#### Westlake Health Campus AL Assisted Living





| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|--|--|--|--|--|---|
| 1 May Day  | 2  | 3  | 4  | 5 Cinco de Mayo  | 6  | 7   |
| 9:00 Catholic Mass Channel 2 9:30 Daily Chronicle &  | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel   | 9:30 Daily Chronicle 9:30 Catholic Communion TS  | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel  |
| Monthly Gazette  9:30 Daily Chronicle 9:45 Chair Exercise-Channel 2 9:45 Exercise  | <ul> <li>9:45 Exercise</li> <li>10:30 Word Game</li> <li>11:00 Daily Devotionals</li> <li>1:00 Showtime - CH 2</li> <li>3:00 Ice Cream Social - TS</li> </ul>                      | <ul> <li>9:45 Exercise</li> <li>10:30 Mens Bible Study - Pastor Chris AR</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Popcorn and Games TS</li> </ul>                     | <ul> <li>9:45 Exercise</li> <li>10:30 Group Bible Study - Pastor Chris AR</li> <li>11:00 Daily Devotionals</li> <li>1:00 Showtime - CH 2</li> </ul>  | <ul> <li>9:45 Chair Exercise-Channel</li> <li>2</li> <li>9:45 Exercise</li> <li>10:30 Therapy Dogs Lacee &amp; Louis TS</li> </ul> | <ul> <li>V 9:45 Exercise</li> <li>K 10:30 Brain Busters - TS</li> <li>I 11:00 Daily Devotionals</li> <li>S 1:00 Showtime - CH 2</li> <li>S 1:30 Run for the Roses -</li> </ul> | <ul> <li>9:45 Exercise</li> <li>10:00 Hang Man TS</li> <li>1:00 Showtime - CH 2</li> <li>1:30 Bingo TS</li> </ul>                     |
| 8 Mother's Day   | 9  | 10   | 11   | 12   | 13   | 14  |
| 9:00 Catholic Mass Channel 2  9:30 Daily Chronicle   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel 2   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel 2   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel 2   | 9:30 Daily Chronicle 9:30 Catholic Communion TS  | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel 2   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel 2  |
| 9:45 Chair Exercise-Channel 2 9:45 Exercise 1 10:30 Church Service with Pastor Gary and Donna  | <ul> <li>V 9:45 Exercise</li> <li>K 10:30 Word Game</li> <li>I 11:00 Daily Devotionals</li> <li>5 1:00 Showtime - CH 2</li> <li>S 3:00 Ice Cream Social - TS</li> </ul>            | <ul> <li>9:45 Exercise</li> <li>10:30 Mens Bible Study - Pastor Chris AR</li> <li>1:00 Showtime - CH 2</li> <li>1:30 Soul Fit - Holistic</li> </ul>                      | <ul> <li>9:45 Exercise</li> <li>10:30 Group Bible Study - Pastor Chris AR</li> <li>11:00 Daily Devotionals</li> <li>1:00 Showtime - CH 2</li> </ul>  | <ul> <li>9:45 Chair Exercise-Channel</li> <li>9:45 Exercise</li> <li>10:30 Therapy Dogs Lacee &amp; Louis TS</li> </ul>            | <ul> <li>V 9:45 Exercise</li> <li>K 10:30 Brain Busters - TS</li> <li>I 11:00 Daily Devotionals</li> <li>S 1:00 Showtime - CH 2</li> <li>M 3:00 Michael Krieger on</li> </ul>  | <ul> <li>9:45 Exercise         <ul> <li>10:00 Hang Man TS</li> </ul> </li> <li>1:00 Showtime - CH 2</li> <li>1:30 Bingo TS</li> </ul> |
| 15   | 16   | 17   | 18   | 19   | 20   | 21 Armed Forces Day   |
| 9:00 Catholic Mass Channel 2   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel   | 9:30 Daily Chronicle 9:30 Catholic Communion   | <ul><li>9:30 Daily Chronicle</li><li>9:45 Chair Exercise-Channel</li></ul>   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel  |
