

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Happy Birthday! Florence S. – 5/10 Jake. C – 5/11 Marilyn R. – 5/18 Julie A. – 5/21	10:00 Monday Movin' 1 Exercise 10:30 Balloon Ball 2:00 Coffee Club & Social Hour (Bistro) 3:30 Heritage Hikers Daily Newsletter	2 10:00 Sit & Stretch Exercise 10:30 Saran Wrap Game 1:15 Catholic Communion & Rosary (IL CDR) 3:00 Flower Arranging Daily Newsletter	3 10:00 Wednesday Workout 10:30 Chats & Challenges 2:00 Bingo 3:30 Ice Cream Social (Bistro) Daily Newsletter	10:00 Morning Workout 4 10:30 Noteworthy News & Coffee 2:00 Cheese & Wine Tasting (Bistro) 3:30 Heritage Hikers Daily Newsletter	5 10:00 Fit Friday 10:30 Mindful Meditation 1:30 Nat'l Space Day Video 3:30 Cinco de Mayo Party (Bistro) Daily Newsletter	6 10:00 Weekend Workout 11:00 Heritage Hikers 1:1 Visits 1:00 Bingo Weekend Newsletter	
10:00 Weekend Workout 7 Worship at Bethel TV 1:1 Visits 2:00 Movie Matinee & Popcorn (IL Theater) Weekend Newsletter	10:00 Monday Movin' 8 Exercise 10:30 Dynseo 2:00 Pie & Social Hour (Bistro) 3:30 Heritage Hikers Daily Newsletter	9 10:00 Sit & Stretch 10:30 Pet Therapy 11:00 Spiritual Study (IL DR) 2:00 Resident Council Meeting (Bistro) 3:00 Flower Arranging Daily Newsletter	10 10:00 Wed. Workout 11:00 Card Making w/Shirley Merker 2:00 Bingo 3:30 Live Music feat. HeartStrings (Bistro) Daily Newsletter	11 10:00 Morning Workout 10:30 Noteworthy News & Coffee 2:30 Live Music feat. Davis Beck (Bistro) 4:00 Heritage Hikers Daily Newsletter	12 10:00 Fit Friday 10:30 Mindful Meditation 1:30 Video Tour of Rome, Italy 3:30 Happy Hour (Bistro) Daily Newsletter	13 10:00 Weekend Workout 11:00 Heritage Hikers 1:1 Visits 1:00 Bingo Weekend Newsletter	
14 10:00 Weekend Workout Worship at Bethel TV 1:1 Visits 2:00 Mother's Day Celebration (Bistro) Mother's Day	10:00 Monday Movin' 15 Exercise 10:30 Word Games 2:00 National Chocolate Chip Day Snacks & Social Hour (Bistro) 3:30 Heritage Hikers Daily Newsletter	16 10:00 Sit & Stretch 10:30 Pet Therapy w/ Harper Lee 1:30 Heritage Hikers 3:00 Flower Arranging Daily Newsletter	17 10:00 Wednesday Workout 10:30 Chats & Challenges 2:00 Bingo 3:30 Ice Cream Social (Bistro) Daily Newsletter	18 10:00 Morning Workout 10:30 Noteworthy News & Coffee 2:30 Live Music feat. Rob Tomaro (Bistro) 4:00 Heritage Hikers Daily Newsletter	19 10:00 Fit Friday 10:30 Mindful Meditation 1:30 Video Tour of Nashville, TN 5:00 Pizza Party & Happy Hour (Bistro) Daily Newsletter	20 10:00 Weekend Workout 11:00 Heritage Hikers 1:1 Visits 1:00 Bingo Weekend Newsletter	
21 10:00 Weekend Workout Worship at Bethel TV 1:1 Visits 2:00 Movie Matinee & Popcorn (IL Theater) Weekend Newsletter	10:00 Monday Movin' 22 Exercise 10:30 Dynseo 2:00 Lemonade & Social Hour (Bistro) 3:30 Heritage Hikers Daily Newsletter	23 10:00 Sit & Stretch 11:00 Spiritual Study (IL DR) 1:30 Heritage Hikers 3:00 Flower Arranging Daily Newsletter	24 10:00 Wednesday Workout 10:30 Name That Tune 2:00 Bingo 3:30 May Birthday Party (Bistro) Daily Newsletter	25 10:00 Morning Workout 10:30 Noteworthy News & Coffee 2:30 Live Music feat. Gemini (Bistro) 4:00 Heritage Hikers Daily Newsletter	26 10:00 Fit Friday 10:30 Mindful Meditation 1:30 Video Tour of Washington D.C. 3:30 Happy Hour (Bistro) Daily Newsletter	27 10:00 Weekend Workout 11:00 Heritage Hikers 1:1 Visits 1:00 Bingo Weekend Newsletter	
28 10:00 Weekend Workout Worship at Bethel TV 1:1 Visits 2:00 Movie Matinee & Popcorn (IL Theater) Weekend Newsletter	10:00 Monday Movin' 29 Exercise 10:30 Word Games 2:00 Memorial Day Celebration & Remembrance (Bistro) 3:30 Heritage Hikers Memorial Day	30 10:00 Sit & Stretch 10:30 Good News 1:30 Heritage Hikers 3:00 Flower Arranging Daily Newsletter	31 10:00 Wednesday Workout 10:30 Chats & Challenges 2:00 Bingo 3:30 Ice Cream Social (Bistro) Daily Newsletter	<h1>Assisted Living</h1>			

SPECIAL EVENTS

Mother's Day Celebration 5/14 at 2pm

Memorial Day Celebration & Remembrance 5/29 at 2pm

**All activities are subject to change when necessary. Residents' families are invited to participate in community events.*