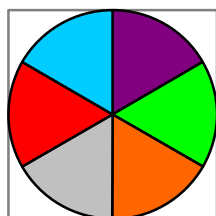


# APRIL 2019

# MAY 2019

## Our Daily Wellness Path

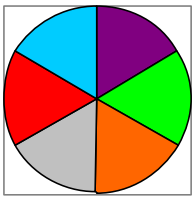
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning 28</b>                      8:00 Breakfast                      Puzzles &amp; Sketching                      Daily Devotions                      Praiseful Singing                      Walking Club &amp; H2O                      Independent Pleasures                      10:30 Canvas Church                      TV Service &amp; Lattes</p> <p><b>Afternoon</b>                      Bible Did you Know                      Artistic Passions                      Flower Basket                      1:30 Ice Cream                      Social                      3:00 Church Service</p> <p><b>Evening</b>                      Movie Matinee &amp;                      Popcorn                      Aromatherapy &amp;                      Massage</p>	<p><b>Morning 29</b>                      Wake Up                      Our Daily Bread                      Devotions                      Hymn singing                      Arm Chair                      Movements                      What nots &amp; Snack                      Table Ball                      Memory Jogging:                      Junk Drawer</p> <p><b>Afternoon</b>                      1:30 Music with                      Kazukees                      Body's in Motion                      Dancing                      3:00 Bible Study with                      Pastor Larry                      Trivia Reminisce</p> <p><b>Evening</b>                      SHAKE A Memory                      Loose                      Aromatherapy &amp;                      Back Massage</p>	<p><b>Morning 30</b>                      Wake Up                      Our Daily Bread                      Devotions                      Hymn sing Bingo                      Music &amp; Motion                      What nots &amp; Snack                      Memory Jogging: Dot                      to Dot                      Kick Ball</p> <p><b>Afternoon</b>                      Artistic Passions Mod                      Mix Tree                      Jingo                      Body's in Motion The                      Cheeseball                      Challenge</p> <p><b>Evening</b>                      Aromatherapy &amp;                      Reminisce By the                      Fireplace</p>	<p><b>May Day 1</b>                      Morning                      Wake Up                      Our Daily Bread                      Devotions                      Bible Bingo                      11:15 Yoga With                      Ashley                      What nots &amp; Snack                      Memory Jogging:                      Trivia                      Table ball</p> <p><b>Afternoon</b>                      May Day Flower                      Baskets                      2:30 Balance Class                      with Todd                      Oldies &amp; Goodies                      Singalong</p> <p><b>Evening</b>                      Movie Matinee                      Aromatherapy &amp; Hand                      Massage</p>	<p><b>Morning 2</b>                      Wake Up                      Our Daily Bread                      Devotions                      Hymn singing                      Arm Chair                      Movements &amp;                      What nots &amp; Snack                      Kick ball                      Memory Jogging:                      What's wrong with                      this picture                      Play Dough Crosses</p> <p><b>Afternoon</b>                      Nail Glamor                      Trivia Reminisce                      Body's in Motion                      Independent Projects</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand                      Massage</p>	<p><b>Morning 3</b>                      Wake Up                      Our Daily Bread                      Devotions                      Hymn singing                      Arm Chair                      Movements &amp;                      What nots &amp; Snack                      Kick ball                      Memory Jogging:                      Puzzles</p> <p><b>Afternoon</b>                      1:30 Cinco De Mayo                      Margarita &amp; Churro's                      Body's in Motion                      Piñata                      Special Presentation                      Linda Shearer Mexico</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand                      Massage</p>	<p><b>Morning 4</b>                      Wake Up                      Oldies &amp; Goodies                      Singalong                      Arm Chair                      Movements                      &amp; Refreshments</p> <p><b>Afternoon</b>                      Kentucky Derby Fun                      with Trivia, Mint                      Julips &amp; Horse racing                      Body's in Motion                      Horse racing                      Kentucky Derby Race                      Movie Matinee</p> <p><b>Evening</b>                      6:00 Lawrence Welk                      (16                      Aromatherapy &amp; Back                      rubs</p>



