

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 1:1 Visits With Elders 4:15 May Monthly Gazette 6:15 Sunday Devotionals  May Day	10:45 Family Meeting 11:15 Chair Exercises 2:00 Ball Toss Challenge 4:15 Manicures & Music 6:30 Elder Spotlight	10:30 Family Meeting <b>10:30 Spring Bonnets with Heather</b> 2:15 Courtyard Stroll 4:15 May IQ Quiz 6:30 Wheel of Fortune	10:45 Family Meeting 11:15 Chair Exercises 2:15 <b>Make Creamy Orange Smoothies</b> 4:15 May Craft 6:30 News & Views	<b>Cinco De Mayo</b> 10:45 Family Meeting 11:15 Karaoke! 2:30 Cinco de Mayo Social & Courtyard Games 4:15 Fun Facts About Mexico 6:30 Chair Travels to Mexico  Cinco de Mayo	<b>**Donut Day**</b> 10:45 Family Meeting 11:15 Chair Yoga 2:15 Poetry on the Front Porch <b>3:30 HAPPY HOUR!</b> 6:30 Friday Night Movie!	10:45 Family Meeting 11:30 Sing-A-Long <i>1:00 Kentucky Derby Race!</i> 4:15 Cup of Soup Reading Circle 7:00 The Lawrence Welk Show
<b>Happy Mothers Day!</b> 10:45 Family Meeting 11:15 Morning Worship Service on You Tube 3:30 Mothers Day Social 4:15 Courtyard Chat: Mother's Day Memories 6:30 Mother's Day Poems  Mother's Day	10:45 Family Meeting 11:15 Morning Chair Movements 2:15 Read Horoscopes From the Paper 4:15 Dolly Day: Watch Hello Dolly! 6:30 Life Story Books	10:45 Family Meeting <b>11:15 Worship with Rev. Marsha</b> 2:15 Tea Party Tasting & Facts 4:15 Too Cute (YouTube) 6:30 Tuesday Trivia	<b>Night Shift Appreciation Day!</b> 10:45 Family Meeting 11:15 Sit & Be Fit 2:15 <b>Hostess Cupcake Social Day</b> 4:15 Thank you Cards to Night Shift/ Nurses 6:30 Courtyard Chat	<b>Nurses/ Med-Tech Day</b> 10:45 Family Meeting 11:15 What Am I? 2:15 June Activity Calendar Planning Meeting 4:15 Manicures, Music & Hand Massages 6:30 Name The 50 States	<b>**Donut Day**</b> 10:45 Family Meeting 11:15 YouTube Yoga 2:15 Hangman <b>3:30 HAPPY HOUR!</b> 6:15 Stevie Wonder Concert	10:45 Family Meeting 11:15 Table Ball Game 2:30 Wine & Chocolate Pairing with Heather 4:15 Name 10 7:00 The Lawrence Welk Show
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 Coupon Clipping 4:15 Name That Animal (YouTube) 6:30 Sunday Devotional	10:45 Family Meeting 11:15 Morning Chair Movements 2:15 Monday Movie Matinee & Popcorn 4:15 Manicures & Music 6:30 Armchair Travels to Scotland	10:45 Family Meeting <b>11:15 Dance Break &amp; Karaoke!</b> 2:00 Spring Wooden Craft Boxes with Heather 4:15 Brown vs. Board of Education 6:30 Tuesday Trivia	<b>Perry Como Day</b> 10:45 Family Meeting 11:15 Chair Exercises 2:15 Lemonade Social on the Front Porch 4:15 Perry Como Music Hits 6:30 Perry Como Biography	10:45 Family Meeting 11:15 Humor Me 2:15 <b>Make Worms &amp; Dirt</b> 4:15 Manicures, Music & Hand Massages 6:30 YouTube Living Room Concert	<b>**Donut Day**</b> 10:45 Family Meeting 11:15 Chair Yoga <b>2:30 Courtyard Party Concert by Tom Dunn!</b> <b>3:30 HAPPY HOUR!</b> 6:30 Friday Night Movie!	10:45 Family Meeting 11:15 1:1 Visits With Elders 2:15 Name That Flower 4:15 "Riddle Me This" 7:00 The Lawrence Welk Show  Armed Forces Day
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 Cookie Social 4:15 Name That Capital (YouTube) 6:15 Sunday Devotional	10:45 Family Meeting 11:15 Funny Bones 2:15 JENGA! 4:15 Manicures & Music 6:30 Wheel of Fortune  Victoria Day (Canada)	10:45 Family Meeting 11:15 Red, White & Blue Fun with Heather <b>2:00 Worship with Rev. Marsha</b> 4:15 Garden Walk: Water the Flowers 6:30 Tuesday Trivia	10:45 Family Meeting 11:15 YouTube Yoga 2:15 Gardening Day: Plant Flowers Outside 4:15 Afternoon Tea & Chat 6:30 Evening Stretches	10:45 Family Meeting 11:15 Picnic at the Park 2:30 <b>Make Banana Splits</b> 4:15 Manicures, Music & Hand Massages 6:30 Twist & Shout Day! Best of Chubby Checker	<b>**Donut Day**</b> 10:45 Family Meeting 11:15 Chair Yoga 2:15 Hangman <b>3:30 HAPPY HOUR!</b> 6:30 Friday Night Movie!	<b>Share A Coke Day</b> 10:45 Family Meeting 11:15 Pictionary Game 2:15 Older Americans Month Appreciation Activity (Courtyard) 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 Golden Girls 4:15 Cup of Soup Reading 6:15 Memorial Day Craft	<b>Memorial Day</b> 10:45 Family Meeting 11:15 Patriotic Trivia 2:30 Memorial Day Tribute Music by Christine (Courtyard) 4:15 Manicures & Music 6:30 After Dinner Table Ball  Memorial Day	10:45 Family Meeting 11:15 Short Story: Coffee & Sugar 2:30 June Bulletin Board Decor 4:15 Walt Whitman Poetry 6:30 Tuesday Trivia	 <p><i>Rochester Presbyterian Home at Cottage Grove - Helen's House</i></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