

May

Aspire Senior Living Assisted Living Life Enrichment Calendar

Keepin' Fit

Mondays, Tuesdays and Wednesdays at 9:45 a.m.
Fridays at 10 a.m. (EA2)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>Celebrating Wisconsin Art & Architecture</i></p>						
			May Day 1 9:00 Water Aerobics 11:30 Ginger Rootz Outing 1:20 Planting Flowers-Patio 1:30 Dominos**-Pub 2:00 Cards and Chat 3:15 Crafting Creations-EA2 6:00 Would you rather game-EA2	Just Fine and Dandelion Day 2 9:00 Get Fit with Taylored Rehab 10:30 Catholic Mass: St. Paul's Parish-Pub 1:30 Bingo-Pub 2:50 Road Trip Trivia-Pub 3:45 Sunglasses Fashion Show-Outside	Oom-Pah-Pah Day 3 9:00 Water Aerobics 10:30 Glitz and Glamor-EA2 1:30 Movie 1:40 Afternoon Stretches-EA2 2:30 Table Shading**-EA2 4:00 Happy Hour with music Trivia-Pub	Kentucky Derby Day 4 10:00 Current events-EA2 10:30 Chair Yoga-EA2 1:30 Horse racing contest-Pub 3:00 Ice Cream/Road trips Reminisce -Pub 6:00 One on Ones
Post Card Week 5 10:00 Mass on TV-EA2 10:30 Current events-EA2 11:00 Post Card Making-MC 1:40 Afternoon Walking club-L** 3:00 Snacks and Traveling Tunes Reminisce -Pub 6:00 One-on-Ones	Road to movies Monday 6 9:00 Water Aerobics 10:00 Music by Tj & Lynn-Pub 1:15 Outing-Walmart 1:30 Movie 3:45 Glitz and Glamor 6:00 Sheepshead-pub** 6:00 One on Ones	Traveling Tunes 7 10:30 Morning Mingle 1:30 Bingo-Pub 2:00 Blood Pressure Checks 2:45 Music-Trivia-Pub 3:30 Cooking Club-Grapefruit Party Punch-EA2 6:00 Hand Massages-EA2 6:00 Sheepshead-pub**	Give to charity Day & Checks Day 8 9:00 Water Aerobics 10:30 Lutheran Service: Mt. Calvary-Pub 1:20 Your Best Check Dress-Pub 1:30 Dominos**-Pub 2:00 Book Club-IL Act room 3:15 Drop off Charity Donations 6:00 Beach Ball Game-EA2	Hello, Dolly! Day 9 9:00 Get Fit with Taylored Rehab 10:00 Shepherd's Care-EA2 1:30 Wilmars Chocolate-Outing 1:30 Bingo-Pub 2:45 Random Trivia-Pub 3:50 Louis Armstrong Movie-EA2 6:00 Louis Armstrong Music-EA2	Hires Root Beer Day 10 9:00 Water Aerobics 10:30 Glitz and Glamor-EA2 1:30 Afternoon Stretches-EA2 2:00 Music by Frando-Pub 3:00 Root Beer Floats Happy Hour-Pub	Hostess Cupcake/Migratory Bird Day 11 10:00 Current events-EA2 10:30 Chair Yoga-EA2 1:30 Bird Watching-Outside 3:00 Cupcakes and Outside Reminisce 6:00 One on Ones
Mother's Day 12 10:00 Mass on TV-EA2 10:30 Current events-EA2 1:40 Afternoon Walking club-L** 3:00 Snacks and Mother's Day Reminisce-Pub 6:00 One-on-Ones	Top Gun Tom Cruise Day 13 9:00 Water Aerobics 1:15 Outing-Pick N Save 1:30 Movie-Top Gun 3:45 Glitz and Glamor 6:00 Sheepshead-pub** 6:00 One on Ones	Dance Like a Chicken Day 14 10:45 Morning Mingle 1:30 Bingo-Pub 2:45 Modern Jeopardy Trivia-Pub 3:30 Cooking Club-Strawberry Whip-EA2 6:00 Hand Massages 50's Music 6:00 Sheepshead-pub**	Hammer away Day 15 9:00 Water Aerobics 10:30 Catholic Mass: Holy Spirt-Pub 1:30 Crafting Creations-EA2 1:30 Dominos**-Pub 3:00 Young at Hearts Music-Pub 6:00 Would you rather-EA2	National Drawing Day 