

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 <b>Short Story: Coffee &amp; Sugar</b> 4:15 Welcome May: Read May Monthly Gazette 6:15 Evening Stretches  May Day	10:45 Family Meeting 11:15 Chair Exercises 2:30 Karaoke Hour! 4:15 Manicures & Music 6:30 <b>Elder Spotlight</b>	10:45 Family Meeting 11:30 Spring Bonnets with Heather 2:00 Music Hour: Hits of the 70s & 80s 4:15 <b>May IQ Quiz</b> 6:30 Table Bowling!	10:45 Family Meeting 11:15 Chair Exercises 2:15 <b>All About Star Wars</b> 4:15 Group Sing-Along 6:30 Mother Goose Rhymes	<b>Cinco De Mayo!</b> 10:45 Family Meeting 11:15 Morning Movements & Stretches 2:30 Cinco de Mayo Social & Courtyard Games 4:15 BINGO 6:30 YouTube Travels to Mexico  Cinco de Mayo	<b>**Donut Day**</b> 10:45 Family Meeting 11:15 Chair Yoga 2:15 <i>Spa Time for Mother's Day!</i> 3:30 <b>HAPPY HOUR!</b> 6:30 <b>Remembering Florence Nightingale</b>	10:45 Family Meeting 11:30 Morning Courtyard Stroll 1:00 <i>Kentucky Derby Race!</i> 4:15 Ball Toss & Music 7:00 The Lawrence Welk Show
<b>Happy Mothers Day!</b> 10:45 Family Meeting 11:15 Morning Worship Service on You Tube 3:00 <i>Mother's Day Tea Social</i> 4:15 Mothers Day Poems 6:30 AFV  Mother's Day	10:45 Family Meeting 11:15 Morning Chair Movements 2:15 Dolly Parton Living Room Concert 4:15 Say it With Music 6:30 Reading Circle: Gods Good News	10:45 Family Meeting 11:15 Reading Bible Verses 2:00 <b>Worship with Rev. Marsha</b> 4:15 <b>Lipton Tea Facts &amp; Tasting on the Porch</b> 6:30 Jeopardy!	<b>Night Shift Appreciation Day!</b> 10:45 Family Meeting 11:15 Sit & Be Fit 2:15 <b>Write Thank you Cards for Night Shift</b> 4:15 Dear Abby 6:30 Game Show!	<b>Nurses/ Med-Tech Day</b> 10:45 Family Meeting 11:15 <b>Write Thank You cards to our Nurses/Med-techs</b> 2:15 June Activity Calendar Planning Meeting 4:15 Manicures, Music & Hand Massages 6:30 Golden Girls	<b>**Donut Day**</b> 10:45 Family Meeting 11:15 YouTube Yoga 2:30 Wine & Chocolate Pairing with Heather 3:30 <b>HAPPY HOUR!</b> 6:15 Balloon Toss & Music	10:45 Family Meeting 11:15 Bowling! 2:30 Afternoon Courtyard Walk 4:15 Susie Q Sing-Along 7:00 The Lawrence Welk Show
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 Dear Abby 4:15 Reading Circle: Gods Good News 6:30 AFV	10:45 Family Meeting 11:15 Morning Chair Movements & Daily Chronicle 2:15 Garden Walk in the Courtyard 4:15 Manicures & Music 6:30 Ball Toss Challenge	10:45 Family Meeting 11:15 <b>Big Picture Flash Cards (Activity Closet)</b> 3:00 Spring Wooden Craft Boxes with Heather 4:15 Name That Tune (YouTube) 6:30 Balloon Tennis	<b>Perry Como Day</b> 10:45 Family Meeting 11:15 Chair Exercises 2:15 Karaoke Hour! 4:15 <b>Remembering Perry Como: Biography</b> 6:30 Perry Como Music Hits	10:45 Family Meeting 11:15 <i>Ride to the Park</i> 2:15 <b>Baking with Marian</b> 4:15 Manicures, Music & Hand Massages 6:30 <b>Fun Facts about Ice Cream</b>	<b>**Donut Day**</b> <b>Happy Birthday Sonia! Welcome Summer Day!</b> 10:45 Family Meeting 11:15 Chair Yoga <b>2:30 Courtyard Party Concert by Tom Dunn!</b> 3:30 <b>HAPPY HOUR!</b> 6:30 All About Sonia!	10:45 Family Meeting 11:15 Best of Elvis Presley 2:15 Life Story Books 4:15 Games & Puzzles Hour 7:00 The Lawrence Welk Show  Armed Forces Day
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 Ball Toss & Music 4:15 Reading Circle: Gods Good News 6:15 AFV	10:45 Family Meeting 11:15 Morning Chair Movements 2:15 Group Reading: Sunshine on my Face 4:15 Manicures & Music 6:30 1:1 Visits with Elders  Victoria Day (Canada)	10:45 Family Meeting 11:15 <b>Worship with Rev. Marsha</b> 2:30 <b>Make Creamy Orange Smoothies</b> 4:15 Afternoon Stretches & Chit Chat 6:30 Funny Bones	<b>National Senior Health &amp; Fitness Day</b> 10:45 Family Meeting 11:15 <i>YouTube Yoga with Sherry Zak Morris</i> 2:15 Best of Doris Day 4:15 Chicken Soup Time 6:30 Wheel of Fortune	<b>John Wayne Day</b> 10:45 Family Meeting 11:15 Red, White & Blue Fun with Heather 2:15 John Wayne Movie Matinee 4:15 Manicures, Music & Hand Massages 6:30 <b>John Wayne Fun Facts</b>	<b>**Donut Day**</b> 10:45 Family Meeting 11:15 Chair Yoga 2:15 Group Sing-Along 3:30 <b>HAPPY HOUR!</b> 6:30 Friday Night Movie!	<b>Share A Coke Day</b> 10:45 Family Meeting 11:15 <b>Dolphin Facts</b> & Videos 2:15 <i>Older Americans Month Appreciation Activity (Courtyard)</i> 4:15 <b>Coco-Cola Floats</b> 7:00 The Lawrence Welk Show
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 Sunshine On My Face Book 4:15 Reading Circle: Gods Good News 6:15 AFV	<b>Memorial Day</b> 10:45 Family Meeting 11:15 Morning Chair Movements 2:30 <i>Memorial Day Tribute Music by Christine (Courtyard)</i> 4:15 Manicures & Music 6:30 <b>Patriotic Trivia</b>  Memorial Day	10:45 Family Meeting 11:15 Outdoor Fun & Games 2:30 June Bulletin Board Decor 4:15 Snack & Social on the Porch 6:30 Life Story Books	 <p><b>Rochester Presbyterian Home at Cottage Grove - Alice's House</b></p> <h1>May 2022</h1>			

Activities are provided by the Shahbazim in each house. To verify events or check for changes, please contact the house Shahbaz.  
 Activities contact: Heather Hebert- [Heather.Hebert@rph.org](mailto:Heather.Hebert@rph.org) Well-Being Engagement Guide