







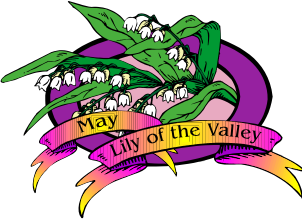





















May 2023

Dotson Family Assisted Living Center Life Enrichment Program

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|--|
| <p>Calendar is subject to change – please check on website!  May is: Asian/Pacific American Heritage Month National Older Americans Mo. National Egg Month National Herb Month Better Hearing & Speech Mo. Nat'l. Hamburger Month Nat'l Bar-B-Que Month Flower Month Military Appreciation Month Nat'l Strawberry Month Nat'l Salad Month Nat'l Salsa Month Sweet Vidalia Onion Month Jewish-Am. Heritage Month</p> |  |  <p>Mother's Day May 14th</p> | <p>National Older American's Month</p> <p>National Nursing Home Week is May 14 to May 20</p>  | <p>National Nurses Week May 6 to May 12</p>   <p>National Strawberry Month</p> | <p><i>The Crossroads Ice Cream Parlor</i></p> <hr/> <p>Open Tuesday, Thursday And Saturday</p> <p>2:00-4:00 p.m.</p>  | <p>Please note – if there is a threat of severe weather or the temperatures is too extreme, outings will be rescheduled!</p>  |
|  | <p style="text-align: right;">1</p> <p>9:00-11:00 Open Gym 9:30 Sit & Be Fit - WC 1:00-4:30 Open Gym 1:00 Military History Films - GR 1:10 Stitch-in-time - OL 2:00 Stretch Class - WC 3:15 Bingo - S 6:00 Scrabble - GR</p>  <p>May Day</p> | <p style="text-align: right;">2</p> <p>9:00-11:00 Open Gym 9:30 Gathering Place Picnic Outing 1:00 Worship Service in Blue Moon 1:00-2:00 Open Gym 1:30 Bible Study – Blue Moon 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 2:30 Coffee with Kovoov - B 3:45 Crossword Puzzle – LR 6:00 Conversations w/Susanne – GR</p> | <p style="text-align: right;">3</p> <p>9:00-11:00 Open Gym 9:30 Sit & Be Fit - WC 10:30 Songs by Heart - VV 1:00-4:30 Open Gym 1:00 Culinary: Fiesta Wraps-CC 2:00 Stretch Class - WC 3:30 Mexican Fiesta with Jorge Rodriguez's Mariachi Band</p>  <p>6:00 Bingo - B</p> | <p style="text-align: right;">4</p> <p>9:00-11:00 Open Gym 9:00 Around the World: Mexico: Conchas - CC 10:30 Veteran's Coffee Bunker w/VFW in Healthcare Center 1:00-2:00 Open Gym 1:15 Art Notes – GR 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 3:15 Bingo - S</p> | <p style="text-align: right;">5</p> <p>9:00-11:00 Open Gym 10:00 Pokeeno - B 2:00 Chair Yoga w/Kelli - WC 2:30 Parkinson's Support Group - CR 2:30 Art Expression w/ Jenny - S 2:30-4:30 Open Gym Cinco de Mayo</p>  <p>Full Flower Moon Lunar Eclipse</p> <p><i>Happy Birthday Janet</i></p> | <p style="text-align: right;">6</p> <p>10:30 Bingo - B 1:00 Movie Matinee - LR 2:00-4:00 Ice Cream Parlor</p> |
| <p style="text-align: right;">7</p> <p>10:45 Holy Communion in The Game Room 1:00 Classic Movie Matinee In the Living Room</p>  <p>Kentucky Derby</p> <p><i>Happy Birthday Dave</i></p> | <p style="text-align: right;">8</p> <p>9:00-11:00 Open Gym 9:30 Sit & Be Fit - WC 1:00-4:30 Open Gym 1:00 Military History Films - GR 1:10 Stitch-in-time - OL 2:00 Stretch Class - WC 3:15 Bingo - S 6:00 Beginnings & Endings – GR</p> | <p style="text-align: right;">9</p> <p>9:00-11:00 Open Gym 9:00 Around the World: Bahamas: Jerk Chicken-CC 1:00 Worship Service in Blue Moon 1:00-2:00 Open Gym 1:30 Bible Study – Blue Moon 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 2:30 Coffee with Kovoov - B 3:45 Crossword Puzzle – LR 6:00 Conversations w/Susanne – GR</p> | <p style="text-align: right;">10</p> <p>9:00-11:00 Open Gym 9:30 Sit & Be Fit - WC 11:00 Outing to Drillers Baseball Game 1:00-4:30 Open Gym 2:00 Stretch Class - WC 3:30 Happy Hour - B 6:00 Bingo - B</p> <p><i>Happy Birthday Viola</i></p> | <p style="text-align: right;">11</p> <p>9:00-11:00 Open Gym 10:15 David Horne Duo - VV 1:00-2:00 Open Gym 1:15 Art Notes – GR 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 3:15 Bingo - S 3:30-4:30 Open Gym</p> | <p style="text-align: right;">12</p> <p>9:00-11:00 Open Gym 10:00 Pokeeno - B 2:00 Chair Yoga w/Kelli - WC 2:30-4:30 Open Gym 3:00 Celebration of Mother's Social with Dueling Harps – CR</p>  | <p style="text-align: right;">13</p> <p>10:30 Bingo - B 1:00 Movie Matinee - LR 2:00-4:00 Ice Cream Parlor</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|---|--|
