


May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities in Blue require you to sign up in the notebook at the front desk.</p> <p>Special events are in Red.</p>	<p>KEY AR = Activity Room 2nd Floor (Aviary) MR = Media Room 2nd Floor LDR = Large Dining Rm 1st Floor SDR = Small Dining Rm 1st Floor PDR = Private Dining RM 1st Floor LSL = Lakeside Lounge 1st Floor</p>		<p>1 10:00 Wellness Wednesday 1:00 Senior Fitness Class SDR 2:00 Community Classroom-SDR TBD Beanbag Baseball</p>	<p>2 1:00 Bible Study with Rhonda SDR 2:00 Kentucky Derby Celebration AR 3:00 Rummikub LSL</p>	<p>3 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 5:00 Pizza and Beer Night</p>	<p>4 3:30 Bingo SDR 6:30 Movie Night MR</p>
<p>5 3:30 Cards LSL</p>	<p>6 10:00 Walmart 11:00 Skip-Bo AR 12:00 Chair Massages 1:00 Senior Fitness Class SDR 2:30 Des Moines Senior Singers LDR</p>	<p>7 11:00 Book Club LSL 3:00 Games AR</p>	<p>8 10:00 Town Hall Meeting SDR 1:00 Senior Fitness Class SDR TBD Beanbag Baseball</p>	<p>9 1:00 Bible Study with Rhonda SDR 2:00 Men's Group AR 3:00 Rummikub LSL</p>	<p>10 10:00 Manicures MR 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 3:30 "Cinco" De Mayo Happy Hour LSL</p>	<p>11 12:00 Mother's Day Lunch 2:30 Bingo SDR 6:30 Movie Night MR</p>
<p>12 Happy Mother's Day 3:30 Cards LSL</p>	<p>13 11:00 Hy-Vee 1:00 Senior Fitness Class SDR 4:30 Supper @ Out-back</p>	<p>14 11:00 Book Club LSL 3:00 Games AR</p>	<p>15 11:00 How to Use Exercise Machines ER 1:00 Senior Fitness Class SDR TBD Beanbag Baseball</p>	<p>16 1:00 Bible Study with Rhonda SDR 2:00 Entertainment w/ Rick Ludwig LDR 3:00 Rummikub LSL</p>	<p>17 10:00 Greenhouse Out- ing 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 3:00 Happy Hour LSL</p>	<p>18 10:00 Flower Planting 2:30 Bingo SDR 6:30 Movie Night MR</p>
<p>19 3:30 Cards LSL</p>	<p>20 11:00 Skip-Bo AR 1:00 Senior Fitness Class SDR 2:30 Meals from the Heartland LDR 5:00 Helene V. LDR</p>	<p>21 11:00 Book Club LSL 3:00 Jewelry AR</p>	<p>22 10:00 Walmart 1:00 Senior Fitness Class SDR TBD Beanbag Baseball</p>	<p>23 1:00 Bible Study with Rhonda SDR 2:00 Mary Kay & Ice Cream 3:00 Rummikub LSL 6:30 Luau Party LSP</p>	<p>24 10:30 Lunch @ Botanical Center 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR</p>	<p>25 2:30 Bingo SDR 6:30 Movie Night MR</p>
<p>26 3:30 Cards LSL</p>	<p>27 Memorial Day 11:00 Skip-Bo AR</p>	<p>28 11:00 Book Club LSL 3:00 Resident Led Game LSL</p>	<p>29 11:00 Fareway 1:00 Senior Fitness Class SDR TBD Beanbag Baseball</p>	<p>30 1:00 Bible Study with Rhonda SDR 3:00 Rummikub LSL</p>	<p>31 12:00 Walking Taco Fundraiser 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 3:30 Happy Hour LSL</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Special events are in Red. Bus outings are in Blue.</p>			<p>1 9:30 Current Events 10:00 Name that Sound (CD) 10:30 Picture This 1:00 Storyteller 1:50 Group Exercises 3:30 Magic Memory 6:30 Coloring</p>	<p>2 9:30 Current Events 10:30 Music Therapy 11:00 Timeslips 1:30 God's Eye Craft 3:30 Reminisce Magazine 6:00 What Am I?</p>	<p>3 9:30 Current Events 10:00 Scenic Drive 1:30 Travelogue 1:50 Group Exercises 3:30 Listen to Music 6:00 Progressive Relax.</p>	<p>4 9:30 Current Events 10:00 Hand Massages 10:30 Junk Drawer 1:30 Bingo 2:30 Sorting 3:30 Sing A-Long 1 6:30 Movie Night</p>
