

· May 2024 ·

· SUNDAY ·
· MONDAY ·
· TUESDAY ·
· WEDNESDAY ·
· THURSDAY ·
· FRIDAY ·
· SATURDAY ·

CALENDAR IS SUBJECT TO CHANGE

			10 MORNING REFLECTIONS 1030 RESIDENT MEETING 2 HAPPY HOUR	1	10 OVERNIGHT TRIP TO THE CITY 2 JUBILATIONS DINNER THEATRE 10 CRAFTS WITH TYNA 2 CRIBBAGE 630 WILDFIRE PRESENTATION BY FCSS	3	10 SEWING WITH TYNA 2 BIRTHDAY CELEBRATION	4 1 CRAFTERS' CORNER 230 HOT DRINKS & HOT TOPICS		
"EVERYTHING HAS BEAUTY BUT NOT EVERYONE SEES IT"	5 930 SEWING WITH TYNA 10 BAKING WITH KALLAN 130 10 CENT BINGO 3 ICE CREAM SOCIAL	6	830 HOT HAND WAX 10 LADDER BALL PRACTICE FOR OLYMPIC GAMES 11 LUNCH OUTING DAIRY QUEEN WITH COLLEEN 130 GAMES 630 CARD BINGO	7	10 MORNING REFLECTIONS 2 HAPPY HOUR	8	10 GAMES 1 SHOP N SNACK WITH COLLEEN 130 LEFT RIGHT AND CENTER 2 CRIBBAGE 630 CARD BINGO HINTON YOUTH GROUP	9 MOTHER'S DAY BRUNCH CELEBRATION 2 DILLY BARS OUT FRONT (WEATHER PERMITTING)	10 9-11 PET THERAPY 1 ST AND 3 RD FLOOR 130 CRAFTERS' CORNER (Paper Quilling)	11
"SOMETIMES YOU WIN SOMETIMES YOU LEARN" MOTHER'S DAY	12 10 BAKING WITH KALLAN 130 10 CENT BINGO 3 ICE CREAM SOCIAL	13	830 HOT HAND WAX 11 JASPER LUNCH OUTING AND SCENIC ROUTE WITH KALLAN 130 LINKAGES 630 CARD BINGO	14	10 MORNING REFLECTIONS 130 NORMAN AND SHIRLEY SINGERS FROM NEWFOUNDLAND 2 HAPPY HOUR	15	10 NORTHERN ROCKIES MUSEUM 1 SHOP N SNACK WITH KALLAN 2 CRIBBAGE 630 CARD BINGO	16 930 MUSIC AND MOVEMENT 3 RD FLOOR 11 TRIVIA 2 CORN HOLE PRACTICE FOR OLYMPIC GAMES	17 10 PAPER BINGO 1 HEARING CLINIC 1 CRAFTERS' CORNER 230 NAME THAT TUNE	18
"ACTIONS GET RESULTS"	19 *STAT* 130 10 CENT BINGO 3 ICE CREAM SOCIAL	20	830 HOT HAND WAX 10 AXE THROW PRACTICE FOR OLYMPIC GAMES 130 Pictionary 630 CARD BINGO	21	10 MORNING REFLECTIONS 2 HAPPY HOUR IN THE 80S PRIZES FOR BEST DRESSED DRINK SPECIAL LONG ISLAND ICED TEA! 50/50 DRAW	22	10 PLANTING FLOWERS IN FLOWER BOXES 1 SHOP N SNACK WITH COLLEEN 130 DOCTOR'S PRESENTATION 2 CRIBBAGE 630 CARD BINGO HINTON YOUTH GROUP	23 930 MUSIC AND MOVEMENT 10 PLANTING FLOWERS IN FLOWER BOXES 2 POPOVICH'S CLASSIC COUNTRY COMEDY SHOW	24 9-11 PET THERAPY 1 ST AND 3 RD FLOOR 130 SILVER HAIR TEA AT THE LEGION	25
"BE GREATER TODAY"	26 10 BAKING WITH KALLAN 130 10 CENT BINGO 3 ICE CREAM SOCIAL	27	830 HOT HAND WAX 11 KFC PICNIC KELLY'S BATHTUB WITH COLLEEN 130 LINKAGES 630 CARD BINGO	28	10 MORNING REFLECTIONS 10 ROBB OUTING WITH EDSON LODGE 2 HAPPY HOUR	29	10 YAHTZEE 1 SHOP N SNACK WITH KALLAN 130 ORGANIZING FOR SENIOR'S CRAFT SALE 2 CRIBBAGE 630 CARD BINGO	30 930 MUSIC AND MOVEMENT 10 COOKING WITH KALLAN 130 ORGANIZING FOR SENIOR'S CRAFT SALE 2 WALK TO THE SODA SHOP (weather permitting)	31	

