

# May

## Aspire Senior Living Independent 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 &amp; Architecture</i></p>						
<b>Post Card Week</b> 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	<b>Road to movies Monday</b> 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	<b>Traveling Tunes</b> 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**	<b>May Day</b> 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	<b>Just Fine and Dandelion Day</b> 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	<b>Oom-Pah-Pah Day</b> 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	<b>Kentucky Derby Day</b> 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
<b>Mother's Day</b> 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	<b>Top Gun Tom Cruise Day</b> 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	<b>Dance Like a Chicken Day</b> 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**	<b>Give to charity Day &amp; Checks Day</b> 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 Outing-Freedom House 6:00 Beach Ball Game-EA2	<b>Hello, Dolly! Day</b> 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	<b>Hires Root Beer Day</b> 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	<b>Hostess Cupcake/Migratory Bird Day</b> 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
<b>Devil's Food Cake Day</b> 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	<b>Eliza Doolittle Day</b> 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	<b>Double Trouble Day</b> 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**	<b>Hammer away Day</b> 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	<b>National Drawing Day</b> 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	<b>A Berry Nice Day</b> 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	<b>National Visit Your Relatives Day</b> 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
<b>Blueberry Cheesecake Day</b> 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	<b>Memorial Day</b> 27 9:00 Water Aerobics 1:30 Movie- 3:45 Outdoor games 6:00 Sheepshead-pub** 6:00 One-on-Ones	<b>Eat a Hamburger Day</b> 28 10:45 Morning Mingle 1:30 Bingo-Pub 2:30 Housewarming Party-Pub 6:00 Hand Massages/40's Music	<b>Beautiful Day in the Neighborhood</b> 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	<b>Jazz It Up Day</b> 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	<b>First Baseball Night Game Played</b> 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	<b>I'm In a Pickle Day</b> 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
<b>Wisconsin's Day</b> 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 6:00 Would you rather-EA2	<b>Swingin' to the Oldies Day</b> 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	<b>Think Positive Day</b> 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	<b>Happy Birthday</b> 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