

MAY

REFLECTIONS

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
9:45- Morning fitness 10:30 – Circle of Friends 11:00- Sunday Mass 12:30 Housekeeping/ Relax w/ Word Searches 1:30 – Bowling 2:30 – Flower Arrangements 3:30- Outdoor Stroll 6:00- Movie & Popcorn	9:45- Strength and Balance 10:30 – Yesterdays 12:30 Housekeeping/ Relax w/ Puzzles 1:30 – Ring Toss 2:00 – Musical Songbook 🎵 3:30 – Indoor Stroll 6:00- Pampering	9:45- Zumba 10:30 – Circle of Friends 12:30 Housekeeping/ Relax w/ Coloring 1:30 – Bean Bag Tos: 🎨 2:00 – Artist Reception 3:30 – Outdoor Meditation 6:00- Old Time Radio Show	9:45- Morning Fitness 10:30 – Reminiscing 12:30 - Housekeeping/ Relax w/ Table Top Games 1:30 – Golf 🏌️ 2:00 – Expressive Art- Cinco de Mayo 3:30 – Stretching for Relaxation 6:00- Classic Comedy Show	9:45- Resistance Bands 10:30 – Let's Learn about Cinco de Mayo! 12:30 Housekeeping/ Relax w/ Cartooning 1:30 – Cornhole 2:15 – Virtual Museum 3:30 – Outdoor Stroll 6:00 – Movie & Popcorn	9:45- Samba Dancing 10:30- Georgette Plays 12:30 Housekeeping/ Relax w/ Coloring 🎵 1:30 – Charades 2:30 – Spanish Guitar 3:30 – Stretching for Relaxation 🎵 6:00 – Classic Comedy Show	9:45- Zumba 10:30- 🎮 12:30 – Housekeeping /Relax w/ Magazines 1:30 – Physioball 2:00 – Karaoke 🎤 3:00- 🎮 6:00- Old Time Radio Show 🎤
Lemonade Day		Garden Meditation	National Orange Juice Day	Cinco De Mayo Cartoonist	Space Day	Kentucky Derby Fitness



Morning Meeting

Every weekday at 8:30 in Deb's office, to go over the day's schedule. One RCA each morning is encouraged to attend whenever possible.

Keeping busy ideas:

- *There is a notebook/binder of things to do with residents when there are lulls in activity. It's kept in the kitchen cabinets.
- *Between 2pm to 3pm give snacks to the residents.

Please observe social distancing, wear a mask and wash hands before and after any participation in groups. Thank you.