 Manicures (EF))</p> <p>12:00-1:00 Lunch / Social Hour 1:00 Art 2:00 Snack / Home Stretch 3:00 Wind Down SCARVES GALORE (AIT)</p> |

Activities on this calendar are subject to change. Any changes will be made to the appropriate calendar. **ALL TRIPS ARE WEATHER PERMITTING**