

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2025

The Sycamore- Independent/Assisted Living

<h1>May 2025</h1> <h2>The Sycamore- Independent/Assisted Living</h2>				<div>9:30 Seated Exercise (2nd Floor) 10:00 First Congregational Knitting Group (Studio) 1:30 Rummikub (2nd Floor) 3:30 Happy Hour Music By: The Gritpickers May Day</div>	<div>9:30 Seated Yoga with Sheri (2nd Floor) 11:30 UWRF Coffee Concert 1:30 Baking Group (Pub) 3:00 Social & Trivia (Pub)</div>	<div>9:30 Veteran's Coffee Chat (Dining Room) 2:00 Kentucky Derby Party (Dining Room)</div>
<div>11:00 Board Games (Studio) 1:30 Music By: The Eclectics (Dining Room) 6:30 Movie & Popcorn (2nd Floor)</div>	<div>9:30 Seated Exercise (2nd Floor) 10:30 Outing-RF Library 12:00 Cinco De Mayo Luncheon 1:30 Wheel of Fortune (2nd Floor) 3:00 Pickleball Demonstration (Dining Room) Cinco de Mayo</div>	<div>9:30 Seated Exercise (2nd Floor) 10:30 Coffee & Conversation (Pub) 1:30 Flower Arranging with Blooms for Happiness (2nd Floor) 2:30 Sit & Be Fit Yoga (2nd Floor) 3:30 Happy Hour Music By: CoCo Mo Joe</div>	<div>9:30 Seated Exercise (2nd Floor) 11:00 Out to Eat- Lily Tai 1:30 Rosary/Communion (2nd Floor) 3:00 Bingo (Dining Room) 6:00 500 Group (2nd Floor)</div>	<div>9:30 Seated Exercise (2nd Floor) 11:00 Walking Group (Lobby) 1:30 Rummikub (2nd Floor) 3:30 Happy Hour Music By: Phil Kitze</div>	<div>9:30 Seated Yoga with Sheri (Dining Room) 10:00 RF Middle School Band (Dining Room) 2:00 Mother's Day Tea & Fashion Show (Dining Room) 3:00 Farkle Group (Studio)</div>	<div>11:00 Yahtzee Group (Studio) 2:00 Card Group (Studio)</div>
<div>11:00 Board Games (Studio) 6:30 Movie & Popcorn (2nd Floor) Mother's Day National Skill Nursing Care Week</div>	<div>9:30 Seated Exercise (2nd Floor) 1:30 Wheel of Fortune (2nd Floor) 3:00 Music By: Tom Pesches (Dining Room) 3:00 Virtual Passport (2nd Floor)</div>	<div>9:30 Seated Exercise (2nd Floor) 10:30 Outing- Discovering Together Tuesday 10:30 Coffee & Conversation (Pub) 1:30 Mexican Train (Studio) 2:30 Sit & Be Fit Yoga (2nd Floor) 3:30 Happy Hour Music By: Tim Patrick</div>	<div>9:30 Seated Exercise (2nd Floor) 10:30 Shopping Trip- Target 1:00 Community Euchre (Studio) 1:30 Rosary/Communion (2nd Floor) 3:00 Bingo (Dining Room) 6:00 500 Group (2nd Floor)</div>	<div>9:30 Seated Exercise (2nd Floor) 11:00 Outing- MN Orchestra 1:30 Rummikub (2nd Floor) 3:30 Happy Hour Music By: Tom Erickson</div>	<div>9:30 Seated Yoga with Sheri (Dining Room) 1:30 Craft Group (2nd Floor) 3:00 Dulcimer Music By: Lori Roushak (Dining Room)</div>	<div>9:30 Veteran's Coffee Chat 2:00 Card Group (Studio) Armed Forces Day</div>
<div>11:00 Board Games (Studio) 6:30 Movie & Popcorn (2nd Floor)</div>	<div>9:30 Seated Exercise (2nd Floor) 10:30 Outing-RF Library 2:00 Chat with the Chef (Pub) 3:00 Tenant Townhall Meeting (2nd Floor) Victoria Day (Canada)</div>	<div>9:30 Seated Exercise (2nd Floor) 10:30 Coffee & Conversation (Pub) 1:00 Technology Tuesday 1:30 Craft with Laurie (2nd Floor) 2:30 Sit & Be Fit Yoga (2nd Floor) 3:30 Happy Hour Music By: Larry Radle</div>	<div>9:30 Seated Exercise (2nd Floor) 10:30 Shopping Trip- Walmart 1:30 Rosary/Communion (2nd Floor) 12:30 Outing-Bell Museum 3:00 Bingo (Dining Room) 6:00 500 Group (2nd Floor)</div>	<div>9:30 Seated Exercise (2nd Floor) 11:00 Walking Group (Lobby) 1:30 Rummikub (2nd Floor) 3:30 Happy Hour Music By: Mark Johnson</div>	<div>9:30 Seated Yoga with Sheri (2nd Floor) 11:00 Out to Eat- Two Rivers Bar & Grill 3:00 Social & Trivia (Pub)</div>	<div>11:00 Yahtzee Group (Studio) 2:00 Card Group (Studio)</div>
<div>11:00 Board Games (Studio) 6:30 Movie & Popcorn (2nd Floor)</div>	<div>9:30 Seated Exercise (2nd Floor) 1:30 Wheel of Fortune (2nd Floor) 3:00 Card Group (Studio) Memorial Day</div>	<div>9:30 Seated Exercise (2nd Floor) 10:30 Coffee & Conversation (Pub) 1:30 Mexican Train (Studio) 2:30 Sit & Be Fit Yoga (2nd Floor) 3:30 Happy Hour Music By: St. Croix Acoustic</div>	<div>9:30 Seated Exercise (2nd Floor) 10:30 Shopping Trip- Festival Foods 1:00 Community Euchre (Studio) 1:30 Rosary/Communion (2nd Floor) 3:00 Bingo (Dining Room) 6:00 500 Group (2nd Floor)</div>	<div>9:30 Seated Exercise (2nd Floor) 11:00 Walking Group (Lobby) 1:30 Rummikub (2nd Floor) 3:30 Happy Hour Music By: Rudy Rudesill</div>	<div>9:30 Seated Yoga with Sheri (2nd Floor) 1:30 Craft Group (2nd Floor) 3:00 Farkle Group (Studio)</div>	<div>11:00 Yahtzee Group (Studio) 2:00 Card Group (Studio)</div>

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Activities and times are adapted to the changing needs of our residents.