| <ul> <li>9:30 Daily Chronicle</li> <li>9:45 Chair Exercise-Channel</li> <li>9:45 Exercise</li> <li>10:30 Church Service with</li> <li>Pastor Gary and Donna</li> </ul>                                     | 2 V 9:45 Exercise S 10:00 Lucille Ball Theme Week K 10:30 Word Game I 11:00 Daily Devotionals  | 2 V 9:45 Exercise IG 10:30 Mens Bible Study - Pastor Chris AR S 1:00 Showtime - CH 2 I 1:30 Soul Fit - Holistic  | 2 V 9:45 Exercise I 10:30 Group Bible Study - Pastor Chris AR I 11:00 Daily Devotionals S 1:00 Showtime - CH 2   | TS V 9:45 Chair Exercise-Channel 2 V 9:45 Exercise CC 10:30 Therapy Dogs Lacee & Louis TS  | 2 V 9:45 Exercise K 10:30 Brain Busters - TS I 11:00 Daily Devotionals S 1:00 Showtime - CH 2 M 3:00 Steve Kovich on Guitar  | 2 V 9:45 Exercise 10:00 Hang Man TS CC 10:30 Pet Visits on Campus S 1:00 Showtime - CH 2 GG 1:30 Bingo TS                             |
| 22  1 9:00 Catholic Mass Channel   | 23  K 9:30 Resident Council, Chefs   | <ul><li>24</li><li>S 9:30 Daily Chronicle</li></ul>  | 25 Signature 25 Si | 26  K 9:30 Daily Chronicle   | 27  K 9:30 Daily Chronicle   | 28  K 9:30 Daily Chronicle  |
| 2  | Circle   | 9:45 Chair Exercise-Channel  | 9:45 Chair Exercise-Channel  | 1 9:30 Catholic Communion  | 9:45 Chair Exercise-Channel  | 9:45 Chair Exercise-Channel   |
| <ul> <li>9:30 Daily Chronicle</li> <li>9:45 Chair Exercise-Channel</li> <li>9:45 Exercise</li> <li>10:30 Church Service with</li> <li>Pastor Gary and Donna</li> </ul>                                     | <ul> <li>9:30 Daily Chronicle</li> <li>9:45 Chair Exercise-Channel</li> <li>2</li> <li>9:45 Exercise</li> <li>10:30 Word Game</li> <li>11:00 Daily Devotionals</li> </ul>          | 9:45 Exercise 1 10:30 Interfaith Communion Episcopal Church Father Roberts TS G 10:30 Mens Bible Study -   | 9:45 Exercise 1 10:30 Group Bible Study - Pastor Chris AR 1 11:00 Daily Devotionals S 1:00 Showtime - CH 2   | TS V 9:45 Chair Exercise-Channel 2 V 9:45 Exercise CC 10:30 Therapy Dogs Lacee & Louis TS  | V 9:45 Exercise K 10:30 Brain Busters - TS I 11:00 Daily Devotionals S 1:00 Showtime - CH 2 GF 3:00 Happy Hour TS  | 9:45 Exercise 10:00 Hang Man TS 1:00 Showtime - CH 2 GC 1:30 Bingo TS   |
| <ul> <li>9:00 Catholic Mass Channel</li> <li>9:30 Daily Chronicle</li> <li>9:45 Chair Exercise-Channel</li> <li>9:45 Exercise</li> <li>10:30 Church Service with</li> <li>Pastor Gary and Donna</li> </ul> | Memorial Day  R 9:30 Daily Chronicle  9:45 Chair Exercise-Channel 2  9:45 Exercise R 10:30 Word Game 1 11:00 Daily Devotionals 5 1:00 Showtime - CH 2 5 3:00 Ice Cream Social - TS | 31  K 9:30 Daily Chronicle V 9:45 Chair Exercise-Channel 2 V 9:45 Exercise IG 10:30 Mens Bible Study - Pastor Chris AR I 10:30 Interfaith Communion - Episcopal - Father | A - Artisans CC - Community Connections GF - Gathering of Friends GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce M - Music to My Ears   | O - Out & About S - Signature Events V - Vitality  | Calendar activities are subject to<br>change. Please check the<br>Lifeshare television for the most<br>up to date scheduled activities   | Entertainment is in Town Square<br>Bus Outings will resume in the<br>Spring<br>All events are subject to covid<br>restrictions        |

#### Westlake Health Campus HealthCampus





| Monday  | Tuesday   |   |   |   |   |
|---|---|---|---|---|---|
|   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
| 2   | 3   | 4   | 5 Cinco de Mayo   | 6   | 7   |
| 2   | 2   | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel 2  | 9:30 Catholic Communion TS 9:45 Chair Exercise-Channel  | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel 2  | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel 2  |
