

May 2023 Health Center 6th Floor Activities



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Resident Birthdays Francis C. 5/18 Karen D. 5/29	9:45 🏃 Warm - Up 1 10:00 🧩 Round Table Talk with John 2:00 🧩 Puzzles and Pondering- Self Paced	9:45 🏃 Tone It Up Tuesday 2 10:00 🎵 Music and Manicures 10:15 🍴 Truffle Day 2:30 🏆 Action Table- Puzzles, Games Self Paced	10:00 🏴 Small 3 Encouragements with Xena 11:00 🏴 Devotional with Rev. Mike 2:00 🏴 Peaceful Mind Relaxation	9:45 🏴 Circle of Friends 4 10:00 🏆 Game Day, Left Right Center 2:30 🏴 Refresh and Relax	9:45 🧩 News Flash 5 10:00 🏆 Bingo 2:00 🏴 Afternoon Cinema, Food Club	10:00 🏆 Action Table Self-Paced 6
	7	9:45 🏃 Warm - Up 8 10:00 🎵 Music with Bill Cobb 11:00 🧩 Round Table Talk with John 2:00 🧩 Puzzles and Pondering- Self Paced	9:45 🏃 Tone It Up Tuesday 9 10:00 🧩 Daily Tidbit with Xena [CH81] 2:30 🏆 Action Table- Puzzles, Games Self Paced	10:00 🏴 Small 10 Encouragements with Xena 11:00 🏴 Devotional with Rev. Mike 2:00 🏴 Peaceful Mind Relaxation	9:45 🏴 Circle of Friends 11 2:30 🏴 Refresh and Relax	9:45 🏴 A Mother's Love 12 10:00 🎵 Music with David Callahan 2:00 🏴 Afternoon Cinema, Fried Green Tomatoes	10:00 🏆 Action Table Self-Paced 13
	Mother's Day 14	9:45 🏃 Warm - Up 15 10:00 🧩 Round Table Talk with John 2:00 🧩 Puzzles and Pondering- Self Paced	9:45 🏃 Tone It Up Tuesday 16 10:00 🧩 Educational Hour [CH81] 2:30 🏆 Action Table- Puzzles, Games Self Paced	10:00 🏴 Small 17 Encouragements with Xena 11:00 🏴 Devotional with Rev. Mike 2:00 🏴 Peaceful Mind Relaxation	9:45 🏴 Circle of Friends 18 10:00 🏆 Game Day, Ski Ball 2:30 🏴 Refresh and Relax	9:45 🏆 19 Dominoes with Xena 9:45 🧩 News Flash 2:00 🏴 Afternoon Cinema, Miss Harris goes to Paris	10:00 🏆 Action Table Self-Paced 20
	21	9:45 🏃 Warm - Up 22 10:00 🧩 Round Table Talk with John 2:00 🧩 Puzzles and Pondering- Self Paced	9:45 🏃 Tone It Up Tuesday 23 10:00 🏴 Resident Council [CH81] 2:30 🏆 Action Table- Puzzles, Games Self Paced	10:00 🏴 Small 24 Encouragements with Xena 11:00 🏴 Devotional with Rev. Mike 2:00 🏴 Peaceful Mind Relaxation	9:45 🏴 Circle of Friends 25 10:00 🏆 Game Day 2:30 🏴 Refresh and Relax	9:45 🎵 Music with Mike Frankel 26 9:45 🧩 News Flash 2:00 🏴 Afternoon Cinema, Steel Magnolias	10:00 🏆 Action Table Self-Paced 27
	28	Memorial Day 29 9:00 🧩 Puzzles and Pondering- Self Paced	9:45 🏃 Tone It Up Tuesday 30 10:00 🍴 Cooking Corner, Fresh Baked Bread [CH81] 2:30 🏆 Action Table- Puzzles, Games Self Paced	10:00 🏴 Small 31 Encouragements with Xena 11:00 🏴 Devotional with Rev. Mike 2:00 🏴 Peaceful Mind Relaxation		"Look deep into nature and you will understand everything better" – Albert Einstein	