

May 2023 Health Center 5th Floor Activities

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|--|---|---|
| Resident Birthdays Francis C. 5/18 Karen D. 5/29 | 10:00 🏃 Musical Motion with Xena 1 11:00 🛖 Massage with Jessie 2:30 🧩 This Day in History 3:00 🧩 Brain Games with CNA | 10:00 🎵 Music with Cowboy Bob 2 11:00 🧩 Daily Tidbit with Xena 3:00 🏆 Action Table-Puzzles, Coloring Sheets Self Paced with CNA | 10:00 🧩 Small 3 Encouragements with CNA 10:30 🙏 Devotional with Rev. Mike 2:30 🧩 For Giggles 3:00 🎨 Colorful Creations with CNA | 10:00 🏃 Fun and fit with Xena 4 10:30 🍳 Cooking Club with Xena 2:00 🛖 Manicures with Xena | 10:45 🏃 Body In Motion 5 11:00 🎵 Music Therapy 2:15 🎬 Afternoon Cinema | 10:00 🏆 Action Table Self-Paced 6 |
| | 7 10:00 🏃 Musical Motion with Xena 8 11:00 🛖 Massage with Jessie 2:30 🧩 This Day in History 3:00 🧩 Brain Games with CNA | 10:45 🧩 Daily Tidbit with Xena 9 3:00 🏆 Action Table-Puzzles, Coloring Sheets Self Paced with CNA | 10:00 🧩 Small 10 Encouragements with CNA 10:30 🙏 Devotional with Rev. Mike 2:30 🧩 For Giggles 3:00 🎨 Colorful Creations with CNA | 10:00 🎨 Art with Graden 11 10:00 🌱 The Green Thumbs Club with Xena 10:45 🏃 Fun and Fit with Xena 2:00 🧩 Poetry of Motion | 10:45 🏃 Body In Motion 12 11:00 🎵 Music Therapy 2:15 🎬 Afternoon Cinema | 10:00 🏆 Action Table Self-Paced 13 |
| Mother's Day 14 | 10:00 🎨 Art with Graden 15 11:00 🎵 Music with Art Stern 2:30 🧩 This Day in History 3:00 🧩 Brain Games with CNA | 10:00 🍳 Cooking with Xena 16 10:45 🧩 Daily Tidbit with Xena 3:00 🏆 Action Table-Puzzles, Coloring Sheets Self Paced with CNA | 10:00 🧩 Small 17 Encouragements with CNA 10:30 🙏 Devotional with Rev. Mike 2:30 🧩 For Giggles 3:00 🎨 Colorful Creations with CNA | 10:00 🌱 The Green Thumbs Club with Xena 18 11:00 🎵 Music with Mike Frankel 2:00 🎵 Music with Larry | 10:45 🏃 Body In Motion 19 11:00 🎵 Music Therapy 2:15 🎬 Afternoon Cinema | 10:00 🏆 Action Table Self-Paced 20 |
| 21 | 10:00 🏃 Musical Motion with Xena 22 11:00 🛖 Massage with Jessie 2:30 🧩 This Day in History 3:00 🧩 Brain Games with CNA | 10:45 🧩 Daily Tidbit with Xena 23 3:00 🏆 Action Table-Puzzles, Coloring Sheets Self Paced with CNA | 10:00 🧩 Small 24 Encouragements with CNA 10:30 🙏 Devotional with Rev. Mike 2:30 🧩 For Giggles 3:00 🎨 Colorful Creations with CNA | 10:00 🌱 The Green Thumbs Club with Xena 25 10:45 🏃 Fun and Fit with Xena 2:00 🎵 Piano with Larry | 10:45 🏃 Body In Motion 26 10:45 🧩 What's in the News? 11:00 🎵 Music Therapy 2:15 🎬 Afternoon Cinema | 10:00 🏆 Action Table Self-Paced 27 |
| 28 | Memorial Day 29 10:00 🏃 Musical Motion with Xena 3:00 🧩 Brain Games with CNA | 10:45 🧩 Daily Tidbit with Xena 30 3:00 🏆 Action Table-Puzzles, Coloring Sheets Self Paced with CNA | 10:00 🧩 Small 31 Encouragements with CNA 10:30 🙏 Devotional with Rev. Mike 2:30 🧩 For Giggles 3:00 🎨 Colorful Creations with CNA |  | "Look deep into nature and you will understand everything better" — Albert Einstein | 🍳 Cooking 🎨 Creative 🌱 Environmental 🏆 Games 🧩 Intellectual 🎵 Music 🏃 Physical 🛖 Purposeful 🎬 Social 🙏 Spiritual |