| <ul> <li>11:00 Daily Devotionals</li> <li>1:00 Showtime - CH 2</li> <li>3:00 Ice Cream Social - TS</li> </ul>       | IG 10:30 Mens Bible Study - Pastor Chris AR S 1:00 Showtime - CH 2  | I 10:30 Group Bible Study -<br>Pastor Chris AR<br>I 11:00 Daily Devotionals   | V 10:00 Exercise TS CC 10:30 Therapy Dogs Lacee & Louis TS  | I 11:00 Daily Devotionals S 1:00 Showtime - CH 2 S 1:30 Run for the Roses -   | <ul> <li>10:00 Exercise TS</li> <li>10:00 Hang Man TS</li> <li>1:00 Showtime - CH 2</li> <li>1:30 Bingo TS</li> </ul>   |
| 6:00 Bingo - TS   | 2:00 Popcorn and Games TS   | 1:00 Showtime - CH 2  | 1:00 Showtime - CH 2  | Kentucky Derby Visitor-   |   |
| 9 0.20 Daily Chronisla  | 10  O.20 Daily Chronicle  | 11 N.20 Daily Chronicle   | 12 0.20 Catholic Communion  | 13  | K 9:30 Daily Chronicle  |
| 9:45 Chair Exercise-Channel<br>2  | 9:45 Chair Exercise-Channel 2   | 9:45 Chair Exercise-Channel 2   | TS  9:45 Chair Exercise-Channel   | 9:45 Chair Exercise-Channel 2   | 9:45 Chair Exercise-Channel   |
| I 11:00 Daily Devotionals S 1:00 Showtime - CH 2 S 3:00 Ice Cream Social - TS                                       | G 10:30 Mens Bible Study -<br>Pastor Chris AR<br>S 1:00 Showtime - CH 2   | I 10:30 Group Bible Study -<br>Pastor Chris AR<br>I 11:00 Daily Devotionals   | V 10:00 Exercise TS CC 10:30 Therapy Dogs Lacee & Louis TS  | <ul> <li>I 11:00 Daily Devotionals</li> <li>S 1:00 Showtime - CH 2</li> <li>M 3:00 Michael Krieger on</li> </ul>  | <ul> <li>10:00 Exercise TS</li> <li>10:00 Hang Man TS</li> <li>1:00 Showtime - CH 2</li> <li>1:30 Bingo TS</li> </ul>   |
| 6:00 Bingo - 15   | 1:30 Soul Fit - Holistic  | 1:00 Showtime - CH 2  | 3 1:00 Showtime - CH 2  | Guitar I S  | Annual Fares Day  |
| 9:30 Daily Chronicle     9:45 Chair Exercise-Channel  | <ul><li>9:30 Daily Chronicle</li><li>9:45 Chair Exercise-Channel</li></ul>  | <ul><li>K 9:30 Daily Chronicle</li><li>9:45 Chair Exercise-Channel</li></ul>  | 1 9:30 Catholic Communion   | <ul><li>R 9:30 Daily Chronicle</li><li>V 9:45 Chair Exercise-Channel</li></ul>  | Armed Forces Day  Strain 9:30 Daily Chronicle  9:45 Chair Exercise-Channel  |
| S 10:00 Lucille Ball Theme<br>Week<br>L 11:00 Daily Devotionals   | G 10:30 Mens Bible Study -<br>Pastor Chris AR<br>S 1:00 Showtime - CH 2   | I 10:30 Group Bible Study - Pastor Chris AR I 11:00 Daily Devotionals   | <ul> <li>9:45 Chair Exercise-Channel</li> <li>10:00 Exercise TS</li> <li>10:30 Therapy Dogs Lacee &amp; Louis TS</li> </ul> | 2 V 10:00 Exercise TS I 11:00 Daily Devotionals S 1:00 Showtime - CH 2 M 3:00 Steve Kovich on Guitar  | 2 V 10:00 Exercise TS 10:00 Hang Man TS CC 10:30 Pet Visits on Campus S 1:00 Showtime - CH 2 GG 1:30 Bingo TS   |
| 1:00 Snowtime - CH 2  | 1.30 Soul Fit - Hollstic  | 25 1:00 Showlime - CH 2   | 26 1:00 Showtime - CH 2   | 27  | GG 1:30 Bingo TS  |
| 9:30 Daily Chronicle     9:45 Chair Exercise-Channel  | 9:30 Daily Chronicle 9:45 Chair Exercise-Channel  | K 9:30 Daily Chronicle 9:45 Chair Exercise-Channel  | 1 9:30 Catholic Communion TS V 9:45 Chair Evergise Chappel  | K 9:30 Daily Chronicle 9:45 Chair Exercise-Channel  | K 9:30 Daily Chronicle V 9:45 Chair Exercise-Channel  |
| 1 11:00 Daily Devotionals 1:00 Showtime - CH 2 1:30 Resident Council, Chefs   | G 10:30 Mens Bible Study - Pastor Chris AR S 1:00 Showtime - CH 2   | I 10:30 Group Bible Study - Pastor Chris AR I 11:00 Daily Devotionals   | 2 V 10:00 Exercise TS CC 10:30 Therapy Dogs Lacee & Louis TS  | V 10:00 Exercise TS I 11:00 Daily Devotionals S 1:00 Showtime - CH 2 GF 3:00 Happy Hour TS  | V 10:00 Exercise TS<br>10:00 Hang Man TS<br>S 1:00 Showtime - CH 2<br>GG 1:30 Bingo TS  |
|   | 1:30 SOUI FIT - HOIISTIC  |   |   |   |   |
