

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### Legend

(AR) Activity Room  
(FR) Family Room  
(LB) Lobby  
(DR) Dining Room  
(RR) Resource Room  
(CH) Clubhouse  
\*\* Sign up at the front desk  
= Birthday

\*Schedule is subject to change at any time so remember to check our daily activity schedule posted on the community board and elevators.\*



**1 May Day**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Blackjack (FR)  
**2:00 Kentucky Derby Horse Race (AR)**  
3:00 31 Card Game (FR)  
3:30 Walking Group (LB)  
5:45 Hand & Foot (FR)

**2**  
10:00 Chapel Service (AR)  
11:15 Blood Pressure Checks (RR)  
2:00 Cookies & Socializing (LB)  
2:00 Rummikub (FR)  
4:00 Wii Bowling (FR)  
5:45 Skip-Bo (FR)  
6:45 Movie & Popcorn (AR)

**Alyce W** 🎈

**3**  
9:00 Morning Exercise (AR)  
1:15 31 Card Game (FR)  
3:00 Blackjack (AR)  
4:45 Joyce Plays Piano (LB)  
5:45 Hand & Foot (FR)  
6:45 Movie & Popcorn (AR)

**4**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Book Club (FR)  
2:00 Rummikub (FR)  
2:15 Ice Cream Social (LB)  
**3:00 Corn Hole (AR)**  
4:00 Barb Plays Piano (LB)  
5:45 Hand & Foot (FR)

**5 Cinco De Mayo**  
**9:00 Walmart Shopping\*\***  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
1:30 Mexican Train Dominoes (FR)  
**2:00 Tai Chi/Chair Yoga (AR)**  
3:00 Phase 10 (FR)  
**4:00 "Good Old Days" reading with Julee (RR)**  
6:30 Bingo (AR)

**6**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Bible Study (AR)  
1:30 3-13 Card Game (FR)  
**2:00 Resident Council meeting (AR)**  
3:00 Blackjack (FR)  
4:30 Sing Along w/ Joyce (LB)  
5:45 Hand & Foot (FR)

**7**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Chair Yoga (AR)**  
1:30 Skip-Bo (FR)  
**2:00 Health talk w/Natalya from Above Health (AR)**  
3:00 Mosaic Coloring (FR)  
6:30 Bingo (AR)  
**7:00 Capital High School Spring Musical \*\* Jay B.** 🎈

**8**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Blackjack (FR)  
**2:30 Mothers Day Tea Party**  
3:00 31 Card Game (FR)  
3:30 Walking Group (LB)  
5:45 Hand & Foot (FR)

**9**  
10:00 Chapel Service (AR)  
11:15 Blood Pressure Checks (RR)  
2:00 Cookies & Socializing (LB)  
2:00 Rummikub (FR)  
4:00 Wii Bowling (FR)  
5:45 Skip-Bo (FR)  
6:45 Movie & Popcorn (AR)

**10 Mothers Day**  
9:00 Morning Exercise (AR)  
1:15 31 Card Game (FR)  
3:00 Blackjack (AR)  
4:45 Joyce Plays Piano (LB)  
5:45 Hand & Foot (FR)  
6:45 Movie & Popcorn (AR)

**11**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Book Club (FR)  
2:00 Rummikub (FR)  
2:15 Ice Cream Social (LB)  
**3:00 Corn Hole (AR)**  
4:00 Barb Plays Piano (LB)  
5:45 Hand & Foot (FR)

**12**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**11:00 Out to Lunch \*\* "Applebees"**  
1:30 Mexican Train Dominoes (FR)  
**2:00 Scenic Drive\*\***  
3:00 Phase 10 (FR)  
**4:00 "Good Old Days" reading with Julee (RR)**  
6:30 Bingo (AR)

**13**  
**9:00 Fred Meyer Shopping\*\***  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Bible Study (AR)  
1:30 3-13 Card Game (FR)  
**2:00 Craft Class (AR) \*\***  
3:00 Blackjack (FR)  
4:30 Sing Along w/ Joyce (LB)  
5:45 Hand & Foot (FR)

**14**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Farmers Market \*\***  
1:30 Skip-Bo (FR)  
**2:00 Chair Yoga (AR)**  
3:00 Mosaic Coloring (FR)  
6:30 Bingo (AR)

**15**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Blackjack (FR)  
**2:00 Entertainment (LB) "Entertainment Explosion"**  
3:00 31 Card Game (FR)  
3:30 Walking Group (LB)  
5:45 Hand & Foot (FR)

