

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Heathers Manor</p> <p>May 2017</p>	<p>1 May Day</p> <p>10:45 AM Stretch - ML 12:45 500 Cards-3rd FL 1:15 Walking Track NEW Exercises - ML 1:45 Group Crossword-AR 3:15 Northwest Singing Seniors Chorus - ML 5:45 Cribbage - 3rd FL</p>	<p>2 9-10:30 Audiologist - CH 10:15 News & Views - ML 9:30 Water Exercise - Sign Up 10:45 Strength & Stretch - ML 12:45 The Chaplain Hour-CH 12:45 Afternoon Bridge-3rd FL 1:00 Spa Day-CS "Hand Massages & Ring Cleaning" 3:15 Bingo - A R 3:15 1:1 Music-CS/4:00 Chime-ML 6:00 Campus Jackpot - AR</p>	<p>3 National Different Colored Shoe Day</p> <p>10:45 Morning Stretch - ML 12:45 500 Card Club - 3rd Floor 1:15 Walking Track NEW Exercises - ML 2:00 All Resident Meeting & Employee of The Month - ML 3:00 Rosary with Colette - CH 3:15 "Amazing Musicians- Whitney Houston" with Martha 6:00 Western Movie Night - CS</p>	<p>4 10:15 News & Views- ML 10:45 Morning Stretch - ML 11:30 Devotions - Chapel Noon Couple's Luncheon-AR 1:00 Knitting Club - MLobby 1:30 Target Bus - Main Lobby 1:45 Grp Crossword - AR 2:30 Balance Basics - AR 3:15 Pokeno - Activity Rm 6:00 Bible Study with Pastor Jones-CH</p>	<p>5 CINCO DE MAYO Restaurant Menu Theme Day Vet's Breakfast Outing-'Milda's Café' 10:45 Strength & Stretch - ML 11:30 Paraffin Hands & Trivia -AR 12:45 500 Cards - 3rd Floor 1:15 Walking Track & NEW Exercises 1:45 Scrabble - Chapel 3:00 Happy Hour - Main Lobby "Mexican Fiesta & Piñata Fun" 5:45 Nickle Poker Night - ML</p>	<p>National Nurses Day</p> <p>6 10:45 Movement & Music w/Martha - ML 1:30 Bingo - Activity Rm 3:00 Root Beer Floats - MLobby 5:45 Resident Lead Farkle Dice-ML 6:00 Saturday Night Movie - CS</p>
<p>9 10:30 Chapel with Dan-ML 12:00 Piano w/Darlien - CS 12:30 Piano w/Darlien - ML 1:00 Afternoon Bridge-3rd Floor 2:00 Sunday Afternoon Family Pokeno - Activity Room 3:00 Snack Time - AR/ML 5:45 Table Games-ML/3rd/BC 6:00 Sunday Night Movie-CS</p>	<p>8 10:00 Amsted's Bus - ML 10:45 Music, Movement and Laughter with Colleen - ML 12:45 500 Card Club - 3rd FL 1:15 Walking Track with NEW Exercises - ML 1:45 Grp Crossword - AR 3:30 Book Club - Chapel "The Beginners Goodbye" 5:45 Cribbage - 3rd Floor</p>	<p>9 10:15 News & Views-ML 9:30 Water Exercise-Sign Up 10:45 Strength & Stretch - ML 12:45 Afternoon Bridge-3rd FL 12:45 Crafts with Katie - AR 3:15 Bingo - Activity Room 3:15 1:1 Music Visits - CS 4:00 Chime Choir - Chapel 6:00 Campus Jackpot - ActRm</p>	<p>10 National Receptionist Day Free Campus Event - DR</p> <p>8-9 Breakfast BINGO 9-10:30 Specialty Bingo 11:15 Catholic Mass - CH 12:45 500 Card Club - 3rd Floor 1:15 Walking Track with NEW