| 9:30 Daily Chronicle 9:45 Chair Exercise-Channel 2 10:00 Exercise TS 11:00 Daily Devotionals 5 1:00 Showtime - CH 2 | 2 V 10:00 Exercise TS G 10:30 Mens Bible Study - Pastor Chris AR  | CC - Community Connections GF - Gathering of Friends GG - Group Games I - Inspirations IG - Just the Guys K - Keeping it Sharp/Reminisce M - Music to My Ears | V - Vitality  | OLL= Oxbow 200 Hall Common<br>Area<br>CLL= Carroll Lake 300 Hall<br>Common Area<br>DR=Dining Rooms  | All activities are subject to<br>change<br>Entertainment is in Town Square<br>as Covid restrictions allow   |
|   | V 9:45 Chair Exercise-Channel 2 V 10:00 Exercise TS I 11:00 Daily Devotionals I :00 Showtime - CH 2 I :00 Bingo - TS I :00 Daily Chronicle I :00 Exercise TS I :00 Daily Chronicle I :00 Exercise TS I :00 Daily Devotionals I :00 Showtime - CH 2 I :00 Bingo - TS I :00 Showtime - CH 2 I :00 Bingo - TS I :00 Exercise TS I :00 Daily Chronicle I :00 Exercise TS I :00 Daily Devotionals I :00 Showtime - CH 2 I :00 Exercise TS I :00 Daily Chronicle I :00 Showtime - CH 2 I :00 Exercise TS I :00 Daily Devotionals I :00 Showtime - CH 2 I :00 Exercise TS I :00 Daily Devotionals I :00 Showtime - CH 2 I :00 Exercise TS I :00 Showtime - CH 2 I :00 Exercise TS I :00 Daily Chronicle I :00 Exercise TS I :00 Daily Devotionals | 9:45   Chair Exercise-Channel 2   | 9.45   Chair Exercise-Channel   2   2   2   2   2   2   2   2   2   | 9:30   Daily Chronicle   9:45   Chair Exercise-Channel   9:45   Chair Exercise-Channel   9:45   Chair Exercise-Channel   9:45   Chair Exercise-Channel   1   9:30   Catholic Communion   75 | 9.30 Daily Chronicle   9.45 Chair Exercise-Channel   9.45 Chair |

### Westlake Health Campus MC Daily Rhythms







| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|---|---|--|--|--|--|--|
| 1 May Day   | 2   | 3  | 4  | 5 Cinco de Mayo  | 6  | 7  |
| 9:00 Wildflower Tour<br>9:00 Catholic Mass Channel<br>2   | 10:45 Tropical Trail Mix  | 9:00 Grape Stomp 9:30 Penny Ante 10:45 Honey Spiced Bread  | 9:00 Reach as High as You<br>Can<br>S:30 Wacky Word  | <ul><li>9:00 Ballroom Dancing</li><li>9:30 Garden Beginnings</li><li>10:30 Therapy Dogs Lacee &amp;</li></ul>  | 9:00 Stop and Smell the Roses  8:30 Letter to Besties  | 9:00 Pigs in a Blanket 9:30 Spring Babies 10:45 Blueberry Oat Muffins  |
| <ul> <li>9:30 Church Service with         <ul> <li>Pastor Gary and Donna</li> </ul> </li> <li>9:30 Devotion Sunday</li> <li>10:45 Rise and Shine Parfaits</li> </ul>  | 12:45 Relax & Recharge  S 1:00 Showtime - CH 2  A 2:00 Watercolor Flowers  M 3:30 Match The Song to the   | 12:45 Relax & Recharge 5 1:00 Showtime - CH 2 A 2:00 Derby Hats M 3:30 Who Sang It?  | Wednesday Classic Chocolate Chip Cookie 12:45 Relax & Recharge   | Louis TS  10:45 Strawberry Hand Pies  11:30 Out to Lunch - Bus Outing - Legacy   | CC 10:45 Italian Pinwheel Sandwiches 12:45 Relax & Recharge S 1:00 Showtime - CH 2   | 12:45 Relax & Recharge  S 1:00 Showtime - CH 2  A 2:00 KY Derby Art  M 3:30 Bust Your Move   |
| 12:45 Relax & Recharge  | Sitcom  | GG 4:00 Roll-a-Garden  | S 1:00 Showtime - CH 2   | 12:45 Relax & Recharge   | 5 1:30 Run for the Roses -   | GG 4:00 Horseracing  |
