


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Health Center Key Location: DR- 4th Floor Dining Room DR 5 - 5th Floor Dining Room BT4- 4th Floor Activity Room BT3-3rd Floor Activity Room BT2-2nd Floor Activity Room BT1 - 1st Floor TV Lounge RR- Room to Room Green-Nursing support *Sign up with Activity Staff 	1 9:30 Gratitude Sharing -RR 10:00 Chair Exercise /Willy-BT4 10:30 Monday Manicures-RR 1:30 Monthly Gazette BT4 2:00 May Day Flower Activity BT4 3:30 May Day Trolley - RR 4:30 Current Events - DR May Day	2 9:30 Social Visits RR 10:00 Bingo Bonanza BT3 11:00 Trivia w/ Aaron BT5 1:30 Beading Activity BT4 2:30 Willie Nelson's On the Road again - Traveling Tunes BT4 3:30 Table Talk BT4 4:30 Evening Puzzles	3 9:30 Prayer Circle - BT3 10:00 Fitness Fun - BT4 10:30 Brain Games BT4 11 am Wellness Wednesday BT5 1:30 Floral Arranging BT4 2:30 Polka Day BT4 3:30 Flower Trolley RR 4:30 Learn Your Neighbor DR	4 9:30 Social Visits RR 10:00 Bingo Bonanza BT3 11:00 Games w/ Aaron BT5 1:30 Cinco De Mayo History BT4 2:30 Chair Exercises w/ Willy - BT4 3:00 Mocktails and Music BT4 4:30 Inspirational Music DR	5 9:30 Morning Wakeup RR 10:30 Cinco De Mayo Party with AL and HC Residents BT4 1:00 Life Sounds w/ Lisa - BT3 2:30 Cinco De Mayo craft BT4 3:30 Nacho Trolley RR 4:30 Relaxation Music DR Cinco de Mayo	6 9:00 Watering Indoor Plants BT4 9:30 Activity - Fitness Staff BT3 10:00 Activity with the 3rd Floor Residents-BT3 1:30 Art'n'Fun with Mary BT4 2:30 Kentucky Derby Day BT4 3:00 Catholic Mass BT1 3:30 Afternoon Room Visits RR	
7 9:30 Activity with the 3rd Floor Residents- BT3 11:00 Current Events BT4 1:30 Inspirational Music BT4 2:00 Ecumenical Worship Service - BT1/955 2:30 Art and Fun BT4 3:30 Social Visits RR 4:30 Uplifting Music DR	8 9:30 Gratitude Sharing -RR 10:00 Chair Exercise /Willy-BT4 10:30 Monday Manicures-RR 1:30 Flower Art & Discussion-BT4 2:00 Herb Garden Planting BT4 3:30 Flower Art Trolley - RR 4:30 Current Events - DR	9 9:30 Social Visits RR 10:00 Bingo Bonanza BT3 11 am Trivia w/ Aaron BT5 1:30 Crafternoon: Motivation Words BT4 2:30 Music Appreciation BT4 3:30 Table Talk BT4 4:30 Evening Puzzles	10 9:30 Motivation Quotes- RR 10:00 Fitness Fun - BT4 10:30 Brain Games BT4 11 am Wellness Wednesday BT5 1:30 Floral Arranging BT4 2:30 For the Love of Horses BT4 3:30 Flower Trolley RR 4:30 Learn about ECP DR	11 9:30 Social Visits RR 10:00 Bingo Bonanza BT3 10:00 BT Mystery bus Tour* 1:30 Dali Museum Tour BT4 2:30 Chair Exercises w/ Willy - BT4 3:00 Mocktails and Music BT4 4:30 Inspirational Music DR	12 9:30 Morning Wakeup RR 10:00 Florence Nightingale Day BT4 10:30 Cards to Staff BT4 1:00 Life Sounds w/ Lisa - BT3 2:30 Friday Flick: The Chorus BT4 3:30 Treat Trolley RR 4:30 Relaxation Music DR	13 9:00 Watering Indoor Plants BT4 9:30 Activity - Fitness Staff BT3 10:00 Activity with the 3rd Floor Residents-BT3 1:30 Musical Highlight Mozart BT4 2:30 History of Horses BT4 3:00 Catholic Mass BT1 3:30 Afternoon Room Visits RR	