Exercises - ML 3:15 Low Vision Group - CH 6:00 Action Movie Night - CS</p>	<p>11 10:15 News & Views - ML 10:45 Morning Stretch - ML 11:30 Devotions - Chapel 1:00 Knitting Club - MLobby 2:30 Balance Basics - AR 3:00 Birthday Bash-ML "Hot Dish-A Duo" 6:00 Bible Study with Pastor Jones-CH</p>	<p>12 10:45 Strength & Stretch - ML 11:30 Paraffin Hands & Trivia -AR 12:45 500 Card Club - 3rd Floor 1:15 Walking Track & Stations-ML 1:45 Scrabble - Chapel 3:00 Happy Hour - Main Lobby 3:15 Drum Circle w/AI & Marj-ML 5:45 Nickle Poker Night-ML</p>	<p>13 10:45 Movement & Music w/Martha - ML 1:30 Bingo - Activity Rm 3:00 Root Beer Floats - MLobby 5:45 Resident Lead Farkle Dice-ML 6:00 Saturday Night Movie - CS</p>
<p>14 Mother's Day</p> <p>10:30 Chapel with Dan Honoring Mother's 11-2 Shopping Vendors 11:30 Sunday Brunch 12:00 Fashion Show 3:00 Sundae Sundaes 5:45 Evening Pokeno</p>	<p>15 10:45 Morning Stretch - ML 12:45 500 Card Club - 3rd FL 1:00 Movie Outing "TBD" 1:15 Walking Track with NEW Exercises - ML 1:45 Grp Crossword-Act. Rm 2:30 Lutheran Communion - CH 3:30 Book Club - Chapel "The Beginners Goodbye" 5:45 Cribbage - 3rd Floor</p>	<p>16 10:15 News & Views-ML 9:30 Water Exercise - Sign Up 10:45 Strength & Stretch - ML 12:45 Afternoon Bridge-3rd FL 2:00 Spa Day "WOW" - CS 3:15 Bingo - Activity Room 3:15 1:1 Music Visits - CS 4:00 Chime Choir - Chapel 6:00 Campus Jackpot - ActRm</p>	<p>17 10:45 Morning Stretch - ML 12:45 500 Card Club - 3rd Floor 1:15 Walking Track with NEW Exercises - ML 1:30 Full Bloom Program - AR "Travel Costa Rica & Panama" 3:00 Popcorn Social - MLobby 3:15 "Amazing Mexican Musicians" with Martha 6:00 Musical Movie Night-CS</p>	<p>18 10:15 News & Views- ML 10:45 Spring Gate Bus-ML 10:45 Morning Stretch - ML 11:30 Devotions - Chapel 1:00 Knitting Club - MLobby 2:30 Balance Basics - AR 1:45 Grp Crossword - AR 3:15 Pokeno - Activity Rm 6:00 Bible Study with Pastor Jones-CH</p>	<p>19 National Pizza Day 8:00 Campus Men's Breakfast-AR 10:45 Strength & Stretch - Chapel 11:30 Paraffin Hands & Trivia - AR 1:00 Dale B. Presents - AR "Norman Rockwell's Motherhood" 3:00 Happy Hour - Main Lobby 3:15 Chef Demo & Bouquet Day-ML 5:45 Nickle Poker Night-ML</p>	<p>20 10:45 Movement & Music w/Martha - ML 1:30 Bingo - Activity Rm 3:00 Root Beer Floats - MLobby 5:45 Resident Lead Farkle Dice-ML 6:00 Saturday Night Movie - CS</p>
