



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>1 Activity Center has cards, board games for your convenience. Games will be left at the front desk upon request. When done please return to the desk.</p> <p>Thank you</p>	<p>2 9:00 (W) Upper body workout 10:00 (AC) Dominoes 2:30 (AC) Basic Spanish 3:30 (AC) Let's shoot some pool</p> <p>*Sign up for Walmart/dollar tree</p>	<p>3 9:00 (AC) Starting the day Meditating 10:00 (AC) Seashell painting</p> <p>2:00 (DR) Bingo 3:00 (AC) Trivia Tuesday 4:00 (AC) Adult Coloring</p>	<p>4 9:00 (W) Resistance band workout</p> <p>10:00 (L) Morning Walk</p> <p>2:00 (AC) Movie &amp; Popcorn 4:00 (AC) Crosswords 6:00 (AC) Bible Study</p>	<p>5 9:00 (AC) Breathing exercises</p> <p>10:00(AC) May vision board</p> <p>12:30 (L) Walmart/Dollar Tree 1:00-2:00 (AC) Gospel Hour 3:30 (AC) Nail Spa</p>	<p>6 9:00 (W) Full Body Workout</p> <p>10:00 (AC) Connect Four 12:30 (L) Walmart/Dollar Tree 3:00 (AC) Karaoke 6:00 (DR) 5 de mayo/Mother's Day Celebration</p>	<p>7 9:00 (AC) Morning News 10:00 (AC) Bean Bag Toss 1:30 (AC) Spades 2:30 (AC) Sip &amp; Paint 3:30 (AC) Chess/Checkers</p>
<p>8 Activity Center has cards, board games for your convenience. Games will be left at the front desk upon request. When done please return to the desk.</p> <p>Thank you</p>	<p>9 9:00 (W) Upper Body Workout 10:00 (AC) Texas Hold 'em 1:30 (AC) Crocheting 2:30 (AC) Open Mic 3:30 (AC) Brain Teasers</p> <p>*Sign up for Mexican Art &amp; Nature Museum</p>	<p>10 9:00 (AC) Starting the day meditating 10:00 (AC) Jewelry Making 1:00 (AC) Sand Art 2:00 (DR) Bingo 3:30 (AC) Sip &amp; Paint</p> <p></p>	<p>11 9:00 (W) Resistance Band Workout</p> <p>10:00 (L) Morning Walk</p> <p>12:00 (L) National Museum of Mexican Art 4:00 (AC) Spot the difference 6:00 (AC) Bible Study</p>	<p>12 9:00 (AC) Breathing exercises</p> <p>10:00 (AC) UNO</p> <p>12:00 (L) Peggy Notebaert Nature Museum 1:00-2:00 (AC) Gospel Hour</p> <p>3:30 (AC) Word Scramble</p>	<p>13 9:00 (W) Full body workout</p> <p>10:00 (AC) Heads Up!</p> <p>1:00 (AC) Left, Right, Center</p> <p>2:00 (AC) Movie &amp; Popcorn</p> <p>4:00 (AC) Sudoku</p>	<p>14 9:00 (AC) Morning News 10:00 (AC) DIY Garden craft pot kit 1:30 (AC) Puzzle Making 2:30 (AC) Let's shoot some hoops 3:00 (AC) Woman's Group</p>

<p>15 Activity Center has cards, board games for your convenience. Games will be left at the front desk upon request. When done please return to the desk.</p> <p>Thank you</p>	<p>16 9:00(W) Upper Body Workout 10:00 (AC) DIY Bird Feeder 1<sup>st</sup> step 1:30 (AC) Trivia 2:30 (AC) Basic Spanish 3:30 (AC) Sip &amp; Paint *Sign up for MSI &amp; LSD trip</p>	<p>17 9:00 (AC) Starting the day meditating 10:00 (AC) DIY Bird Feeder 2<sup>nd</sup> step 12:00 (AC) Museum of Science &amp; industry 4:00 (AC) Crosswords</p>	<p>18 9:00 (W) Resistance band Workout 1:30 (DR) Food Committee Meeting 2:00 (DR) Bingo 3:30 (AC) DIY Adventure hat kit 6:00 (DR) Movie Night</p>	<p>19 9:00 (AC) Breathing exercises 10:00 (L) Hanging our bird feeders 12:00 (L) Music &amp; Relaxation by LSD 1:00-2:00 (AC) Gospel Hour 3:30 (AC) Dominoes</p>	<p>20 9:00 (W) Full body workout 10:00 (AC) Nail Spa 2:00 (DR) Resident Council 3:00 (AC) Social Hour &amp; Rootbeer floats 4:00 (AC) Adult Coloring</p>	<p>21 9:00 (AC) Morning News 10:00 (L) Morning Walk 1:00 (AC) Let's shoot some pool 2:00 (AC) Activity Meeting 3:00 (AC) Men's Group</p>
<p>22 Activity Center has cards, board games for your convenience. Games will be left at the front desk upon request. When done please return to the desk.</p> <p>Thank you</p>	<p>23 9:00 (W) Upper Body Workout 10:00 (AC) Jewelry Making 2:00 (DR) Bingo 3:30 (AC) Open Mic *Sign up for Theater, LSD &amp; Veterans Art Museum</p>	<p>24 9:00 (AC) Starting the day meditating 11:00(L)  3:30 (AC) Chess/Checkers</p>	<p>25 9:00 (W) Resistance Band Workout 10:00 (L) Music &amp; Relaxation by LSD 2:00 (DR) Town Hall Meeting 3:00 (AC) May Birthday Celebration 4:00 (AC) Spot the difference 6:00 (AC) Bible Study</p>	<p>26 9:00 (AC) Breathing exercises 10:00 (AC) Bean Bag Toss 12:00 (L) National Veteran's Art Museum 1:00-2:00 (AC) Gospel Hour 4:00 (AC) Sudoku</p>	<p>27 9:00 (W) Full Body Workout 10:00 (AC) Morning Walk 2:00 (AC) Movie &amp; Ice cream 4:00 (AC) Word Scramble</p>	<p>28 9:00 (AC) Morning News 10:00 (AC) UNO 1:30 (AC) Spades 2:30 (AC) Sip &amp; Paint 3:30 (AC) Mini Bowling</p>
<p>29 Activity Center has cards, board games for your convenience. Games will be left at the front desk upon request. When done please return to the desk.</p> <p>Thank you</p>	<p>30 9:00 (W) Upper Body Workout 10:00 (AC) Texas hold 'em 1:30 (AC) Nail Spa 2:30 (AC) Left,Right,Center 3:30 (AC) Let's shoot some pool <i>Happy Memorial Day</i></p>	<p>31 9:00 (AC) Starting the Meditating 10:00 (AC) Heads Up! 1:30 (AC) Trivia Tuesday 2:00 (DR) Bingo 3:30 (AC) Social hour &amp; Rootbeer floats 4:30 (AC) Adult Coloring</p>		<p>Dining Room Hours:  Breakfast 7am-9am Lunch 11am-1pm Dinner 4pm-6pm</p>	<p>Every outdoor Activity is weather permitting. If unable to go outside we will do In house game or Activity</p>	<p>(AC ) Activity Center (DR) Dining Room (T) Theater (PA) Pool Area (W) Weight room. (L) Lobby (CA) Computer Area</p>