





# Health Care Center Activities May 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>Happy May Birthday to Ruth, Wilber, Sarah, Judy, Delores, and William!!!</b>	<b>1</b> 10:00 Morning Stretch 10:30 Kickball 1:30 Coffee w/ Kovoor - B 2:00 The Horse Races 3:15 Bingo - S 	<b>2</b> 9:30 Gathering Place Picnic 1:00 Men in the Gym 1:30 Bible Study - V 2:00 Cards and Games 3:00 Ice Cream Parlor 	<b>3</b> 9:30 Voting Registration  10:30 Songs by Heart - VV 1:15 Bingo 3:30 Mexican Fiesta w/ Mariachi Band in the Courtyard 	<b>4</b> 9:30 Prayer Group 10:15 Veteran's Coffee Bunker 1:00 Men in the Gym 1:15 Karaoke 3:00 Ice Cream Parlor 	<b>5</b> 10:00 Stretch & Volleyball 1:15 Giant Crossword 2:00 Chair Yoga - WS 2:30 Art Expressions - S 2:30 Parkinson's Support Group - CR 	<b>6</b> 10:30 Bingo in the Bistro 2:00 Ice Cream Parlor 
<b>7</b> 9:30 Church Service 10:30 Coffee Talk 12:00 Special Surprise 	<b>8</b> 10:00 Paw Pals Visit (Pet Therapy Group) 1:30 Coffee w/ Kovoor - B 2:00 The Horse Races 3:15 Bingo - S 	<b>9</b> 10:00 Zumba Exercise 10:30 Name that Tune 1:00 Men in the Gym 1:30 Bible Study - V 2:00 Skip-Bo 3:00 Ice Cream Parlor 	<b>10</b> 10:00 Art Notes w/ Sussanne 11:00 Drillers Outing 3:30 Happy Hour and Birthday Party - B 	<b>11</b> 9:30 Prayer Group 10:15 David Horne - VV 1:00 Men in the Gym 1:15 Bingo 3:00 Ice Cream Parlor 	<b>12</b> 10:00 Stretch & Kickball 2:00 Chair Yoga - WS 3:00 Celebration of Mothers w/ Dueling Harps - CR 	<b>13</b> 10:30 Bingo in the Bistro 2:00 Ice Cream Parlor 
<b>14</b> 9:30 Church Service 10:30 Coffee Talk 	<b>15</b> 10:00 Morning Stretch 10:30 Kickball 11:00 Hymn Sing 1:30 Coffee w/ Kovoor - B 2:00 The Horse Races 3:15 Bingo - S 	<b>16</b> 10:00 Zumba Exercise 10:30 Brain Games 1:00 Men in the Gym 1:30 Bible Study - V 2:00 Cards and Games 3:00 Ice Cream Parlor 	<b>17</b> 9:30 Leather Working Group  10:00 Songs by Heart - MC 3:00 Hawaiian Luau Party in the Courtyard 	<b>18</b> 9:30 Prayer Group 10:15 Veteran's Coffee Bunker 1:15 Bingo 3:00 Ice Cream Parlor 	<b>19</b> 10:00 Stretch & Hockey 1:15 Wheel of Fortune 2:00 Chair Yoga - WS 2:30 Art Expressions - S 3:00 May Birthday Bash 	<b>20</b> 10:30 Bingo in the Bistro 2:00 Ice Cream Parlor 
<b>21</b> 9:30 Church Service 10:30 Coffee Talk 	<b>22</b> 10:00 Morning Stretch 10:30 Kickball 11:00 Hymn Sing 1:30 Coffee w/ Kovoor - B 2:00 The Horse Races 3:15 Bingo - S 	<b>23</b> 10:00 Zumba Exercise 10:30 Finish the Phrase 1:15 Tortoise Time 1:30 Bible Study - V 2:00 Skip-Bo 3:00 Ice Cream Parlor 	<b>24</b> 10:00 Women's Group 10:00 Catholic Mass - MC 1:15 Bingo 3:30 Happy Hour - B 6:00 Ice Cream Social w/ Sugar Time Band- Courtyard 	<b>25</b> 10:00 Wheel of Fortune 1:00 Men in the Gym 2:00 Resident Council 3:00 Ice Cream Parlor 	<b>26</b> 10:00 Stretch & Volleyball 1:15 Giant Crossword 2:00 Chair Yoga - WS 2:30 Art Expressions - S 	<b>27</b> 10:30 Bingo in the Bistro 2:00 Ice Cream Parlor 





# Health Care Center Activities May 2023




28  
 9:30 Church Service  
 10:30 Coffee Talk



29  
 10:00 Morning Stretch  
 10:30 Kickball  
 1:30 Coffee w/ Kovoor - B  
 2:00 The Horse Races  
 3:00 50's Sock Hop - CR



30  
 10:15 Zumba Exercise  
 10:30 Name that Tune  
 1:00 Men in the Gym  
 1:30 Bible Study - V  
 2:00 Cards and Games  
 3:00 Ice Cream Parlor



31  
 9:30 Leather Working Group  
 1:15 Bingo  
 3:30 Happy Hour



Wellness Center Open 9:00 – 11:00  
 1:00 – 4:00  
 Ice Cream Parlor Open  
 Tuesday, Thursday, Saturday  
 2:00 – 4:00

\*\*\*  
**Courtyard events  
 move to the common  
 room if we have bad  
 weather.**  
 \*\*\*

WS – Wellness Studio  
 S – Skyline Dining Room Upstairs  
 B – Bistro  
 CR – Common Room  
 V- Valley View Dining Room  
 MC – Memory Care Center  
 LR – Downstairs Living Room