

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 <b>Most Popular Places to Visit</b> 4:15 May Monthly Gazette 6:15 May Word Searches & Coloring  May Day	10:45 Family Meeting 11:15 Chair Exercises 2:00 <b>All About Herbs</b> 4:15 Manicures & Music 6:30 <b>Elder Spotlight</b>	10:45 Family Meeting 11:30 Pom Pom Exercises 2:00 <b>Worship with Rev. Marsha</b> 4:15 <b>May IQ</b> 6:30 Table Talk	10:45 Family Meeting 11:15 Chair Exercises 2:15 Group Sing-Along 4:15 Finish The Phrase 6:30 Bubble Day Fun: Blow Bubbles	<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 <b>Remembering the Hula Hoop</b> 3:30 <b>HAPPY HOUR!</b> 6:30 Music Hour: Hits of the 60s	10:45 Family Meeting 11:30 <b>Make Mothers Day Cards</b> 1:00 <b>Kentucky Derby Race!</b> 4:15 Mothers Day Prayer 7:00 The Lawrence Welk Show
<b>Happy Mothers Day!</b> 10:45 Family Meeting 11:15 Why Moms are Special 2:30 <b>Mothers Day Tea Social</b> 4:15 Manicures & Pamper Hour 6:30 Why We Love Our Mothers  Mother's Day	10:45 Family Meeting 11:15 Morning Chair Movements 2:15 Baby Channel 4:15 Snack & Social Time 6:30 Card Games	10:45 Family Meeting 11:15 Noodle Exercises 1:30 Finish The Phrase 4:15 1:1 Visits with Elders 6:30 Movie & Popcorn	<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 Silly Hat Day 6:30 Charades	<b>Nurses/ Med-Tech Day</b> 10:45 Family Meeting 11:15 June Activity Calendar Planning House Meeting 2:15 <b>Afternoon Tea Party!</b> 4:15 Manicures, Music & Hand Massages 6:30 Life Story Books	<b>**Donut Day**</b> 10:45 Family Meeting 11:15 YouTube Yoga 2:15 <b>All About Airplanes</b> 3:30 <b>HAPPY HOUR!</b> 6:15 Puzzle Time!	10:45 Family Meeting 11:15 Karaoke Hour! 2:00 Doll Day Fun 4:15 Reading Circle: Animal Stories 7:00 The Lawrence Welk Show
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 Courtyard Walk 4:15 A-Z Trivia 6:30 Evening Stretches	10:45 Family Meeting 11:15 Morning Chair Movements 2:15 <b>Make Creamy Orange Smoothies</b> 4:15 Manicures & Music 6:30 Big Jenga Games	10:45 Family Meeting 11:15 Balloon Toss Game 2:00 <b>Worship with Rev. Marsha</b> 4:15 Puzzles & Word Searches 6:30 Animal Channel & Snack	10:45 Family Meeting 11:15 Chair Exercises 2:15 Spring Coloring & Music 4:15 Front Patio Poetry 6:30 Elders Choice	10:45 Family Meeting 11:15 Spring Wooden Craft Boxes with Heather 2:15 Spring Craft Corner 4:15 Manicures, Music & Hand Massages 6:30 <b>Getting To Know You Questions</b>	<b>**Donut Day**</b> <b>Welcome Summer 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 Hallmark Movie Night	10:45 Family Meeting 11:15 Garden Walk in the Courtyard 2:15 Celebrity BINGO! 4:15 Listing Girls Name A-Z 7:00 The Lawrence Welk Show  Armed Forces Day
10:45 Family Meeting 11:15 Morning Worship Service on You Tube 2:30 <b>Short Story: Coffee &amp; Sugar</b> 4:15 Name 10 Challenge 6:15 Reading Circle: Short Stories	10:45 Family Meeting 11:15 Count Your Steps: Morning Courtyard Walk 2:00 <b>Berry Tasting</b> 4:15 Manicures & Music 6:30 Tea Party with Helen  Victoria Day (Canada)	10:45 Family Meeting 11:15 Listing Boy Names A-Z 2:15 Karaoke Hour! 4:15 Card Games 6:30 Storytime with Connie	10:45 Family Meeting 11:15 YouTube Yoga 2:15 Painting to Music 4:15 Garden Group: Water Plants & Flowers 6:30 Prayer Circle with Connie	10:45 Family Meeting 11:15 Tongue Twisters (Trivia Binder) 2:15 Front Patio Poetry 4:15 Manicures, Music & Hand Massages 6:30 Hallmark Movie Night	<b>**Donut Day**</b> <b>Happy Birthday Connie!</b> 10:45 Family Meeting 11:15 Chair Yoga 2:15 All About Connie! <b>3:30 HAPPY HOUR!</b> 6:30 Hand Massages & Music	<b>Share A Coke Day</b> 10:45 Family Meeting 11:15 Garden Walk in the Courtyard 2:15 <b>Older Americans Month Appreciation Activity (Courtyard)</b> 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 Group Bible Reading 4:15 Relaxation Hour: Hand Massages 6:15 Evening Stretches & Chat	<b>Memorial Day</b> 10:45 Family Meeting 11:15 <b>Patriotic Trivia</b> 2:30 <b>Memorial Day Tribute Music by Christine (Courtyard)</b> 4:15 Manicures & Music 6:30 Patriotic Coloring  Memorial Day	10:45 Family Meeting 11:15 June Bulletin Board Decor 2:00 <b>Worship with Rev. Marsha</b> 4:15 Whiteboard Word Game 6:30 Group Sing-Along	 <p><i>Rochester Presbyterian Home at Cottage Grove - Mary'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