| <p>14</p> <p>10:45 Holy Communion in The Game Room 1:00 Classic Movie Matinee In the Living Room</p>  <p>Happy Mother's Day Nat'l Nursing Home Week</p> | <p>15</p> <p>9:00-11:00 Open Gym 9:30 Sit & Be Fit - WC 1:00 Military History Films - GR 1:00-4:30 Open Gym 1:10 Stitch-in-time - OL 2:00 Stretch Class - WC 3:15 Bingo - S 6:00 Scattergories - GR</p> | <p>16</p> <p>9:00-11:00 Open Gym 9:00 Culinary: Cherry Cobbler - CC 1:00 Worship Service-Blue Moon 1:00-2:00 Open Gym 1:30 Bible Study - Blue Moon 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 2:30 Coffee with Kovoov - B 3:45 Crossword Puzzle - LR 6:00 Conversations w/Susanne - GR Nat'l. Cherry Cobbler Day</p> | <p>17</p> <p>9:00-11:00 Open Gym 9:30 Sit & Be Fit - WC 1:00-4:30 Open Gym 1:00 Movie Matinee - LR 2:00 Stretch Class - WC</p>  <p>3:00 Hawaiian Luau Party In the Courtyard 6:00 Bingo - B</p> | <p>18</p> <p>9:00-11:00 Open Gym 9:00 Outing to Sherwin Miller Museum 10:30 Veteran's Coffee Bunker w/VFW in Healthcare Center 1:00-2:00 Open Gym 1:15 Art Notes - GR 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 3:15 Bingo - S 3:30-4:30 Open Gym</p>  <p>International Museum Day</p> | <p>19</p> <p>9:00-11:00 Open Gym 10:00 Pokeeno - B 1:00 Culinary: Cucumber Sandwiches - B 2:00 Chair Yoga w/Kelli - WC 2:30 Art Expression w/Jenny - S 2:30-4:30 Open Gym 3:30 Tea Time in the Bistro</p>  | <p>20</p> <p>10:30 Bingo - B 1:00 Movie Matinee - LR 2:00-4:00 Ice Cream Parlor</p>  <p>World Bee Day</p> |
| <p>21</p> <p>10:45 Holy Communion in The Game Room 1:00 Classic Movie Matinee In the Living Room</p>  <p>Armed Forces Day</p> | <p>22</p> <p>9:00-11:00 Open Gym 9:30 Sit & Be Fit - WC 1:00-4:30 Open Gym 1:00 Military History Films - GR 1:00-4:30 Open Gym 1:10 Stitch-in-time - OL 2:00 Stretch Class - WC 3:15 Bingo - S 6:00 Scrabble - GR</p> <p><i>Happy Birthday Richard</i></p> | <p>23</p> <p>9:00-11:00 Open Gym 9:00 Culinary: Turtle Treats & Turtle Trivia - CC 1:00 Worship Service in Blue Moon 1:00-2:00 Open Gym 1:30 Bible Study - Blue Moon 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 2:30 Coffee with Kovoov - B 3:45 Crossword Puzzle - LR</p>  <p>World Turtle Day</p> | <p>24</p> <p>9:00-11:00 Open Gym 9:30 Sit & Be Fit - WC 10:00 Catholic Mass 1:00-4:30 Open Gym 1:30 Teaching Kitchen - CC 2:00 Stretch Class - WC 3:30 Happy Hour - B 6:00 Saint Simeon's Ice Cream Social w/ the Sugartime Band</p>  <p>Families welcome!</p> | <p>25</p> <p>9:00-11:00 Open Gym 9:00 Around the World: Belgium: Chicken vol au Vent - CC 1:00-2:00 Open Gym 12:30 Movie Matinee - LR 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 3:15 Bingo - S 3:30-4:30 Open Gym</p> | <p>26</p> <p>9:00-11:00 Open Gym 10:00 Pokeeno - B 2:00 Chair Yoga w/Kelli - WC 2:30 Movie Matinee - LR 2:30 Art Expression w/Jenny - S</p> | <p>27</p> <p>10:30 Bingo - B 1:00 Movie Matinee - LR 2:00-4:00 Ice Cream Parlor</p> |
| <p>28</p> <p>10:45 Holy Communion in The Game Room 1:00 Classic Movie Matinee In the Living Room</p> | <p>29</p> <p>10:00 Bingo - B 1:00 Military History Films - GR 1:10 Stitch-in-time - OL 3:00 50's Sock Hop w/E.J. Sharp - CR</p>   <p>Administrative offices closed in observance of the holiday</p> | <p>30</p> <p>9:00-11:00 Open Gym 9:00 Culinary: Macaroons - CC 1:00 Movie Matinee - LR 1:00-2:00 Open Gym 2:00 Ice Cream Parlor Open 2:15 Bocce Ball - GR 2:30 Coffee with Kovoov - B 3:45 Crossword Puzzle - LR</p>  <p>National Macaroon Day</p> | <p>31</p> <p>9:00-11:00 Open Gym 9:30 Sit & Be Fit - WC 10:00 Resident Council - S 1:00-4:30 Open Gym 1:00 Bridge - B 2:00 Stretch Class - WC</p>  <p>3:30 Monthly Birthday Party & Happy Hour - B 6:00 Bingo - B</p> | <p>The Gift Garden Shop</p>  <p>For assistance stop by the Dotson front desk Anytime between 9:00 a.m. - 5:00 p.m. Monday to Friday</p> | <p>Activity Location Key</p> <p>CR = Common Room LR - Downstairs Living Room GR - Upstairs Game Room B - The Bistro CC - Carla's Corner V - Valley View Dining Room S - Skyline DR (upstairs) WC - Wellness Center OL - Osage Lookout (Chapman Hall) HC - Healthcare Center MC - Memory Center</p> | <p>The Bishop Moody Wellness Center</p>  <p>Open Gym Times Monday - Friday 9:00 a.m. - 11:00 a.m. & 1:00 p.m. - 4:30 p.m.</p> |