

# MAY



Passport to  
Exceptional Care.  
Extraordinary Living.



## Senior Living ACTIVITY CALENDAR

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

|                                                                                                                                                                                                                        |                                                                                                                                                                                      |                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>9:00</b> Coffee Social<br><b>10:00</b> Morning Inspirations<br><b>1:00</b> Daily Perks/ Chronicles<br><b>2:00</b> Game of Choice<br><b>3:00</b> Social Hour<br><b>6:00</b> Hallway Walks<br><b>7:00</b> TV Time     | <b>8:45</b> Coffee Social<br><b>10:30</b> Morning Stretches<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Posy Pin Creations<br><b>3:00</b> Bingo<br><b>6:00</b> Movie Night      | <b>8:45</b> Coffee Social<br><b>9:30</b> Trivia Tuesday<br><b>10:00</b> Morning Stretches<br><b>10:30</b> To The Beat Of The Drum<br><b>1:00</b> Trip To Bever Park (Sign-Up)<br><b>3:30</b> Water Glass Creations<br><b>6:00</b> Music Hour                          | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Choice of Exercise<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Lawn Bowling<br><b>3:00</b> Penny Toss<br><b>6:00</b> Farkle<br><u>SALON OPEN</u>                              | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Tapping To The Music<br><b>11:30</b> Tacos and Margarita Lunch<br><b>1:00</b> Trip To Bever Park (Sign-Up)<br><b>3:30</b> Bag Toss Tournament<br><b>6:00</b> Social Hallway Walks | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Fancy Fingers<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Fly Swatter Tennis<br><b>3:00</b> Wine-Tasting Happy Hour<br><b>6:00</b> Game Night                                              | <b>9:00</b> Coffee Social<br><b>10:00</b> Morning Inspirations<br><b>1:00</b> Daily Perks/ Chronicles<br><b>2:00</b> Game of Choice<br><b>3:00</b> Social Hour<br><b>6:00</b> Hallway Walks<br><b>7:00</b> Movie Night |
| <b>9:00</b> Coffee Social<br><b>10:00</b> Morning Inspirations<br><b>1:00</b> Daily Perks/ Chronicles<br><b>2:00</b> Game of Choice<br><b>3:00</b> Social Hour<br><b>6:00</b> Hallway Walks<br><b>7:00</b> Music Hour  | <b>8:45</b> Coffee Social<br><b>10:30</b> Morning Stretches<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Pro Painters<br><b>3:00</b> Bingo<br><b>6:00</b> Movie Night            | <b>8:45</b> Coffee Social<br><b>9:30</b> Trivia Tuesday<br><b>10:00</b> Morning Stretches<br><b>10:30</b> To The Beat Of The Drum<br><b>1:00</b> Trip To Field Of Dreams! (Sign-Up)<br><b>3:30</b> Pro Painters<br><b>6:00</b> Music Hour                             | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Choice of Exercise<br><b>10:30</b> Bible Study<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Pro Painters<br><b>3:00</b> Horse Shoes<br><b>6:00</b> Farkle<br><u>SALON OPEN</u> | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Tapping To The Music<br><b>1:00</b> Trip To Field Of Dreams! (Sign-Up)<br><b>3:30</b> Noodle Ball<br><b>6:00</b> Social Hallway Walks                                             | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Fancy Fingers<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Larry Jensen Performance!<br><b>3:00</b> Happy Hour<br><b>6:00</b> Game Night                                                    | <b>9:00</b> Coffee Social<br><b>10:00</b> Morning Inspirations<br><b>1:00</b> Daily Perks/ Chronicles<br><b>2:00</b> Game of Choice<br><b>3:00</b> Social Hour<br><b>6:00</b> Hallway Walks<br><b>7:00</b> TV Time     |
| <b>9:00</b> Coffee Social<br><b>10:00</b> Morning Inspirations<br><b>1:00</b> Daily Perks/ Chronicles<br><b>2:00</b> Game of Choice<br><b>3:00</b> Social Hour<br><b>6:00</b> Hallway Walks<br><b>7:00</b> Movie Night | <b>8:45</b> Coffee Social<br><b>10:30</b> Morning Stretches<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Garden Stone Creations<br><b>3:00</b> Bingo<br><b>6:00</b> Movie Night  | <b>8:45</b> Coffee Social<br><b>9:30</b> Trivia Tuesday<br><b>10:00</b> Morning Stretches<br><b>10:30</b> To The Beat Of The Drum<br><b>1:00</b> Trip To Palisades State Park (Sign-Up)<br><b>6:00</b> Music Hour                                                     | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Choice of Exercise<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Croquet<br><b>3:00</b> Shirt Creations<br><b>6:00</b> Farkle<br><u>SALON OPEN</u>                              | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Tapping To The Music<br><b>1:00</b> Trip To Palisades State Park (Sign-Up)<br><b>3:30</b> Blanket Ball<br><b>6:00</b> Social Hallway Walks                                        | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Fancy Fingers<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Chair Golf<br><b>3:00</b> Coaster Creations<br><b>4:30</b> Pizza Party Dinner and Happy Hour<br><b>6:00</b> Outdoor Movie Night! | <b>9:00</b> Coffee Social<br><b>10:00</b> Morning Inspirations<br><b>1:00</b> Daily Perks/ Chronicles<br><b>2:00</b> Game of Choice<br><b>3:00</b> Social Hour<br><b>6:00</b> Hallway Walks<br><b>7:00</b> Music Hour  |
| <b>9:00</b> Coffee Social<br><b>10:00</b> Morning Inspirations<br><b>1:00</b> Daily Perks/ Chronicles<br><b>2:00</b> Game of Choice<br><b>3:00</b> Social Hour<br><b>6:00</b> Hallway Walks<br><b>7:00</b> TV Time     | <b>8:45</b> Coffee Social<br><b>10:30</b> Morning Stretches<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Dave Wirtz Performance!<br><b>3:30</b> Bingo<br><b>6:00</b> Movie Night | <b>8:45</b> Coffee Social<br><b>9:30</b> Trivia Tuesday<br><b>10:00</b> Morning Stretches<br><b>10:30</b> To The Beat Of The Drum<br><b>1:00</b> Cedar Rapids Museum Of Art (Sign-Up)<br><b>6:00</b> Music Hour                                                       | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Choice of Exercise<br><b>10:30</b> Bible Study<br><b>11:30</b> Kernels Game! (Sign-Up)<br><b>1:00</b> Live To Be Healthy<br><b>6:00</b> Farkle<br><u>SALON OPEN</u>                | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Tapping To The Music<br><b>1:00</b> Cedar Rapids Museum Of Art (Sign-Up)<br><b>3:30</b> Life-Sized Ring Toss<br><b>6:00</b> Social Hallway Walks                                  | <b>8:45</b> Coffee Social<br><b>10:00</b> Morning Stretches<br><b>10:30</b> Fancy Fingers<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Bean Bag Baseball<br><b>3:00</b> Happy Hour<br><b>6:00</b> Game Night<br><b>7:00</b> Sound Of Music Play (Sign-Up)               | <b>9:00</b> Coffee Social<br><b>10:00</b> Morning Inspirations<br><b>1:00</b> Daily Perks/ Chronicles<br><b>2:00</b> Game of Choice<br><b>3:00</b> Social Hour<br><b>6:00</b> Hallway Walks<br><b>7:00</b> Game Night  |
| <b>9:00</b> Coffee Social<br><b>10:00</b> Morning Inspirations<br><b>1:00</b> Daily Perks/ Chronicles<br><b>2:00</b> Game of Choice<br><b>3:00</b> Social Hour<br><b>6:00</b> Hallway Walks<br><b>7:00</b> Music Hour  | <b>8:45</b> Coffee Social<br><b>10:30</b> Morning Stretches<br><b>1:00</b> Live To Be Healthy<br><b>2:00</b> Stained Glass Creations<br><b>3:00</b> Bingo<br><b>6:00</b> Movie Night | <b>8:45</b> Coffee Social<br><b>9:30</b> Trivia Tuesday<br><b>10:00</b> Morning Stretches<br><b>10:30</b> To The Beat Of The Drum<br><b>12:30</b> Resident Council<br><b>2:00</b> Lawn Dice Games<br><b>3:00</b> Spatter/Spin Art Creations<br><b>6:00</b> Music Hour | <u>Meal Times:</u><br><br>Breakfast: 7:30am<br><br>Lunch: 11:30am<br><br>Dinner: 4:30pm                                                                                                                                                                        |                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                        |