| <ul> <li>Mother's Day</li> <li>9:00 Wildflower Tour</li> <li>9:00 Catholic Mass Channel</li> <li>2</li> <li>9:30 Church Service with</li> <li>Pastor Gary and Donna</li> <li>9:30 Devotion Sunday</li> <li>10:45 Apple Yogurt Parfaits</li> </ul>       | 9:00 Hoppin' to Health 9:30 Word Poem for Mom 10:45 Chocolate Raspberry Trail Mix 12:45 Relax & Recharge 1:00 Showtime - CH 2 2:00 Watercolor Silhouette  | 9:00 Grape Stomp  9:30 Penny Ante 10:45 Orange Cranberry Bread with Glaze 12:45 Relax & Recharge 1:00 Showtime - CH 2 2:00 Ojo De Dios (God's Eye)   | 9:00 Reach as High as You Can  9:30 Wacky Word Wednesday  10:45 Peanut Butter Cookie 12:45 Relax & Recharge 1:00 Showtime - CH 2   | 9:00 Ballroom Dancing 9:30 Garden Beginnings CC 10:30 Therapy Dogs Lacee & Louis TS CC 10:45 Apple Hand Pies 12:45 Relax & Recharge 5 1:00 Showtime - CH 2   | <ul> <li>9:00 Stop and Smell the Roses</li> <li>9:30 Letter to Besties</li> <li>10:45 Sandwich Pinwheel</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Pulled String Art</li> </ul> | <ul> <li>9:00 Pigs in a Blanket</li> <li>9:30 Spring Babies</li> <li>10:45 Banana Nut Muffins</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Dancing With Degas</li> <li>3:30 Bust Your Move</li> </ul> |
| 12:45 Relax & Recharge  | M 3:30 Match The Song to the  | M 3:30 Who Sang It?  | 2:00 Lucille's Ball on Canvas  | A 2:00 Ask A Beautiful   | M 3:30 Music That Made   | GG 4:00 Horseracing  |
| <ul> <li>9:00 Wildflower Tour</li> <li>9:00 Catholic Mass Channel</li> <li>2</li> <li>9:30 Church Service with</li> <li>Pastor Gary and Donna</li> <li>9:30 Devotion Sunday</li> <li>10:45 Peanut Butter Banana</li> <li>Yogurt Parfait</li> </ul>      | <ul> <li>9:00 Hoppin' to Health</li> <li>9:30 Word Poem for Mom</li> <li>10:00 Lucille Ball Theme Week</li> <li>10:45 Lucy's Apple John 12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Lucille Ball Painting</li> </ul>                                       | <ul> <li>9:00 Grape Stomp</li> <li>9:30 Penny Ante</li> <li>10:45 Pepperoni Mini Pizzas</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Quarter Mandala Creation</li> <li>3:30 Who Sang It?</li> </ul> | V 9:00 Reach as High as You Can  K 9:30 Wacky Word Wednesday C 10:45 Lucy & Ethel's Homemade Chocolate 12:45 Relax & Recharge 5 1:00 Showtime - CH 2   | <ul> <li>9:00 Ballroom Dancing</li> <li>9:30 Garden Beginnings</li> <li>10:30 Therapy Dogs Lacee &amp; Louis TS</li> <li>10:45 Grape Stomping Cheese Appetizer</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> </ul>                      | V 9:00 Stop and Smell the Roses K 9:30 Letter to Besties C 10:45 Papaya Milkshake 12:45 Relax & Recharge S 1:00 Showtime - CH 2 A 2:00 Upcycled Art Collage M 3:30 Music That Made                                   | Armed Forces Day  V 9:00 Pigs in a Blanket  K 9:30 Spring Babies  CC 10:30 Pet Visits on Campus  C 10:45 Lemon Poppyseed  Muffins  12:45 Relax & Recharge  S 1:00 Showtime - CH 2  A 2:00 Motherhood with Mary                           |
| <ul> <li>9:00 Wildflower Tour</li> <li>9:00 Catholic Mass Channel</li> <li>2</li> <li>9:30 Church Service with</li> <li>Pastor Gary and Donna</li> <li>9:30 Devotion Sunday</li> <li>10:45 Berry Parfait</li> <li>12:45 Relax &amp; Recharge</li> </ul> | 10:45 M&M Trail Mix 12:45 Relax & Recharge 1:00 Showtime - CH 2 2:00 Collaborative Weaving- Day 1   | V 9:00 Grape Stomp K 9:30 Penny Ante C 10:45 Fresh Fruit Bread 12:45 Relax & Recharge S 1:00 Showtime - CH 2 A 2:00 Making Waves M 3:30 Who Sang It? GG 4:00 Roll-a-Garden   | <ul> <li>9:00 Reach as High as You Can</li> <li>9:30 Wacky Word Wednesday</li> <li>10:45 Birthday Cake Cookie 12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 City on Canvas</li> </ul> | <ul> <li>9:00 Ballroom Dancing</li> <li>9:30 Garden Beginnings</li> <li>10:30 Therapy Dogs Lacee &amp; Louis TS</li> <li>10:45 Tomato Hand Pies</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Creative Storytelling</li> </ul> | V 9:00 Stop and Smell the Roses K 9:30 Letter to Besties C 10:45 Cream Cheese Pinwheels w/ Fresh Veggies 12:45 Relax & Recharge 5 1:00 Showtime - CH 2   | <ul> <li>9:00 Pigs in a Blanket</li> <li>9:30 Spring Babies</li> <li>10:45 Apple Cinnamon Muffins</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 American Art</li> <li>3:30 Bust Your Move</li> </ul>   |