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

Health and Wellness

Dimensions
of
Wellness
Physical

Mental/Emotional

Spiritual

Social

Intellectual

Environmental

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9 Senior's strength 10 Senior's strength 1030 Resident Meeting	1
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9 Flexibility 10 Standing balance 11 Silver sneakers 130 Flexibility 230 Hand massage	2
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9-11 Tele Rehab (sign up REQ.) 1115 Silver sneakers 130 Standing balance	3
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"If it doesn't challenge you, it doesn't change you."	4
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9 Senior's strength 10 Senior's strength 11 Silver Sneakers 130 Standing balance 230 Hand massage	6
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9 Flexibility 11 Silver sneakers 130 Senior's strength	7
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9 Senior's strength 10 Senior's strength 11 Silver sneakers 130 Standing balance	8
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9 Flexibility 10 Daycare Visit 11 Silver sneakers 130 Flexibility 230 Hand massage	9
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9-11 Tele Rehab (sign up REQ.) 1115 Silver sneakers 130 Standing balance	10
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"Don't quit."	11
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9 Senior's strength 10 Bridging the GAP 11 Silver Sneakers 130 Standing balance 230 Hand massage	13
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9 Flexibility 11 Silver sneakers 11 Parkinson's Program 130 Senior's strength	14
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9 Senior's strength 10 Senior's strength 11 Silver sneakers 130 Standing balance	15
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9 Flexibility 10 Standing balance 11 Silver sneakers 11 Parkinson's Program 130 Flexibility 230 Hand massage	16
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9-11 Tele Rehab (sign up REQ.) 1115 Silver sneakers 130 Standing balance 2:30 Ortho-bionomy Talk with Christine	17
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"Today I will do what others won't, so tomorrow I can accomplish what others can't."	18
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STAT	20
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<u>Raileigh Away</u> <u>Tyna Covering</u> 9 Flexibility 10 Flexibility 11 Silver sneakers 11 Parkinson's Program 130 Senior's strength	21
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9 Senior's strength 10 Senior's strength 11 Silver sneakers 130 Standing balance	22
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9 Flexibility 10 Standing balance 11 Silver sneakers 130 Flexibility 230 Hand massage	23
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9-11 Tele Rehab (sign up REQ.) 1115 Silver sneakers 130 Standing balance	24
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"If something stands between you and your success, move it."	25
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9 Senior's strength 10 Daycare Visit 11 Silver Sneakers 130 Standing balance 230 Hand massage	27
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9 Flexibility 11 Silver sneakers 11 Parkinson's Program 130 Senior's strength	28
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9 Senior's strength 10 Senior's strength 11 Silver sneakers 130 Standing balance	29
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9 Flexibility 10 Standing balance 11 Silver sneakers 11 Parkinson's Program 130 Flexibility 230 Hand massage	30
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9-11 Tele Rehab (sign up REQ.) 1115 Silver sneakers 130 Standing balance 230 Eyeglasses cleaning and adjustments	31
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"The hardest part is over. You showed up."	
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Calendar subject to change