

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Exercise w/tape Coordination Focus 11-12 Brain Focus Word Puzzles 12:15 Daily Chronicle</p> <p>2:00 Sing -A -Long & Brain Healthy Snack Nut Samplings</p> <p>May Day</p>	<p>10:00 Exercise - Resistance Band 11:00 Brain Focus - Bingo 12 :15 Daily Chronicle 2:00 - Poetry Readings</p> <p>3:00 Brain Healthy Snack Veggies and Pesto</p> <p>4:00 Room Visits</p>	<p>10:00 Exercise - Outside Chair Yoga 11:00 Brain Focus - Cards 12:15 Daily Chronicle 2:00 Make Fat Bombs</p> <p>3:00 Tea Time- Turmeric Tea - lower inflammation</p> <p>4:00 Community Connect outside in courtyard</p>	<p>10:00 Exercise - Balance Focus 11:00 Mass 12:15 Daily Chronicle 2:00 Water Color Painting 3:00 Brain Healthy Snack Blueberries and Coconut Cream</p> <p>4:00 Room Visits</p>	<p>10:00 Exercise - Gentle Breath work 11:00 Brain focus Memory Game 12:15 Daily Chronicle 2:00 Trivia 3:00 Brain Healthy Snack Beets and Plantains 4:00 Community Connect outside in courtyard</p> <p>Cinco de Mayo</p>	<p>Exercise - Chair Yoga 10:15 w/ Gray</p> <p>3:15 Mocktail Hour with Kombucha</p> <p>4:00 Movie- The Wedding Planner</p>	<p>Get outside and get some Vitamin D</p> <p>Look for signs of spring!</p> <p>Independent Activities Available in Activities Room</p> <p>Try a new puzzle.</p>
<p>10:00 Exercise w/ tape</p> <p>11:00 Brain Focus Card Bingo & Brain Healthy Snack - Pears and Cheese 12:15 Daily Chronicle</p> <p>4:00 Community Connect outside in courtyard</p> <p>Mother's Day</p>	<p>10:00 Exercise - Chair Yoga</p> <p>11:00 Exploring Senses 12-15 Daily Chronicle 2:00 Flower Planting 3:00 Brain Healthy Snack Dark Chocolate</p> <p>4:00 Room Visits</p>	<p>10:00 Exercise - Outside Chair Yoga 11:00 Brain Focus - Memory Card Game 12:00 - 12:30 Google Earth</p> <p>2:00 Scavenger Hunt 3:00 Nut samplings</p> <p>4:00 Community Connect outside in courtyard</p>	<p>10:00 Exercise - Dance Class 11:00 Brain Focus - Cutting Collages 11:00 Mass</p> <p>2:00 Bingo & Brain Healthy Snack -Cruciferous Vegetables & Pesto Dip</p> <p>4:00 Room Visits</p>	<p>10:00 Exercise - Gentle Breath Work 11:00 Brain Focus - Music with instruments 12:15 Daily Chronicle</p> <p>3:00 Brain Health Cooking Chocolate Avocado Pudding 4:00 Community Connect outside in courtyard</p>	<p>Exercise - Chair Yoga 10:15 w/ Gray</p> <p>3:15 Pomegranate juice Mocktails</p> <p>4:00 Movie- Big Fat Greek Wedding</p>	<p>Connect with another resident!</p> <p>Listen to music in the Activities Room.</p> <p>"You are a Unique Beautiful Soul" Louise Hay</p>
<p>10:00 Exercise w/ tape</p> <p>11:00 Bingo 12:15 Daily Chronicle 2:00 Gin Rummy & Brain Healthy Snack Apples with Sunflower Butter 4:00 Community Connects outside in courtyard</p>	<p>10:00 Exercise - Arm Work 11:00 Paddle Ball /Mini Golf 12:15 Daily Chronicle 2:00 Flower Arranging 3:00 Berry Smoothies 4:00 Room Visits</p>	<p>10:00 Exercise - Move and Groove (moving w/music) 11:00 Twinkle Game 12:15 Daily Chronicle 2:00 Door Decorating 3:00 Baking - Flaxseed Muffins 4:00 Community Connect outside in courtyard</p>	<p>10:00 Exercise - Outside Stretches 11:00 Mass 12:15 Daily Chronicle 2:00 Gospel Music w/ Carol Ferber 3:00 Green Juicing - Cucumber and Apple 4:00 Room Visits</p>	<p>10:00 Exercise - Gentle Breath Work 11:00 Bingo 12:15 Daily Chronicle 2:00 Pictionary & Pumpkin Seed and Pineapple Snack 3:00 Dog Therapy in Courtyard 4:00 Community Connect outside in courtyard</p>	<p>Independent Activities</p> <p>Available in the Activities Room</p> <p>4:00 Movie Matinee- Hitch</p>	<p>Reach out to a family member by phone.</p> <p>Write or dictate a letter.</p> <p>Try a word search.</p> <p>Armed Forces Day</p>
<p>10:00 Exercise w/ tape</p> <p>11:00 Card Bingo 12:15 Daily Chronicle</p> <p>1:30 Nails and Hair Brain Healthy Snack - Grapes and Cheese</p> <p>4:00 Community Connect outside in courtyard</p>	<p>10:00 Exercise - Chair yoga</p> <p>11:00 Brain Focus 12:15 Daily Chronicle 2:00 Surprise Craft 3:00 Healthy Brain Snack Olive Tasting</p> <p>4:00 Room Visits</p> <p>Victoria Day (Canada)</p>	<p>10:00 Exercise - Animal Moves 11:00 Musical Instruments 12:00 Daily Chronicle 2:00 Bake Pumpkin Muffins 3:00 Decorate Jim's Door 4:00 Community Connect outside in courtyard</p>	<p>10:00 Exercise - Back strengthening 11:00 Mass 12:00 Daily Chronicle 2:00 Decorating Placemats & Brain Healthy Snack - Brazil Nuts</p> <p>4:00 Room Visits</p>	<p>10:00 Exercise - Gentle Breath Work 11:00 Connect Four 12:00 Daily Chronicle 2:00 Surprise Craft 3:00 Frozen Yogurt party outside in the courtyard</p> <p>HAPPY BIRTHDAY JIM! 100 YEARS OLD!</p>	<p>4:00 pm Movie Matinee- The Notebook with popcorn</p>	<p>Enjoy the weather outside in the courtyard.</p> <p>"Conscious Breathing is my Anchor" Thich Nhat Hahn</p>
<p>10:00 Exercise w/ tape</p> <p>11:00 Bingo 12:15 Daily Chronicle</p> <p>2:00 Gin Rummy & Assorted Teas and Tea Sandwiches 4:00 Community Connect outside in courtyard</p>	<p>10:00 Exercise</p> <p>11:00 Dominoes 12:15 Daily Chronicle 2:00 Bean Bag toss 3:00 Lemonade sweetened with monk fruit</p> <p>4:00 Room Visits</p> <p>Memorial Day</p>	<p>10:00 Exercises - Belly Focus 11:00 Flower Pressing 12:15 Daily Chronicle 2:00 Resident Council Meeting w/ snacks!</p> <p>4:00 Community Connect outside in courtyard</p>				

Our activities are varied and are intended to enrich the lives of our residents. Our program is comprised of daily physical exercise, brain-focused activities, creative expression through crafts, and puzzles and games as well as a daily brain healthy snack. We also encourage daily community connections that are stimulating and meaningful and encourage everyone to get outside each day in the sunshine when possible.