| <ul> <li>9:00 Wildflower Tour</li> <li>9:00 Catholic Mass Channel</li> <li>2</li> <li>9:30 Church Service with</li> <li>Pastor Gary and Donna</li> <li>9:30 Devotion Sunday</li> <li>10:45 Cheesecake Berry</li> <li>Parfait</li> </ul>                 | <ul> <li>Memorial Day</li> <li>9:00 Hoppin' to Health</li> <li>9:30 Word Poem for Mom</li> <li>10:45 Marshmallow Trail Mix</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Collaborative Weaving-Day 2</li> <li>3:30 Match The Song to the</li> </ul> | 9:00 Grape Stomp  9:30 Penny Ante  10:45 Cream Cheese Strawberry Bread 12:45 Relax & Recharge  1:00 Showtime - CH 2  2:00 Russian Nesting Dolls  3:30 Who Sang It?   | <u>Birthdays</u>   | A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears  | O - Out & About S - Signature Events V - Vitality  | 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep 6:00 Gathering of Friends 7:00 Nighttime Traditions Note: Housekeeping can take place throughout                                       |

### Westlake Health Campus MC Daily Rhythms







| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|---|---|--|--|--|--|--|
| 1 May Day   | 2   | 3  | 4  | 5 Cinco de Mayo  | 6  | 7  |
| 9:00 Wildflower Tour<br>9:00 Catholic Mass Channel<br>2   | 10:45 Tropical Trail Mix  | 9:00 Grape Stomp 9:30 Penny Ante 10:45 Honey Spiced Bread  | 9:00 Reach as High as You<br>Can<br>S:30 Wacky Word  | <ul><li>9:00 Ballroom Dancing</li><li>9:30 Garden Beginnings</li><li>10:30 Therapy Dogs Lacee &amp;</li></ul>  | 9:00 Stop and Smell the Roses  8:30 Letter to Besties  | 9:00 Pigs in a Blanket 9:30 Spring Babies 10:45 Blueberry Oat Muffins  |
| <ul> <li>9:30 Church Service with         <ul> <li>Pastor Gary and Donna</li> </ul> </li> <li>9:30 Devotion Sunday</li> <li>10:45 Rise and Shine Parfaits</li> </ul>  | 12:45 Relax & Recharge  S 1:00 Showtime - CH 2  A 2:00 Watercolor Flowers  M 3:30 Match The Song to the   | 12:45 Relax & Recharge 5 1:00 Showtime - CH 2 A 2:00 Derby Hats M 3:30 Who Sang It?  | Wednesday Classic Chocolate Chip Cookie 12:45 Relax & Recharge   | Louis TS  10:45 Strawberry Hand Pies  11:30 Out to Lunch - Bus Outing - Legacy   | CC 10:45 Italian Pinwheel Sandwiches 12:45 Relax & Recharge S 1:00 Showtime - CH 2   | 12:45 Relax & Recharge  S 1:00 Showtime - CH 2  A 2:00 KY Derby Art  M 3:30 Bust Your Move   |
| 12:45 Relax & Recharge  | Sitcom  | GG 4:00 Roll-a-Garden  | S 1:00 Showtime - CH 2   | 12:45 Relax & Recharge   | 5 1:30 Run for the Roses -   | GG 4:00 Horseracing  |
| <ul> <li>Mother's Day</li> <li>9:00 Wildflower Tour</li> <li>9:00 Catholic Mass Channel</li> <li>2</li> <li>9:30 Church Service with</li> <li>Pastor Gary and Donna</li> <li>9:30 Devotion Sunday</li> <li>10:45 Apple Yogurt Parfaits</li> </ul>       | 9:00 Hoppin' to Health 9:30 Word Poem for Mom 10:45 Chocolate Raspberry Trail Mix 12:45 Relax & Recharge 1:00 Showtime - CH 2 2:00 Watercolor Silhouette  | 9:00 Grape Stomp  9:30 Penny Ante 10:45 Orange Cranberry Bread with Glaze 12:45 Relax & Recharge 1:00 Showtime - CH 2 2:00 Ojo De Dios (God's Eye)   | 9:00 Reach as High as You Can  9:30 Wacky Word Wednesday  10:45 Peanut Butter Cookie 12:45 Relax & Recharge 1:00 Showtime - CH 2   | 9:00 Ballroom Dancing 9:30 Garden Beginnings CC 10:30 Therapy Dogs Lacee & Louis TS CC 10:45 Apple Hand Pies 12:45 Relax & Recharge 5 1:00 Showtime - CH 2   | <ul> <li>9:00 Stop and Smell the Roses</li> <li>9:30 Letter to Besties</li> <li>10:45 Sandwich Pinwheel</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Pulled String Art</li> </ul> | <ul> <li>9:00 Pigs in a Blanket</li> <li>9:30 Spring Babies</li> <li>10:45 Banana Nut Muffins</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Dancing With Degas</li> <li>3:30 Bust Your Move</li> </ul> |