# MAY



## Memory Care ACTIVITY CALENDAR

### SUNDAY

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

### SATURDAY

9:00 Morning Coffee Social **1**  
10:00 Perk/Chronicle  
1:00 Music Hour  
2:00 Hallway Walks w/ Staff  
3:00 Game of Choice  
6:00 TV Time

9:00 Perk/Chronicle **2**  
10:00 Staff Choice of Game  
12:00 Music Speaks  
1:00 L2BHealthy  
3:00 Rest and Relax  
6:00 Game of Choice

9:00 Perk/Chronicle **3**  
10:00 Bingo  
12:00 Music Hour  
1:00 Fancy Fingers  
3:00 Sticky Darts  
6:00 TV Time

9:00 Perk/Chronicle **4**  
10:00 Crafts with Staff  
12:00 Music Speaks  
1:00 L2BHealthy  
2:00 Movie/Popcorn  
6:00 Game of Choice

9:00 Perk/Chronicle **5**  
10:00 Card Games  
12:00 Rest and Relax  
1:00 Staff Choice of Game  
3:00 Creative Coloring  
6:00 Music Hour

9:00 Perk/Chronicle **6**  
10:00 Pretty Paintings  
12:00 Music Hour  
1:00 L2BHealthy  
2:00 Happy Hour  
6:00 Game of Choice

9:00 Morning Coffee Social **7**  
10:00 Perk/Chronicle  
1:00 Game of Choice  
2:00 Creative Coloring  
3:00 Social Hour  
6:00 TV Time

