



May 2020

VALLEY TERRACE

PREMIER ASSISTED LIVING & MEMORY CARE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY					1	2
AR Activity Room CK Country Kitchen DR Dining Room LR Living Room P Pub SR Sun Room EX Exercise Room C1 Clover First Floor	Walking indoors and outside depending on weather each day	There will be activities with residents in their apartments One on One with activity staff each day	Connection with families with Zoom, Skype & facetime all month. Call and schedule a time and day with Michele or Bobbi		10:00 Sit & Be Fit Exercise AR 11:00 Holy Rosary AR 2:00 Snacks & Trivia cart 4:00 Happy Hour cart	Morning Walk about, outdoors Saturday visits in rooms Movie Limited number to attend
3	4	5	6	7	8	9
Walking and One on One visits Snack Cart and Funny Paper in apartments	Sit & Be Fit Exercise AR Hallway games with staff Snack cart to apartments Face Time & Zoom Happy Hour Cart	10:00 Yoga Class AR Walking exercise in halls or sunshine One on One visits & games Snack cart & Trivia	Nat'l Nurses Day Hair Salon Open We will pick you up in apartment One on One visits & activities Snack cart & Sing along Happy Hour rolling cart	One on One visits in apartment Face Time/Skype with families Walking with staff 2:00 Wii Game AR Snack cart & memories	10:00 Sit & Be Fit Exercise AR 11:00 Holy Rosary AR 2:00 Snacks & Trivia cart 4:00 Happy Hour cart	Morning Walk about, outdoors Saturday visits in rooms Movie Limited number to attend
10	11	12	13	14	15	16
Mother's Day Morning Songs & Bible Reading AR Snack Cart and Funny Paper in apartments	Sit & Be Fit Exercise AR Hallway games with staff Snack cart to apartments Face Time & Zoom Happy Hour Cart	10:00 Yoga Class AR Walking exercise in halls or sunshine One on One visits & games Snack cart & Trivia	Hair Salon Open We will pick you up in apartment One on One visits & activities Snack cart & Sing along Happy Hour rolling cart	One on One visits in apartment Face Time/Skype with families Walking with staff 2:00 Wii Game AR Snack cart & memories	10:00 Sit & Be Fit Exercise AR 2:00 Snacks & Trivia cart 4:00 Happy Hour cart	Morning Walk about, outdoors Saturday visits in rooms Movie Limited number to attend
17	18	19	20	21	22	23
Walking and One on One visits Snack Cart and Funny Paper in apartments	Sit & Be Fit Exercise AR Hallway games with staff Snack cart to apartments Face Time & Zoom Happy Hour Cart	10:00 Yoga Class AR Walking exercise in halls or sunshine One on One visits & games Snack cart & Trivia	Hair Salon Open We will pick you up in apartment One on One visits & activities Snack cart & Sing along Happy Hour rolling cart	One on One visits in apartment Face Time/Skype with families Walking with staff 2:00 Wii Game AR Snack cart & memories	10:00 Sit & Be Fit Exercise AR 2:00 Snacks & Trivia cart 4:00 Happy Hour cart	Morning Walk about, outdoors Saturday visits in rooms Movie Limited number to attend
24	25	26	27	28	29	30
Morning Songs & Bible Reading AR Snack Cart and Funny Paper in apartments	Memorial Day Sit & Be Fit Exercise AR Hallway games with staff Snack cart to apartments Face Time & Zoom Happy Hour Cart	10:00 Yoga Class AR Walking exercise in halls or sunshine One on One visits & games Snack cart & Trivia	Hair Salon Open We will pick you up in apartment One on One visits & activities Snack cart & Sing along Happy Hour rolling cart	One on One visits in apartment Face Time/Skype with families Walking with staff 2:00 Wii Game AR Snack cart & memories	10:00 Sit & Be Fit Exercise AR 11:00 Holy Rosary AR 2:00 Snacks & Trivia cart 4:00 Happy Hour cart	Morning Walk about, outdoors Saturday visits in rooms Movie Limited number to attend
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Walking and One on One visits Snack Cart and Funny Paper in apartments						