16 9:00 Get Fit with Taylored Rehab 10:00 Movie Outing 10:00 Landscape Drawing-Outside 1:30 Bingo-Pub 2:30 Art Trivia-Pub 6:00 Hand Massages-EA2	A Berry Nice Day 17 9:00 Water Aerobics 10:30 Glitz and Glamor-EA2 1:30 Movie 1:40 Afternoon Stretches-EA2 2:30 Table Shading**EA2 3:00 Music by Alan Schultz-Pub 4:00 Berry Happy Hour-Pub	National Visit Your Relatives Day 18 10:00 Current events-EA2 10:30 Chair Yoga-EA2 1:30 WII Games-Pub 3:00 Ice Cream/Relatives Reminisce -Pub 6:00 One on Ones
Devil's Food Cake Day 19 10:00 Mass on TV-EA2 10:30 Current events-EA2 1:40 Afternoon Walking club-L** 3:00 Devil's Food Cake and Reminisce-Pub 6:00 One-on-Ones	Eliza Doolittle Day 20 9:00 Water Aerobics 1:15 Outing-Walmart 1:30 Movie-My Fair Lady 3:45 Glitz and Glamor 6:00 Sheepshead-pub** 6:00 One on Ones	Double Trouble Day 21 10:45 Morning Mingle 11:30 Pizza Club-Outing 1:30 Bingo-Pub 2:45 Air Plane Trivia-Pub 3:30 Cooking Club-Strawberry Snack Bites-EA2 6:00 Eat Snack bites-EA2 6:00 Sheepshead-pub**	Beautiful Day in the Neighborhood 22 9:00 Water Aerobics 1:30 Dominos**-Pub 2:00 Lutheran Service: Faith Lutheran Church-Pub 3:15 Walk outside 6:00 Beach Ball Game-EA2	Jazz It Up Day 23 9:00 Get Fit with Taylored Rehab 10:00 Shepherd's Care-EA2 10:00 Brain Builders-SR 10:30 Bean Bag Toss Outside 1:30 Bingo-Pub 2:30 Music Trivia-Pub 6:00 Jazz music-EA2	First Baseball Night Game Played 24 9:00 Water Aerobics 10:30 Paper Factory-Outing 1:30 Movie-Baseball 1:40 Afternoon Stretches-EA2 2:30 Table Shading**EA2 4:00 Baseball Happy Hour-Outside	I'm In a Pickle Day 25 10:00 Current events-EA2 10:30 Chair Yoga-EA2 1:30 Hot Pickle Game-Outside 3:00 Ice Cream/A time you were in a pickle Reminisce -Pub 6:00 One on Ones
Blueberry Cheesecake Day 26 10:00 Mass on TV 10:30 Current events 1:40 Afternoon Walking club 3:00 Blueberry Cheesecake-Pub 6:00 One-on-Ones	Memorial Day 27 9:00 Water Aerobics 1:30 Movie- 3:45 Out door games 6:00 Sheepshead-pub** 6:00 One on Ones	Eat a Hamburger Day 28 10:45 Morning Mingle 1:30 Bingo-Pub 2:30 Housewarming Party-Pub 6:00 Hand Massages/40's Music	Wisconsin's Day 29 9:00 Water Aerobics 8:15 Flowers and Farms Outing 10:30 Planting Flowers-Patio 1:30 Dominos**-Pub 2:00 Cards and Chat 3:15 Crafting Creations-EA2 6:00 Would you rather-EA2	Swingin' to the Oldies Day 30 9:00 Get Fit with Taylored Rehab 10:00 Oldies Sing/Dance-EA2 1:30 Bingo-Pub 2:30 Song Trivia-Pub 3:30 Walk around the pond 6:00 Hand Massages-EA2	Think Positive Day 31 9:00 Water Aerobics 10:30 Glitz and Glamor-EA2 1:30 Movie 1:40 Afternoon Stretches-EA2 2:30 Table Shading**EA2 3:00 Music by Daniel-Pub 4:00 Birthday Happy Hour-Pub	Happy Birthday Leo V. 5/2 Phyllis F. 5/26 Shirley P. 5/16 Cliff S. 5/16 Robert F. 5/20 Harry W. 5/18 Lois K. 5/21 Judith O. 5/21 Russel H. 5/24

*All activities are subject to change when necessary

Residents' families are invited to participate in community events.

Musical Activity

Happy Hour

Outings

Exercise