9:00 Morning Coffee Social **8**  
10:00 Perk/Chronicle  
1:00 Music Hour  
2:00 Hallway Walks w/ Staff  
3:00 Game of Choice  
6:00 TV Time

9:00 Perk/Chronicle **9**  
10:00 Staff Choice of Game  
12:00 Music Speaks  
1:00 L2BHealthy  
3:00 Rest and Relax  
6:00 Game of Choice

9:00 Perk/Chronicle **10**  
10:00 Bingo  
12:00 Music Hour  
1:00 Fancy Fingers  
3:00 Sticky Darts  
6:00 TV Time

9:00 Perk/Chronicle **11**  
10:00 Crafts with Staff  
12:00 Music Speaks  
1:00 L2BHealthy  
2:00 Movie/Popcorn  
6:00 Game of Choice

9:00 Perk/Chronicle **12**  
10:00 Card Games  
12:00 Rest and Relax  
1:00 Staff Choice of Game  
3:00 Creative Coloring  
6:00 Music Hour

9:00 Perk/Chronicle **13**  
10:00 Pretty Paintings  
12:00 Music Hour  
1:00 L2BHealthy  
2:00 Larry Jensen Performance  
2:00 Happy Hour  
6:00 Game of Choice

9:00 Morning Coffee Social **14**  
10:00 Perk/Chronicle  
1:00 Game of Choice  
2:00 Creative Coloring  
3:00 Social Hour  
6:00 TV Time

9:00 Morning Coffee Social **15**  
10:00 Perk/Chronicle  
1:00 Music Hour  
2:00 Hallway Walks w/ Staff  
3:00 Game of Choice  
6:00 TV Time

9:00 Perk/Chronicle **16**  
10:00 Staff Choice of Game  
12:00 Music Speaks  
1:00 L2BHealthy  
3:00 Rest and Relax  
6:00 Game of Choice

9:00 Perk/Chronicle **17**  
10:00 Bingo  
12:00 Music Hour  
1:00 Fancy Fingers  
3:00 Sticky Darts  
6:00 TV Time

9:00 Perk/Chronicle **18**  
10:00 Crafts with Staff  
12:00 Music Speaks  
1:00 L2BHealthy  
2:00 Movie/Popcorn  
6:00 Game of Choice

9:00 Perk/Chronicle **19**  
10:00 Card Games  
12:00 Rest and Relax  
1:00 Staff Choice of Game  
3:00 Creative Coloring  
6:00 Music Hour

9:00 Perk/Chronicle **20**  
10:00 Pretty Paintings  
12:00 Music Hour  
1:00 L2BHealthy  
2:00 Happy Hour  
6:00 Game of Choice

9:00 Morning Coffee Social **21**  
10:00 Perk/Chronicle  
1:00 Game of Choice  
2:00 Creative Coloring  
3:00 Social Hour  
6:00 TV Time

9:00 Morning Coffee Social **22**  
10:00 Perk/Chronicle  
1:00 Music Hour  
2:00 Hallway Walks w/ Staff  
3:00 Game of Choice  
6:00 TV Time

9:00 Perk/Chronicle **23**  
10:00 Staff Choice of Game  
12:00 Music Speaks  
1:00 L2BHealthy  
**2:00 Dave Wirtz Performance!**  
3:00 Rest and Relax  
6:00 Game of Choice

9:00 Perk/Chronicle **24**  
10:00 Bingo  
12:00 Music Hour  
1:00 Fancy Fingers  
3:00 Sticky Darts  
6:00 TV Time

9:00 Perk/Chronicle **25**  
10:00 Crafts with Staff  
12:00 Music Speaks  
1:00 L2BHealthy  
2:00 Movie/Popcorn  
6:00 Game of Choice

9:00 Perk/Chronicle **26**  
10:00 Card Games  
12:00 Rest and Relax  
1:00 Staff Choice of Game  
3:00 Creative Coloring  
6:00 Music Hour

9:00 Perk/Chronicle **27**  
10:00 Pretty Paintings  
12:00 Music Hour  
1:00 L2BHealthy  
2:00 Happy Hour  
6:00 Game of Choice

9:00 Morning Coffee Social **28**  
10:00 Perk/Chronicle  
1:00 Game of Choice  
2:00 Creative Coloring  
3:00 Social Hour  
6:00 TV Time

9:00 Morning Coffee Social **29**  
10:00 Perk/Chronicle  
1:00 Music Hour  
2:00 Hallway Walks w/ Staff  
3:00 Game of Choice  
6:00 TV Time

9:00 Perk/Chronicle **30**  
10:00 Staff Choice of Game  
12:00 Music Speaks  
1:00 L2BHealthy  
3:00 Rest and Relax  
6:00 Game of Choice

9:00 Perk/Chronicle **31**  
10:00 Bingo  
12:00 Music Hour  
1:00 Fancy Fingers  
3:00 Sticky Darts  
6:00 TV Time