<p>5 9:30 Current Events 10:00 Parachute 10:30 Nail Care 1:30 Bingo 2:30 Radio Show CD 3:30 Picture Books 6:30 Listen to Music</p>	<p>6 9:30 Current Events 10:00 Scenic Ride 1:30 Random Trivia 1:50 Group Exercises 2:30 Entertainment "Senior Singers" LDR 6:30 Paint By Numbers</p>	<p>7 9:30 Current Events 10:00 Spiritual time with Michelle 1:30 Cooking Club 2:30 Timeslips 3:30 Iowa Books 5:30 Group Walk 6:00 Patio Time (Weather Permitting)</p>	<p>8 9:30 Current Events 10:00 Name that Sound (CD) 10:30 What's In the Bag 1:30 Sing Along Hymns 1:50 Group Exercises 3:30 Magic Memory 5:30 Bingo 6:30 Reminiscing</p>	<p>9 9:30 Current Events 10:30 Music Therapy 11:00 Timeslips 1:30 Oil Pastel Art 3:30 Reminisce Magazine 6:00 What Am I?</p>	<p>10 9:30 Current Events 10:00 Traveling Tunes 1:00 Drawing A Blank 1:50 Group Exercises 3:30 Listen to Music 6:00 Beach Visualization Relaxation. 6:30 Picture Books</p>	<p>11 9:30 Current Events 10:00 Hand Massages 10:30 What Belongs Together? 1:30 Patio Time (Weather Permitting) 2:30 Reminisce Cards 3:30 Sing A-Long 4 6:30 Movie Night</p>
<p>12 9:30 Current Events 10:00 Balloon Swat 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Name that Famous Actor/Actress 6:30 Listen to Music</p>	<p>13 9:30 Current Events 10:00 Ball Toss 10:30 Stories of the Hat/ Reminisce Cards 1:30 Picture Books 1:50 Group Exercises 3:30 Chapter A Day 6:00 Door Knob Art</p>	<p>14 9:30 Current Events 10:00 Spiritual time with Michelle 1:30 Cooking Club 2:30 Timeslips 5:30 Group Walk 6:30 Watercolor Painting</p>	<p>15 9:30 Current Events 10:00 Scenic Drive 10:30 What's in the Bag? 1:30 Sing-Along 2 1:50 Group Exercises 3:30 Magic Memory 6:00 Patio Time (Weather Permitting)</p>	<p>16 9:30 Pet Therapy LSL 10:30 Music Therapy 11:00 Time Slips 2:00 Entertainment LDR 3:30 What am I? 6:00 Group Games</p>	<p>17 9:30 Current Events 10:00 Name that Tune 1:50 Group Exercises 3:30 Short Story & Discussion 6:00 Stories of the Hat 6:30 Picture Books</p>	<p>18 9:30 Current Events 10:00 Planting Party on Patio 10:30 Junk Drawer 1:30 Bean Bag Toss 2:30 Reminiscing 6:30 Movie Night</p>
<p>19 9:30 Current Events 10:00 Octaband 10:30 Bunny Funnies 1:30 Bingo 2:30 Skillset Work 3:30 Picture Books 6:30 Listen to Music</p>	<p>20 9:30 Current Events 10:00 Magic Memory 11:00 Sorting/Organizing 1:50 Group Exercises 2:45 Chapter A Day 3:30 Patio Plant Watering 6:00 Paint By Numbers</p>	<p>21 9:30 Current Events 10:00 Spiritual time with Michelle 1:30 Cooking Club 2:30 Timeslips 5:30 Group Walk 6:30 Butterfly Watercolor Painting</p>	<p>22 9:30 Current Events 10:00 Car-A-Oke Road Trip 11:00 Category Puzzles 1:50 Group Exercises 3:30 Magic Memory 6:30 Patio Time and Plant Watering</p>	<p>23 9:30 Current Events 10:30 Music Therapy 11:00 Timeslips 1:30 Greeting Card Craft 5:30 Group Games 6:30 Annual Luau LSL-Patio</p>	<p>24 9:30 Current Events 10:00 Octaband 10:30 Remembering Family Road Trips 1:30 What Tree Am I? 1:50 Group Exercises 3:30 Group Puzzles 6:00 Picture Books and Patio Plant Watering</p>	<p>25 9:30 Current Events 10:00 Hand Massages 10:30 Group Crossword 1:30 Patio Time (Weather Permitting) 2:30 Reminisce Cards 3:30 Sing A-Long Hymns 6:30 Movie Night</p>
<p>26 9:30 Current Events 10:00 Football Toss 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Group Walk 6:30 Patio Time and Plant Watering</p>	<p>27 9:30 Current Events 10:00 Magic Memory 1:30 Group Walk 1:50 Group Exercises 3:30 Sing-Along 1 6:00 Road Sign Chuckles</p>	<p>28 9:30 Current Events 10:00 Craft 1:30 Cooking Club 2:30 Timeslips 5:30 Group Walk 6:00 Patio Time and Plant Watering</p>	<p>29 9:30 Current Events 10:00 Scattergories 1:50 Group Exercises 2:30 Timeslips 5:30 Group Walk 6:00 Book on CD</p>	<p>30 9:30 Current Events 10:00 Unsolved Mysteries 1:30 Craft "Paper Fan" 2:30 Timeslips 5:30 Group Walk 6:00 Patio Time and Plant Watering</p>	<p>31 9:30 Current Events 10:00 Scenic Drive 1:50 Group Exercises 2:30 Timeslips 5:30 Group Walk 6:00 Book on CD</p>	