| 12:45 Relax & Recharge  | M 3:30 Match The Song to the  | M 3:30 Who Sang It?  | 2:00 Lucille's Ball on Canvas  | A 2:00 Ask A Beautiful   | M 3:30 Music That Made   | GG 4:00 Horseracing  |
| <ul> <li>9:00 Wildflower Tour</li> <li>9:00 Catholic Mass Channel</li> <li>2</li> <li>9:30 Church Service with</li> <li>Pastor Gary and Donna</li> <li>9:30 Devotion Sunday</li> <li>10:45 Peanut Butter Banana</li> <li>Yogurt Parfait</li> </ul>      | <ul> <li>9:00 Hoppin' to Health</li> <li>9:30 Word Poem for Mom</li> <li>10:00 Lucille Ball Theme Week</li> <li>10:45 Lucy's Apple John 12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Lucille Ball Painting</li> </ul>                                       | <ul> <li>9:00 Grape Stomp</li> <li>9:30 Penny Ante</li> <li>10:45 Pepperoni Mini Pizzas</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Quarter Mandala Creation</li> <li>3:30 Who Sang It?</li> </ul> | V 9:00 Reach as High as You Can  K 9:30 Wacky Word Wednesday C 10:45 Lucy & Ethel's Homemade Chocolate 12:45 Relax & Recharge 5 1:00 Showtime - CH 2   | <ul> <li>9:00 Ballroom Dancing</li> <li>9:30 Garden Beginnings</li> <li>10:30 Therapy Dogs Lacee &amp; Louis TS</li> <li>10:45 Grape Stomping Cheese Appetizer</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> </ul>                      | V 9:00 Stop and Smell the Roses K 9:30 Letter to Besties C 10:45 Papaya Milkshake 12:45 Relax & Recharge S 1:00 Showtime - CH 2 A 2:00 Upcycled Art Collage M 3:30 Music That Made                                   | Armed Forces Day  V 9:00 Pigs in a Blanket  K 9:30 Spring Babies  CC 10:30 Pet Visits on Campus  C 10:45 Lemon Poppyseed  Muffins  12:45 Relax & Recharge  S 1:00 Showtime - CH 2  A 2:00 Motherhood with Mary                           |
| <ul> <li>9:00 Wildflower Tour</li> <li>9:00 Catholic Mass Channel</li> <li>2</li> <li>9:30 Church Service with</li> <li>Pastor Gary and Donna</li> <li>9:30 Devotion Sunday</li> <li>10:45 Berry Parfait</li> <li>12:45 Relax &amp; Recharge</li> </ul> | 10:45 M&M Trail Mix 12:45 Relax & Recharge 1:00 Showtime - CH 2 2:00 Collaborative Weaving- Day 1   | V 9:00 Grape Stomp K 9:30 Penny Ante C 10:45 Fresh Fruit Bread 12:45 Relax & Recharge S 1:00 Showtime - CH 2 A 2:00 Making Waves M 3:30 Who Sang It? GG 4:00 Roll-a-Garden   | <ul> <li>9:00 Reach as High as You Can</li> <li>9:30 Wacky Word Wednesday</li> <li>10:45 Birthday Cake Cookie 12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 City on Canvas</li> </ul> | <ul> <li>9:00 Ballroom Dancing</li> <li>9:30 Garden Beginnings</li> <li>10:30 Therapy Dogs Lacee &amp; Louis TS</li> <li>10:45 Tomato Hand Pies</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Creative Storytelling</li> </ul> | V 9:00 Stop and Smell the Roses K 9:30 Letter to Besties C 10:45 Cream Cheese Pinwheels w/ Fresh Veggies 12:45 Relax & Recharge 5 1:00 Showtime - CH 2   | <ul> <li>9:00 Pigs in a Blanket</li> <li>9:30 Spring Babies</li> <li>10:45 Apple Cinnamon Muffins</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 American Art</li> <li>3:30 Bust Your Move</li> </ul>   |