14 9:30 Activity with the 3rd Floor Residents- BT3 11:00 Indoor Gardening BT4 1:30 Mother's Day Activity BT4 2:00 Ecumenical Worship Service - BT1/955 2:30 Journaling Group BT4 3:30 Social Visits RR 4:30 Uplifting Music DR Mother's Day	15 9:30 Gratitude Sharing -RR 10:00 Chair Exercise /Willy-BT4 10:30 Monday Manicures-RR 1:30 Wizard of Oz Trivia BT4 2:00 Card Making BT4 3:30 Card Trolley- RR 4:30 Current Events - DR	16 9:30 Social Visits RR 10:00 Bingo Bonanza BT3 10:30 Kids Impact Community Activity BT4 11 am Trivia w/ Aaron BT5 1:30 Crafternoon w/ friends BT4 2:30 Neighbor Day BT4 3:30 Table Talk BT4 4:30 Evening Puzzle	17 9:30 Prayer Circle - BT3 10:00 Fitness Fun - BT4 10:30 Floral Arranging BT4 11 am Wellness Wednesday BT5 1:30 Resident Council BT4 2:30 Strawberry Social BT4 3:30 Flower Trolley RR 4:30 Learn Your Neighbor DR	18 9:30 Social Visits RR 10:00 Bingo Bonanza BT3 11:00 Games w/ Aaron BT5 1:30 Kansas Day Activity BT4 2:30 Chair Exercises w/ Willy - BT4 3:00 Mocktails and Music BT4 4:30 Inspirational Music DR	19 9:30 Morning Wakeup RR 10:00 Mod Podge Day (craft) BT4 12:00 Dine In Social - Pizza Day 1:00 Life Sounds w/ Lisa - BT3 2:30 Endangered Species Day BT4 3:30 Treat Trolley RR 4:30 Relaxation Music DR	20 9:00 Watering Indoor Plants BT4 9:30 Activity - Fitness Staff BT3 10:00 Activity with the 3rd Floor Residents-BT3 1:30 Self Portrait Day BT4 2:30 Endangered Species BT4 3:00 Catholic Mass BT1 3:30 Afternoon Room Visits RR	
21 9:30 Activity with the 3rd Floor Residents- BT3 11:00 Current Events BT4 1:30 Inspirational Music BT4 2:00 Ecumenical Worship Service - BT1/955 2:30 Discovering Art BT4 3:30 Social Visits RR 4:30 Uplifting Music DR	22 9:30 Gratitude Sharing -RR 10:00 Chair Exercise /Willy-BT4 10:30 Monday Manicures-RR 1:30 Johnny Carson Jokes BT4 2:00 Nat'l Maritime Day-Travelogue BT4 3:30 Activity Trolley - RR 4:30 Current Events - DR	23 9:30 Social Visits RR 10:00 Bingo Bonanza BT3 11 am Trivia w/ Aaron BT5 1:00 Lifesounds w/ Lisa BT3 2:00 Pet Therapy Hannah & Yeti BT4 3:30 Table Talk BT4 4:30 Evening Puzzles	24 9:30 Motivation Quotes- RR 10:00 Fitness Fun - BT4 10:30 Brain Games BT4 11 am Wellness Wednesday BT5 1:30 Floral Arranging BT4 2:30 PGA Championship/golf activity BT4 3:30 Flower Trolley RR 4:30 Learn your staff DR	25 9:30 Social Visits RR 10:00 Bingo Bonanza BT3 11:00 Games w/ Aaron BT5 1:30 Towel Animals Folding-BT4 2:30 Chair Exercises w/ Willy-BT4 3:00 Mocktails and Music BT4 4:30 Inspirational Music DR	26 9:30 Morning Wakeup RR 10:30 Nature Center Outing* 1:30 Music Program by Elinor BT4 2:30 Friday Flick - Resident Choice BT4 3:30 Treat Trolley RR 4:30 Relaxation Music DR	27 9:00 Watering Indoor Plants BT4 9:30 Activity - Fitness Staff BT3 10:00 Activity with the 3rd Floor Residents-BT3 1:30 Card Games BT4 2:30 Resident Choice BT4 3:00 Catholic Mass BT1 3:30 Afternoon Room Visits RR	
28 9:30 Activity with the 3rd Floor Residents- BT3 11:00 Da Vinci Day BT4 1:30 Indy 500 Day BT4 2:00 Ecumenical Worship Service - BT1/955 2:30 Journaling Group BT4 3:30 Social Visits RR 4:30 Uplifting Music DR	29 9:30 Gratitude Sharing -RR 10:00 Monday Manicures-RR 11:00 am Memorial Day Activity BT4 1:30 Patriotic Music BT4 2:00 Memorial Day Activity BT4 3:30 Treat Trolley - RR 4:30 Current Events - DR Memorial Day	30 9:30 Social Visits RR 10:00 Bingo Bonanza BT3 11 am Trivia w/ Aaron BT5 1:30 Crafternoon: Nat'l Creativity Day BT4 2:30 Listen to the Beatles BT4 3:30 Table Talk BT4 4:30 Evening Puzzles	31 9:30 Motivation Quotes- RR 10:00 Fitness Fun - BT4 10:30 Brain Games BT4 11 am Wellness Wednesday BT5 1:30 Floral Arranging BT4 2:30 "Rawhide"-Clint Eastwood's Bday BT4 3:30 Flower Trolley RR 4:30 Learn your Neighbor DR	 <h1 style="color: orange; font-size: 2em;">MAY 2023</h1>			

Bradford Terrace 4th/5th Floor- Health Center Activities are subject to change. Please see Activity Staff if you have any questions 414-963-6154.