

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

EVERY AFTERNOON AROUND 2PM WE ARE HAVING "HYDRATION STATION" WHERE WE OFFER AND ENCOURAGE ELDERLY TO DRINK BEVERAGES AND MAKE SURE THEY ARE STAYING HYDRATED THROUGHOUT THE DAY!
PLEASE WRITE THIS ON THE WHITE BOARD TO INCORPORATE IN ACTIVITIES.
THANK YOU!

10:45 Family Meeting
11:15 Chair Exercises
2:15 Balloon Blast
4:15 Manicures & Music
6:30 Wheel of Fortune

May Day

10:45 Family Meeting
11:30 Hymn Sing on YouTube
2:15 May Monthly Gazette
4:15 Craft: Decoupage Tiles
6:30 Tuesday Trivia

10:45 Family Meeting
11:15 Chair Exercises
2:15 Afternoon Courtyard Walk
4:15 UNO
6:30 Outdoor Chat & Social

10:45 Family Meeting
11:15 BINGO
2:15 Horoscopes
4:15 Manicures & Music
6:30 Cup of Soup Reading

Happy Cinco De Mayo!
10:45 Family Meeting
11:15 Chair Yoga
2:30 **Cinco De Mayo Music, Dance & More**
3:30 **HAPPY HOUR: Margarita's & Mini Churros**
6:30 Friday Night BINGO

Cinco de Mayo

Kentucky Derby Day
10:45 Family Meeting
11:15 Name 10- Spring Edition
2:30 **Pet Therapy Visits with RocDog!**
4:15 Movie Matinee & Snack
7:00 The Lawrence Welk Show

10:45 Family Meeting
11:15 Morning Worship Service on You Tube
2:30 Bowling
4:15 Big Soccer Ball
6:15 Sunday Devotional

Nurses Week Grill Day
10:45 Family Meeting
11:15 Chair Exercises
1:30 **Entertainment by Musical Moments**
4:15 Manicures & Music
6:30 Wheel of Fortune

10:45 Family Meeting
11:15 Karaoke!
1:30 **Worship with Rev. Marsha**
2:30 **Visits With Stacy**
4:15 UNO
6:30 Tuesday Trivia

10:45 Family Meeting
11:15 Chair Exercises
2:15 Craft: Tissue Flowers
4:15 1:1 With Elders
6:30 YouTube Travels: Travel to Europe

10:45 Family Meeting
11:15 Coffee & Conversation
2:30 **June Calendar Planning Day**
4:15 Manicures & Music
6:30

Nurses Day
10:45 Family Meeting
11:15 Chair Yoga
2:15 Who was Florence Nightingale?
3:15 **Pet Therapy with Gryffin**
3:30 **HAPPY HOUR!**
3:30 **Music Therapy w/ Lizzy!**
6:30 BINGO!

10:45 Family Meeting
11:15 Roseanne
2:30 JENGA
4:15 Elder Spotlight
7:00 The Lawrence Welk Show

10:45 Family Meeting
11:15 Morning Worship Service on You Tube
12-1: **Mother's Day Brunch**
2:15 **Mother's Day Social & Concert by Jeff Elliott**
4:15 Mother's Day Trivia
6:15 365 Days of Prayer

Mother's Day

Grill Day
10:45 Family Meeting
11:15 Chair Exercises
2:15 History of Sliders & **Make Cheeseburger Sliders**
4:15 Manicures & Music
6:30 Wheel of Fortune

"Occupation Day"
10:45 Family Meeting
11:15 What Was Your Occupation?
2:15 **Celebrate Older Americans Month**
4:15 Outdoor Social Chat
6:30 Tuesday Trivia

10:45 Family Meeting
11:15 Chair Exercises
2:15 Front Porch Trivia
4:15 UNO
6:30 Puzzles with Ute

10:45 Family Meeting
11:15 Name That Flower
2:15 Hangman
4:15 Manicures & Music
6:30 Outdoor Evening Walk

10:45 Family Meeting
11:15 Chair Yoga
2:15 1:1 Visits
3:30 **HAPPY HOUR!**
6:30 Friday Night BINGO!

10:45 Family Meeting
11:15 Name That Tune!
2:30 Puzzlemania
4:15 May Monthly Gazette
7:00 The Lawrence Welk Show

Armed Forces Day

10:45 Family Meeting
11:15 Morning Worship Service on You Tube
2:30 Coupon Clipping
4:15 Name The 50 States
6:15 Sunday Devotionals

Grill Day
10:45 Family Meeting
11:15 Chair Exercises
2:15 **Make Chex Mix**
4:15 Manicures & Music
6:30 Virtual Trip to Oslo, Norway

Victoria Day (Canada)

World Turtle Day
10:45 Family Meeting
11:15 Cup of Soup Reading
2:15 Spiritual Eldercare Hymn Sing
4:15 Craft: Paint Pouring
6:30 Tuesday Trivia

PGA Championship
10:45 Family Meeting
11:15 Chair Exercises
2:15 **Wine & Cheese Tasting**
4:15 Afternoon Walk
6:30 YouTube Travels: Italy

10:45 Family Meeting
11:15 Word Scramble
2:15 Ice Skating Videos with Louise
4:15 Manicures & Music
6:30 Outdoor Social & Snack

Shavuot Begins

"Spring Dreams & Ice Cream Day"
10:45 Family Meeting
11:15 Chair Yoga
2:15 **Courtyard Concert by Tom Dunn!**
3:30 **HAPPY HOUR!**
6:30 BINGO

10:45 Family Meeting
11:15 News, Views & Coffee
2:30 Courtyard Stroll
4:15 UNO
7:00 The Lawrence Welk Show

10:45 Family Meeting
11:15 Morning Worship Service on You Tube
2:30 **History of Jello & Snack**
4:15 Guidepost Reading
6:15 365 Days of Prayer

Grill Day
10:45 Family Meeting
11:15 Chair Exercises
2:15 **Patriotic Drum Show & Social in Courtyard**
4:15 Manicures & Music
6:30 Memorial Day Trivia

Memorial Day

10:45 Family Meeting
11:30 Hymn Sing on YouTube
2:15 Ball Toss Game
4:15 Fun Facts about Poland with Ted
6:30 Tuesday Trivia

10:45 Family Meeting
11:15 Chair Exercises
2:15 Happy Hour: Margarita Time
4:15 Front Porch Reading
6:30 Jokes & Reading

Rochester Presbyterian Home at Cottage Grove

May 2023

Helen's House

Activities are provided by the Shahbazim in each house. Activities subject to change. To verify events or check for changes, please contact the house Shahbaz.