

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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| <p>Room Location Codes</p> <p>William Lathrop Arts Center WLAC 1, 2 & 3</p> | <p>Quote of the Month</p> <p>You have power over your mind – not outside events. Realize this, and you will find strength.</p> <p>- Marcus Aurelius</p> | | <p>10:45 Bible Study: Pastor Scott Mitchell (A1) 11:15 Exercise: Wednesday Wake Up 11:30 Pet Therapy: Yogi 1:00 Sweet Treats: Cookie Baking 2:00 LS: Dean Martin & Frank Sinatra 3:30 Mindful Meditation 6:00 Mexican Train Dominoes</p> | <p>2</p> <p>9:30 Exercise: Thursday Tone Up 10:00 Brain Builder 10:30 Shadow of His Wings: Inspirational Poetry 1:00 Fun Fitness w/Shawn Hagney 1:30 Therapy Lecture (A1) 2:00 Sentimental Sing a Long: Crooners 3:00 Hydration Station 3:30 Men's Club: Soccer Around the World w/Bill Eldridge</p> | <p>3</p> <p>9:30 Exercise: Friday Fitness Fun 10:00 LS: Tech: Crazy Keys 10:45 Shabbat Service 1:00 LS: Bingo 1:30 Strength and Guidance; Poetry 2:00 Fresh Fruit Parfaits 3:00 Hydration Station</p> | <p>4</p> <p>9:30 LS: Magazine 10:00 Music & Memory 10:30 Ring Toss 12:00 Brunch of the Month: Foods for Fitness 1:00 Aromatherapy & Hand Massages 3:00 Viewer's Choice Movie</p> |
| <p>5</p> <p>Cinco de Mayo</p> <p>9:00 LS: Magazine 9:30 Meditation: Boundless Love 10:00 Ring Toss 11:00 St. Ephrem's Communion Service 1:00 LS: What is Cinco de Mayo 1:30 Entertainment: 30's, 40's, 50's & Up w/John S. Cosentini 3:00 Sunday Cinema: Secretariat</p> | <p>6</p> <p>9:30 Exercise: Monday Movement 10:00 LS: Joke of the Day 10:30 Pet Therapy with Molly 1:00 Witty Word Game 2:00 Organic Dog Treats w/Volunteer 3:00 Music & Memory</p> | <p>7</p> <p>11:15 Exercise: Wake & Shake 1:30 Flower Arranging in Portugal 2:30 Tea & Portuguese Nanaimo Bars w/Dot Hahn 3:00 Wii Bowling 4:00 Musical Meditation 6:00 LS.: Bingo</p> | <p>8</p> <p>10:45 Bible Study: Pastor Mathew Philip (A1) 11:15 Exercise: Wednesday Work Out 11:30 Pet Therapy: Yogi 1:00 Baking Bash: Cookies 2:30 Methodist Church Service 4:00 Hydration Station w/Snacks 6:00 500 Rummy</p> | <p>9</p> <p>9:30 Exercise: Balloon Volleyball 10:00 Timeless Trivia 10:30 Shadow of His Wings: Inspirational Poetry 1:00 Fun Fitness w/Shawn Hagney 1:30 Let's Celebrate National Nursing Home Week: "Shining Stars" 2:30 Music & Memory 3:30 Aromatherapy & Hand Massages 5:00 Harp Flowers Bedside Harp w/ Mary Cupo-Cruz</p> | <p>10</p> <p>9:30 Exercise: Ball Toss 10:00 LS: Lighthouses in New England 10:45 Shabbat Service 1:00 Strength and Guidance; Poetry 1:30 Current Events 2:00 LS: Bingo</p> | <p>11</p> <p>9:30 LS: Daily Chronicle 10:00 LS: Tech: Painter's Palette 10:30 Magnetic Rocket Game 1:00 Pinterest: Drawing Flowers w/Brianna 1:30 Men's Manicures 3:00 Viewer's Choice Movie</p> |
| <p>12</p> <p>Mother's Day</p> <p>9:00 LS: Daily Chronicle 9:30 Reflection: His Shining Light 10:00 Balloon Volleyball 11:00 St. Ephrem's Communion Service 1:30 Spirited Sing a Long w/Nick Fratelli 2:30 Mother's Day: Tea & Tasty Cakes 3:00 Sunday Cinema: Mamma Mia</p> | <p>13</p> <p>9:30 Exercise: Monday in Motion 10:00 Music & Memory 10:30 Pet Therapy with Molly 11:30 Red Hat Luncheon w/The Scarlet Sassy Seniors Red Hats (WLAC-A1/A2) 3:00 Lucky Dice</p> | <p>14</p> <p>11:15 Exercise: Tuesday Trim Up 1:30 Fresh Flower Arranging in Greece w/Sylvia McCarthy 2:30 Gourmet Greek Yogurt w/Fruit 3:00 Hydration Station 4:00 Aromatherapy & Hand Massages 6:00 Reminisce: Pictures from the Past</p> | <p>15</p> <p>10:45 Bible Study: Pastor Tom Dingwall (A1) 11:15 Exercise: Wednesday Work Out 11:30 Pet Therapy: Yogi 1:00 Decadent Desserts: Cookie Baking 1:00 Miracle Ear, Dr. Kyle (WELL) 3:00 Hydration Station 6:00 Wheel of Fortune</p> | <p>16</p> <p>Birthday Day</p> <p>9:30 Exercise: Move & Groove 10:00 LS: Tech: Music Box 10:30 Shadow of His Wings: Inspirational Poetry 1:00 Fun Fitness w/Shawn Hagney 1:30 Singing Happy Birthday 2:30 Wii Bowling 3:30 Entertainment: w/Marcus</p> | <p>17</p> <p>9:30 Exercise: Light & Lively 10:00 Mindful Meditation 10:45 Shabbat Service 1:00 Strength and Guidance; Poetry 1:30 Music & Memory 2:00 LS: Bingo</p> | <p>18</p> <p>Armed Forces Day</p> <p>9:30 LS: Magazine 10:00 Ball Toss 10:30 Conversation Corner w/Coffee 1:00 Armed Forces Day Trivia 1:30 Patriotic Parfaits: Red, White & Blue 3:00 Viewer's Choice Movie</p> |
| <p>19</p> <p>9:00 LS: Daily Chronicle 9:30 Contemplation: Hope Renewed 10:00 Knock It Down 11:00 St. Ephrem's Communion Service 1:30 Spiritual Sing a Long w/Nick Fratelli 2:30 Strawberry Festival: Lahaska, Pa: Chocolate Covered Strawberries 3:00 Sunday Cinema: Seabiscuit</p> | <p>20</p> <p>9:30 Exercise: Morning Movement 10:00 Music & Memory 10:30 Pet Therapy with Molly 1:00 Witty Word Game 2:00 Wii Bowling 3:00 Hydration Station w/Snacks</p> | <p>21</p> <p>11:15 Exercise: Balloon Volleyball 1:30 Fresh Flower Arranging in India w/Sylvia McCarthy 2:30 LS: Customs and Music of India 4:00 Aromatherapy & Hand Massages 6:00 Price is Right</p> | <p>22</p> <p>10:45 Bible Study: Chaplain Howard Brooks (A1) 11:15 Exercise: Wake & Shake 11:30 Pet Therapy: Yogi 1:00 Incredible Edibles: Cookie Baking 1:30 Villagers Program w/ Marilyn Guzman 6:00 Po-Ke-No</p> | <p>23</p> <p>9:30 Exercise: Thursday Trim Up 10:00 LS: Tech: Crazy Keys 10:30 Inspirational Poetry: Quiet Peace 12:00 Fun for Fitness Dinner Party 1:00 Fun Fitness w/Shawn Hagney 2:00 Mindful Meditation 3:00 Hydration Station</p> | <p>24</p> <p>9:30 Exercise: Friday Fitness 10:00 LS: C4L Focus: Osteoporosis 10:45 Shabbat Service 1:00 Inspirational Poems: My Hand in His 1:30 Ice Cream Social w/ my BFF 3:00 Hydration Station</p> | <p>25</p> <p>9:30 LS: Magazine 10:00 Music & Memory 10:30 Ball Darts 1:00 Pinterest: Painting: Garden Flowers 2:30 Hydration Station w/Snacks 3:00 Viewer's Choice Movie</p> |
| <p>26</p> <p>9:00 LS: Magazine 9:30 Meditation: Restore My Soul 10:00 Balloon Volleyball 11:00 St. Ephrem's Communion Service 1:30 Soulful Sing a Long 3:00 Sunday Cinema: Yankee Doodle Dandy</p> | <p>27</p> <p>Memorial Day</p> <p>9:30 Exercise: Monday Movement 10:00 Music & Memory 10:30 Pet Therapy with Molly 11:30 Resident Council & Food Committee: Appetizers 1:00 Memorial Day Trivia 2:00 Patriotic Parfaits</p> | <p>28</p> <p>11:15 Exercise: Tuesday Tone Up 1:30 Flower Arranging in Costa Rica w/Sylvia McCarthy 2:30 LS: Music in Costa Rica 3:00 Tropical Fruit 6:00 Train Dominoes</p> | <p>29</p> <p>National Health and Fitness Day</p> <p>10:45 Belly Dancer w/Venus 11:15 Exercise: Wednesday Warm Up 11:30 Pet Therapy: Yogi 1:00 Hand Exercises 1:30 Balloon Volleyball 2:00 Mindful Meditation 2:30 Scarf Dancing 3:00 Hydration Station 6:00 Dice Games</p> | <p>30</p> <p>9:30 Exercise: Light & Lively 10:00 LS: Tech: Painter's Palette 10:30 Shadow of His Wings: Inspirational Poetry 1:00 Fun Fitness w/Shawn Hagney 1:30 Sentimental Sing a Long 3:30 Entertainment: w/John Callaghan</p> | <p>31</p> <p>9:30 Exercise: Fitness Fun 10:00 LS: Bingo 10:45 Shabbat Service 1:00 Inspirational Poetry: The Winds of Fate 1:30 Wii Bowling 3:00 Hydration Station</p> | |