**16**  
10:00 Chapel Service (AR)  
11:15 Blood Pressure Checks (RR)  
2:00 Cookies & Socializing (LB)  
2:00 Rummikub (FR)  
4:00 Wii Bowling (FR)  
5:45 Skip-Bo (FR)  
6:45 Movie & Popcorn (AR)

**Ina H.** 🎈

**Nancy J.** 🎈

**17**  
9:00 Morning Exercise (AR)  
1:15 31 Card Game (FR)  
3:00 Blackjack (AR)  
4:45 Joyce Plays Piano (LB)  
5:45 Hand & Foot (FR)  
6:45 Movie & Popcorn (AR)

**18**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Book Club (FR)  
2:00 Rummikub (FR)  
2:15 Ice Cream Social (LB)  
**3:00 Corn Hole (AR)**  
4:00 Barb Plays Piano (LB)  
5:45 Hand & Foot (FR)

**19**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Tai Chi/Chair Yoga (AR)**  
1:30 Mexican Train Dominoes (FR)  
**2:00 Resident Birthday Party**  
3:00 Phase 10 (FR)  
**4:00 "Good Old Days" reading with Julee (RR)**  
6:30 Bingo (AR)

**20**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Bible Study (AR)  
1:30 3-13 Card Game (FR)  
**2:00 Humble Cow Ice Cream Trip \*\***  
3:00 Blackjack (FR)  
4:30 Sing Along w/ Joyce (LB)  
5:45 Hand & Foot (FR)

**21**  
**9:00 Carriage Museum Full Day trip \*\***  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
1:30 Skip-Bo (FR)  
**2:00 Chair Yoga (AR)**  
3:00 Mosaic Coloring (FR)  
6:30 Bingo (AR)

**22**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Blackjack (FR)  
**2:00 Entertainment (LB) "Robin Todd"**  
3:00 31 Card Game (FR)  
3:30 Walking Group (LB)  
5:45 Hand & Foot (FR)

**23**  
10:00 Chapel Service (AR)  
2:00 Cookies & Socializing (LB)  
2:00 Rummikub (FR)  
4:00 Wii Bowling (FR)  
4:00 Blood Pressure Checks (RR)  
5:45 Skip-Bo (FR)  
6:45 Movie & Popcorn (AR)

**Jo D.**  
**Al F.**  
**Richard A.** 🎈

**Pam P.** 🎈

**Joanne L.** 🎈

**24/31**  
9:00 Morning Exercise (AR)  
1:15 31 Card Game (FR)  
3:00 Blackjack (AR)  
4:45 Joyce Plays Piano (LB)  
5:45 Hand & Foot (FR)  
6:45 Movie & Popcorn (AR)

**25 Memorial Day**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Book Club (FR)  
2:00 Rummikub (FR)  
2:15 Ice Cream Social (LB)  
**3:00 Corn Hole (AR)**  
4:00 Barb Plays Piano (LB)  
5:45 Hand & Foot (FR)

**26**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Tai Chi/Chair Yoga (AR)**  
1:30 Mexican Train Dominoes (FR)  
**2:00 Entertainment (LB) "Shel-town Strummers"**  
3:00 Phase 10 (FR)  
**4:00 "Good Old Days" reading with Julee (RR)**  
6:30 Bingo (AR)

**27**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Bible Study (AR)  
1:30 3-13 Card Game (FR)  
**2:00 Craft Class (AR) \*\***  
3:00 Blackjack (FR)  
4:30 Sing Along w/ Joyce (LB)  
5:45 Hand & Foot (FR)

**28**  
**9:00 Trader Joes Shopping\*\***  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
**10:00 Chair Yoga (AR)**  
1:30 Skip-Bo (FR)  
**2:00 Card-Making w/Linda\*\***  
3:00 Mosaic Coloring (FR)  
6:30 Bingo (AR)

**29**  
9:00 Water Aerobics (CH)  
9:00 Morning Exercise (AR)  
10:00 Blackjack (FR)  
**1:30 Entertainment (LB) "Matt Gurley"**  
3:00 31 Card Game (FR)  
3:30 Walking Group (LB)  
5:45 Hand & Foot (FR)

**30**  
10:00 Chapel Service (AR)  
11:15 Blood Pressure Checks (RR)  
2:00 Cookies & Socializing (LB)  
2:00 Rummikub (FR)  
4:00 Wii Bowling (FR)  
5:45 Skip-Bo (FR)  
6:45 Movie & Popcorn (AR)

**Ed M.** 🎈