

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2021

Memory Care Neighborhood

						1 10:00 Exercise with Kathy 10:30 Daily Chronicle & snack 11:00 Sculpting/Art 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 4:00 Walking Group <small>May Day</small>	
2 9:30 Exercise with Kathy 10:00 Daily Chronicle & snack 10:30 Art 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Walking Group/Resident's Choice	3 10:00 Exercise with Kathy 10:15 Scenic Ride 12:00 Lunch 1:00-3:00 Rest & Relaxation Quiet Activities only 3:00 Daily Chronicle & snack 3:30 Walking group 4:00 Conversation Cards	4 9:30 Exercise 10:00 Daily Chronicle & snack 10:30 ELDERSONG 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 BINGO	5 9:30 Exercise 10:15 Scenic Ride 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Daily Chronicle & snack 3:30 Walking Group 4:00 Coloring <small>Cinco de Mayo</small>	6 9:30 Exercise 10:00 Daily Chronicle & snack 10:30 Aquapaint 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Glamour Hour/Nails	7 9:30 Exercise with Kathy 10:00 Daily Chronicle & snack 10:30 Reminiscing 11:00 Sorting 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Walking Group	8 10:00 Exercise with Kathy 10:30 Daily Chronicle & snack 11:00 Sculpting/Art 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 4:00 Walking Group	
9 9:30 Exercise with Kathy 10:00 Daily Chronicle & snack 10:30 Art 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Walking Group/Resident's Choice <small>Mother's Day</small>	10 9:30 Exercise with Kathy 10:15 Scenic Ride 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Daily Chronicle & snack 3:30 Walking group 4:00 Conversation Cards	11 9:30 Exercise 10:00 Music therapy with Calvin 11:00 Daily Chronicle 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 BINGO	12 9:30 Exercise 10:15 Scenic Ride 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Daily Chronicle & snack 3:30 Walking Group 4:00 Coloring	13 9:30 Exercise 10:00 Daily Chronicle & snack 10:30 Aquapaint 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Glamour Hour/Nails	14 9:30 Exercise with Kathy 10:45 Daily Chronicle & snack 10:30 Reminiscing 11:00 Sorting 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Singing with Dave S.	15 10:00 Exercise with Kathy 10:30 Daily Chronicle & snack 11:00 Sculpting/Art 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 4:00 Walking Group <small>Armed Forces Day</small>	
16 9:30 Exercise with Kathy 10:00 Daily Chronicle & snack 10:30 Art 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Walking Group/Resident's Choice <small>Shavuot Begins</small>	17 9:30 Exercise with Kathy 10:00 Cello by Dean Swedberg 11:00 Daily Chronicle 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Walking group 4:00 Conversation Cards	18 9:30 Exercise 10:00 Daily Chronicle & snack 10:30 ELDERSONG 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 BINGO	19 9:30 Exercise 10:15 Scenic Ride 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Daily Chronicle & snack 3:30 Walking Group 4:00 Coloring	20 9:30 Exercise 10:00 Daily Chronicle & snack 10:30 Aquapaint 12:00 Lunch 1:25 Scenic Ride 2:30-3:00 Rest & Relaxation 3:00 Snack 3:30 Glamour Hour/Nails	21 9:30 Exercise with Kathy 10:00 Daily Chronicle & snack 10:30 Reminiscing 11:00 Sorting 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Classical Guitar by Peter	22 10:00 Exercise with Kathy 10:30 Daily Chronicle & snack 11:00 Sculpting/Art 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 4:00 Walking Group	
23 9:30 Exercise with Kathy 10:00 Daily Chronicle & snack 10:30 Art 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Walking Group/Resident's Choice	24 9:30 Exercise with Kathy 10:15 Scenic Ride 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Daily Chronicle & snack 3:30 Walking group 4:00 Conversation Cards <small>Victoria Day (Canada)</small>	25 9:30 Exercise 10:00 Music therapy with Calvin 11:00 Daily Chronicle 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 BINGO	26 9:30 Exercise 10:15 Scenic Ride 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Daily Chronicle & snack 3:30 Walking Group 4:00 Coloring	27 9:30 Exercise 10:00 Daily Chronicle & snack 10:30 Aquapaint 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Glamour Hour/Nails	28 9:30 Exercise with Kathy 10:00 Daily Chronicle & snack 10:30 Reminiscing 11:00 Sorting 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Walking Group	29 10:00 Exercise with Kathy 10:30 Daily Chronicle & snack 11:00 Sculpting/Art 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 4:00 Walking Group	
30 9:30 Exercise with Kathy 10:00 Daily Chronicle & snack 10:30 Art 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Snack 3:30 Walking Group/Resident's Choice	31 9:30 Exercise with Kathy 10:15 Scenic Ride 12:00 Lunch 1:00-3:00 Rest & Relaxation 3:00 Daily Chronicle & snack 3:30 Walking group 4:00 Conversation Cards <small>Memorial Day</small>	 <p>Eastern Star Masonic Retirement Campus</p> <p>Eastern Star Masonic Retirement Campus 2445 South Quebec Street Denver, Colorado 80231 Phone: 303-756-9489</p>					