



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>4043 Irene Street West Mifflin, PA 15122 412-461-7210</p>		8:45 MORNING MUSIC 9:30 <b>PE</b> MUSICAL EXERCISE 10:00 NAIL CARE 1:00 OVER-THE-HILL TRIVIA 2:30 <b>CE</b> HOW TO DRAW A BIRD 4:00 EVENING EXERCISE 6:05 EVENING MOVIE	8:45 READING THE PAPER 9:30 <b>PE</b> BEND AND STRETCH 10:00 SPRING CLEANING 1:00 TIN CAN BOWLING 2:30 SUPER BALL TOSS 4:00 EVENING EXERCISE 6:05 WHAT GOES WITH WHAT	8:45 REMEMBERING FAMOUS PEOPLE 9:30 <b>PE</b> SITTERCISE 10:00 WEEKLY INSPIRATION 1:00 <b>AE</b> LOOFA MAKING W/ SPONGES 2:30 BEAN BAG TOSS 4:00 EVENING EXERCISE 6:05 FAMILY FEUD	8:45 THE JOY OF MUSIC 9:30 <b>PE</b> FIT HAPPENS 10:00 <b>CC</b> AUCTION W/365 HOSPICE 1:00 PICTURE MATCHING 2:30 SCARF FOLDING 4:00 EVENING EXERCISE 6:05 POEM READINGS	8:45 MORNING NEWS 9:30 <b>PE</b> MORNING EXERCISE 10:30 COFFEE KLATCH 1:00 CARD CLUB 2:30 WII BOWLING 4:00 EVENING EXERCISE 6:05 <b>LL</b> HAND MASSAGES	
	8:45 MORNING MUSIC 9:30 <b>PE</b> MORNING EXERCISE 10:00 <b>SS</b> CHURCH SERVICE W/ TBN(TV) 1:00 HANGMAN 2:30 GUESS THAT ANIMAL 3:30 KICKBALL 4:00 WILD WALKERS	8:45 MORNING NEWS 9:30 <b>PE</b> ALIVE & KICKIN 10:00 <b>CE</b> SPELLING BEE 1:00 PROVERB GAME 2:30 ICE PAINTING 4:00 EVENING EXERCISE 6:05 PARACHUTE	8:45 MORNING MUSIC 9:30 <b>PE</b> MUSICAL EXERCISE 10:00 MANICURE TIME 1:00 SPRING LETTERS 2:30 APPLE TV TIME 4:00 EVENING EXERCISE 6:05 <b>LL</b> RELAXING WITH THE SOUNDS OF NATURE	7:00 WAFFLE BUFFET W/7 OAKS 8:45 MORNING NEWS 9:30 <b>PE</b> BEND AND STRETCH 10:00 SING A LONGS 1:00 BALLOON DARTS 2:00 TASTE AND TELL 4:00 EVENING EXERCISE	8:45 BINGO CHIP SORTING 9:30 <b>PE</b> SITTERCISE 10:00 WEEKLY INSPIRATION 1:00 PAPER PLATE FAN 2:00 <b>CC</b> CRAFT W/AMEDISYS 4:00 EVENING EXERCISE 6:05 WHAT WORD DO YOU SEE	8:45 SLOW JAMS 9:30 <b>PE</b> FIT HAPPENS 10:00 <b>AE</b> SPRAY BOTTLE PAINTING 1:00 MENS CLUB W/JOHN 2:30 CHUCK A DUCK 4:00 EVENING EXERCISE 6:05 NUTS AND BOLTS	8:45 MORNING NEWS 9:30 <b>PE</b> MORNING EXERCISE 10:30 COFFEE KLATCH 1:00 POKENO 2:30 PUZZLE BUILDING 4:00 EVENING EXERCISE 6:05 THIS DAY IN HISTORY
	8:45 MORNING MUSIC 9:30 <b>PE</b> MORNING EXERCISE 10:00 <b>SS</b> CHURCH SERVICE W/ TBN(TV) 1:00 MOTHERS DAY TRIVIA 2:30 TEA AND TUNES 3:30 RING TOSS 4:00 WILD WALKERS	8:45 MORNING NEWS 9:30 <b>PE</b> ALIVE & KICKIN 10:00 CROCK POT COOKING 1:00 <b>CE</b> SCIENCE EXPIREMENT 2:30 WHATS IN THE BAG 4:00 EVENING EXERCISE 6:05 COLOR SORTING M&M'S	8:45 MORNING MUSIC 9:30 <b>PE</b> MUSICAL EXERCISE 10:00 NAIL CARE 1:00 SPRING WORD SCRAMBLE 2:30 MAKING OUR DOGGIE SNACKS 4:00 EVENING EXERCISE 6:05 LET'S MAKE GIANT DICE	8:45 MORNING NEWS 9:30 <b>PE</b> BEND AND STRETCH 10:00 PING PONG PAN 1:00 PIRATES TAILGATE 2:30 LET'S MAKE SOME NOISE 4:00 EVENING EXERCISE 6:05 PRIZE BINGO	8:45 