| <ul> <li>9:00 Wildflower Tour</li> <li>9:00 Catholic Mass Channel</li> <li>2</li> <li>9:30 Church Service with</li> <li>Pastor Gary and Donna</li> <li>9:30 Devotion Sunday</li> <li>10:45 Cheesecake Berry</li> <li>Parfait</li> </ul>                 | <ul> <li>Memorial Day</li> <li>9:00 Hoppin' to Health</li> <li>9:30 Word Poem for Mom</li> <li>10:45 Marshmallow Trail Mix</li> <li>12:45 Relax &amp; Recharge</li> <li>1:00 Showtime - CH 2</li> <li>2:00 Collaborative Weaving-Day 2</li> <li>3:30 Match The Song to the</li> </ul> | 9:00 Grape Stomp  9:30 Penny Ante  10:45 Cream Cheese Strawberry Bread 12:45 Relax & Recharge  1:00 Showtime - CH 2  2:00 Russian Nesting Dolls  3:30 Who Sang It?   | <u>Birthdays</u>   | A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce M - Music to My Ears  | O - Out & About S - Signature Events V - Vitality  | 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep 6:00 Gathering of Friends 7:00 Nighttime Traditions Note: Housekeeping can take place throughout                                       |

### Westlake Health Campus Villas







| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|--|--|---|---|---|--|--|
| 10:30 Main Building: Church<br>Service with Pastor<br>Gary and Donna TS<br>1:00 Bridge<br>3:00 Ladies Tea Time   | 12:00 Gardening Club GG 2:00 Euchre 4:00 Walking Club                  | 1:00 Dominoes: Mexican<br>Train Game<br>3:00 Bingo  | 11:00 Strength & Balance<br>2:00 Pinochle<br>4:00 Wine Down Wednesday | 9:00 Hot Breakfast 1:00 Villa Monthly Forum 2:00 Knitting & Crocheting 4:00 Sip & Sample                    | 11:00 Tai Chi<br>12:00 Shopping Trip<br>GG 3:00 Happy Hour | 10:00 Men's Coffee Club<br>2:00 Poker                  |
| Mother's Day  10:30 Main Building: Church Service with Pastor Gary and Donna TS 1:00 Bridge 3:00 Ladies Tea Time | 12:00 Gardening Club GG 2:00 Euchre 4:00 Walking Club                  | 11:00 Strength & Balance 1:00 Dominoes: Mexican Train Game 3:00 MJR Waterford Digital Cinema: Movie and Time Closer To Date | 2:00 Pinochle<br>4:00 Wine Down Wednesday                             | 12:00 Craft With Pat<br>2:00 Knitting & Crocheting  | 11:00 Tai Chi<br>12:00 Shopping Trip<br>GG 3:00 Happy Hour | 10:00 Men's Coffee Club<br>2:00 Poker                  |
| 10:30 Main Building: Church Service with Pastor Gary and Donna TS 1:00 Bridge 3:00 Ladies Tea Time               | 12:00 Gardening Club GG 2:00 Euchre 4:00 Walking Club                  | 11:00 Strength & Balance 1:00 Dominoes: Mexican Train Game 3:00 Bingo   | 11:00 Tai Chi<br>2:00 Pinochle<br>4:00 Wine Down Wednesday            | 9:00 Hot Breakfast 2:00 Knitting & Crocheting 4:00 WLN V WLW Freshman Baseball Game 4:30 Clubhouse Reserved | 12:00 Shopping Trip GG 3:00 Happy Hour                     | 21 Armed Forces Day 10:00 Men's Coffee Club 2:00 Poker |
| 10:30 Main Building: Church<br>Service with Pastor<br>Gary and Donna TS<br>1:00 Bridge<br>3:00 Ladies Tea Time   | 12:00 Gardening Club GG 2:00 Euchre 4:00 Walking Club                  | 11:00 Strength & Balance 1:00 Dominoes: Mexican Train Game 4:30 Dinner Club: Fork n' Pint                                   | 2:00 Pinochle<br>4:00 Wine Down Wednesday                             | 10:00 Frankenmuth 2:00 Knitting & Crocheting  | 11:00 Tai Chi<br>12:00 Shopping Trip<br>GG 3:00 Happy Hour | 10:00 Men's Coffee Club<br>2:00 Poker                  |
| 10:30 Main Building: Church<br>Service with Pastor<br>Gary and Donna TS<br>1:00 Bridge<br>3:00 Ladies Tea Time   | 30 Memorial Day  12:00 Gardening Club GG 2:00 Euchre 4:00 Walking Club | 11:00 Strength & Balance 1:00 Dominoes: Mexican Train Game 3:00 Bingo   |   |   |  |  |