<p>21 National Waitstaff Day 10:30 Chapel with Dan-ML 12:00 Piano w/Darlien - CS 12:30 Piano w/Darlien - ML 1:00 Afternoon Bridge-3rd Floor 2:00 Sunday Afternoon Family Pokeno - Activity Room 3:00 Snack Time - AR/ML 5:45 Table Games-ML/3rd/BC 6:00 Sunday Night Movie-CS</p>	<p>22 10:00 Amsted's Bus - ML 10:45 Morning Stretch - ML 12:45 500 Cards - 3rd FL 1:15 Walking Track with NEW Exercises - ML 1:45 Grp Crossword - AR 3:30 Book Club - Chapel "The Beginners Goodbye" 5:45 Cribbage - 3rd Floor</p>	<p>23 10:15 News & Views-ML 9:30 Water Exercise - Sign Up 10:45 Strength & Stretch - CH 12:45 The Chaplain Hour-CH 12:45 Afternoon Bridge-3rd FL 1:00 Spa Day "Nails" - CS 1-4 Appointment Bus-Sign Up 3:15 Bingo - Activity Room No Music & Chimes Today 6:00 Campus Jackpot-Act.Rm</p>	<p>National Scavenger Hunt Day</p> <p>24 10:45 AM Stretch- Chapel 11:30 Lunch Bus to "El Loro" 12:45 500 Card Club - 3rd Floor 1:15 Walking Track with NEW Exercises - ML 2:45 Catholic Communion/RosaryCH 3:00 Popcorn Social - ML 6:00 Comedy Movie Night - CS</p>	<p>25 10-2 Appointment Bus 10:15 News & Views- ML 10:45 Morning Stretch - ML 11:30 Devotions - Chapel 1:00 Knitting Club - MLobby 1:45 Grp Crossword - AR **Pokeno Moved To Friday** 3:15 Torchbearers Choir from Grace Church - ML 6:00 Bible Study - CH</p>	<p>26 10:45 Strength & Stretch-CH 11:30 Paraffin Hands & Trivia-AR 12:45 500 Card Club - 3rd Floor 1:45 Scrabble - Chapel 3:00 Happy Hour-ML/AR Special Game Day & Time **3:15 Pokeno - Activity Rm** 5:45 Nickle Poker Night - ML</p>	<p>27 No Music & Movement with Martha Today 1:30 Bingo - Activity Rm 3:00 Root Beer Floats - MLobby 5:45 Resident Lead Farkle Dice-ML 6:00 Saturday Night Movie - CS</p>
<p>28 10:30 Chapel with Dan -ML 1:00 Afternoon Bridge-3rd FL 12:00 Piano w/Marj-CS/12:30-ML 2:30 Heathers Cut-Up's Recycled Card Making 2:30 Crystal Community Coloring Club - Chapel 3:00 Snack Time - AR/ML 5:45 Evening Pokeno - Act.Rm</p>	<p>29 Memorial Day</p> <p>Noon Main Meal Today Business Offices Closed 12:45 500 Cards - 3rd FL *12:45* Grp Crossword - AR 1:30 Holiday Bingo - AR 5:45 Cribbage - 3rd Floor</p>	<p>30 10:15 News & Views-ML 9:30 Water Exercise - Sign Up 10:45 Strength & Stretch - CH 12:45 Afternoon Bridge-3rd FL 1:00 Spa Day "Facials" - CS 3:15 Bingo - Activity Room No Music & Chimes Today 6:00 Campus Jackpot - ActRm</p>	<p>31 National Senior Health and Fitness Day</p> <p>Healthy Menu Theme 10:45 Music, Movement and Laughter with Colleen - ML 12:45 500 Card Club - 3rd Floor 1:15 Walking Track NEW Exercises 3:15 'Stress Is the Spice of Life'-ML 3:30 Balance Assessments - ML 6:00 PBS Special "The Art of Aging"</p>	<p>Life Enrichment Dimensions</p> <p>Social, Intellectual, Environmental, Health Services, Spiritual, Vocational, Emotional, Physical</p>	<p>Explore The World: MEXICO</p> <p>Mexican flag</p>	<p>Building Key</p> <p>AR=Activity Rm BC=Bistro Café CH=Chapel CS=Care Suite ML=Main Lobby LB=Library/3rd FL</p>