RIPPED PAPER COLLAGE 9:30 <b>CC</b> DONUTS W/ GATEWAY 10:00 WEEKLY INSPIRATION 1:00 MARSHMALLOW SHOOTERS 2:30 <b>LL</b> PRICE COMPARISON 4:00 EVENING EXERCISE 6:05 I LOVE LUCY	8:45 JAZZ TUNES 9:30 <b>PE</b> FIT HAPPENS 10:00 <b>AE</b> BIRD FEEDERS FOR THE PATIO 1:00 POPSICLE STICK TURTLES 2:30 PET THERAPY W/OMNI 4:00 EVENING EXERCISE 6:05 NAKITA'S TREAT	8:45 MORNING NEWS 9:30 <b>PE</b> MORNING EXERCISE 10:30 COFFEE KLATCH 1:00 CARD CLUB 2:30 WII DEAL OR NO DEAL 4:00 EVENING EXERCISE 6:05 HAIR MASSAGES
	8:45 MORNING MUSIC 9:30 <b>PE</b> MORNING EXERCISE 10:00 <b>SS</b> CHURCH SERVICE W/ TBN(TV) 1:00 WHEEL OF FORTUNE 2:30 COMEDY HOUR 3:30 MINI GOLF 4:00 WILD WALKERS	8:45 MORNING NEWS 9:30 <b>PE</b> ALIVE & KICKIN 10:00 <b>AE</b> FLOWER PRESSING 1:00 DOMINOS 2:30 SING A LONGS 4:00 EVENING EXERCISE 6:05 <b>CE</b> NUMBER MATCHING	8:45 MORNING MUSIC 9:30 <b>PE</b> MUSICAL EXERCISE 10:00 MANICURE TIME 1:00 1960'S MUSIC TRIVIA 2:30 <b>CC</b> CRAFTS W/CARING 4:00 EVENING EXERCISE 6:05 PICK A DUCK	8:45 MORNING NEWS 9:30 <b>PE</b> BEND AND STRETCH 10:00 VIRTUAL ZOO TOUR 1:00 WATER BALLOON PINATA 2:00 TASTE AND TELL 4:00 EVENING EXERCISE 6:05 AROMA THERAPY	8:45 TOWEL FOLDING 9:30 <b>PE</b> SITTERCISE 10:00 WEEKLY INSPIRATION 1:00 ICE CREAM W/ HEARTLAND 2:30 TODAY'S INVENTIONS 4:00 EVENING EXERCISE 6:05 WHAT IS THAT SMELL	8:45 GOLEDEN OLDIES 9:30 <b>PE</b> FIT HAPPENS 10:00 HORSE RACING 1:00 <b>LL</b> WOMENS CLUB 2:30 FRISBEE TIC TAC TOE 4:00 EVENING EXERCISE 6:05 BASKET OF BALLS	8:45 MORNING NEWS 9:30 <b>PE</b> MORNING EXERCISE 10:30 COFFEE KLATCH 1:00 BINGO 2:30 SHUFFLE BOARD 4:00 EVENING EXERCISE 6:05 SENTIMENTAL JOURNEYS
	8:45 MORNING MUSIC 9:30 <b>PE</b> MORNING EXERCISE 10:00 <b>SS</b> CHURCH SERVICE W/ TBN(TV) 1:00 SPRING PHOTOS 2:30 HYMN SINGING 3:30 VOLLEYBALL 4:00 WILD WALKERS	8:45 MORNING NEWS 9:30 <b>PE</b> ALIVE & KICKIN 10:00 CROCK POT COOKING 1:00 WHAT IS MEMORIAL DAY 2:30 <b>CE</b> SCIENCE EXPIREMENT 4:00 EVENING EXERCISE 6:05 MASH MARATHON	8:45 MORNING MUSIC 9:30 <b>PE</b> MUSICAL EXERCISE 10:00 NAIL CARE 1:00 RIDDLE ME THIS 2:30 WHO HAS THE MATCHING SOCK 4:00 EVENING EXERCISE 6:05 <b>LL</b> LEMONADE ON THE PATIO	8:45 MORNING NEWS 9:30 <b>PE</b> BEND AND STRETCH 10:00 REMINISCING 1:00 <b>AE</b> WELL BLOW MY BUBBLE 2:30 FLY A KITE 4:00 EVENING EXERCISE 7:05 PIRATE GAME W/ POPCORN	8:45 TANGLE THERAPY 9:30 <b>PE</b> SITTERCISE 10:00 WEEKLY INSPIRATION 1:00 BIRD WATCHING 2:30 <b>CC</b> MAY BIRTHDAY CELEBRATION 4:00 EVENING EXERCISE 6:05 PARACHUTE W/ THE BEACH BALL	<p><b>AE</b> Artistic Expression  <b>CC</b> Community Connections  <b>CE</b> Continuing Education  <b>LL</b> Lifestyle &amp; Leisure  <b>PE</b> Physical Engagement  <b>SS</b> Spiritual Support</p> <p>Healthy Snacks &amp; Hydration offered throughout each day!</p>	