- Emotional
- Social
- Vocational
- Physical
- Intellectual
- Spiritual

# MAY 2019

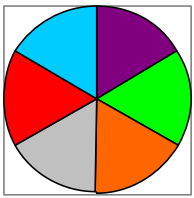
## Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning 5</b>            8:00 Breakfast  <b>Puzzles &amp; Sketching</b>            Daily Devotions            Praiseful Singing            Walking Club &amp; H2O            Independent Pleasures            Body's in Motion</p> <p>10:30 Canvas Church            TV Service Latte            Afternoon            Flower Arranging            Bible Did you Know            1:30 Ice Cream            Social ( Hot Fudge Sundae            3:00 Church Service            Evening            Movie Matinee &amp; Popcorn            Aromatherapy &amp; Massage</p>  <ul style="list-style-type: none"> <li>■ Emotional</li> <li>■ Social</li> <li>■ Vocational</li> <li>■ Physical</li> <li>■ Intellectual</li> <li>■ Spiritual</li> </ul>	<p><b>Morning 6</b>  <b>Wake Up</b>            Our Daily Bread            Devotions            Hymn singing            Arm Chair            Movements  <b>What nots &amp; Snack</b>            Table Ball  <b>Memory Jogging: Junk Drawer</b>            Men's Chat</p> <p>Afternoon  <b>1:30 Special Presentation From Table Tree Juice Company</b>            Body's in Motion            Hoop de Loop            3:00 Bible Study with Pastor Larry  <b>Trivia Reminisce</b></p> <p>Evening  <b>SHAKE A Memory Loose</b>            Aromatherapy &amp; Back Massage</p>	<p><b>Morning 7</b>  <b>Wake Up</b>            Our Daily Bread            Devotions            Hymn sing Bingo            Music &amp; Motion  <b>What nots &amp; Snack</b>  <b>Memory Jogging: Dot to Dot</b>            Kick Ball</p> <p>Afternoon  <b>Education Class Hummingbirds Jingo</b>            Body's in Motion            Beach Ball Bowling</p> <p>Evening            Aromatherapy &amp; Reminisce By the Fireplace</p>	<p><b>Morning 8</b>  <b>Wake Up</b>            Our Daily Bread            Devotions            Bible Bingo            11:15 Yoga With Ashley  <b>What nots &amp; Snack</b>  <b>Memory Jogging: Trivia</b>            Table ball</p> <p>Afternoon            Kitchen Capers            Cookies            2:30 Balance Class with Todd  <b>Oldies &amp; Goodies Singalong</b></p> <p>Evening            Movie Matinee            Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 9</b>  <b>Wake Up</b>            Our Daily Bread            Devotions            Hymn singing            Arm Chair            Movements &amp; Kick ball  <b>Memory Jogging: What's wrong with this picture</b></p> <p>Afternoon            Nail Glamor            Body's in Motion  <b>Independent Projects</b></p> <p>Evening            Animal Video            Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 10</b>  <b>Wake Up</b>            Our Daily Bread            Devotions            Hymn singing            Arm Chair            Movements &amp; Kick ball  <b>Memory Jogging: Puzzles</b></p> <p>Afternoon            1:30 Helena Flats Students  <b>Retro Soda Pop Party</b>            Body's in Motion            Tennis Ball Bounce</p> <p>Evening            Animal Video            Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 11</b>  <b>Wake Up</b>  <b>Oldies &amp; Goodies Singalong</b>            Arm Chair            Movements  <b>&amp; Refreshments</b>  <b>Puzzle Club/ Cluster Groups</b>  <b>Memory Jogging: Independent Activity Stations</b></p> <p>Afternoon            2:00 Coffee &amp; MOM-OSA'S &amp; Coffee with Mom</p> <p>Evening            6:00 Lawrence Welk (16)            Aromatherapy &amp; Back rubs</p>



# MAY 2019

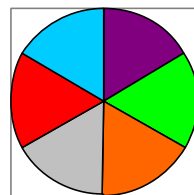
## Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning 12</b>            8:00 Breakfast  <b>Puzzles &amp; Sketching</b>            Daily Devotions            Praiseful Singing            Walking Club &amp; H2O            Independent Pleasures            Artistic Passions            10:30 Canvas            Church TV Service            Latte</p> <p><b>Afternoon</b>            Mother's Day Tea            Social            3:00 Church Service</p> <p><b>Evening</b>            Movie Matinee &amp; Popcorn            Aromatherapy &amp; Massage</p>  <ul style="list-style-type: none"> <li>■ Emotional</li> <li>■ Social</li> <li>■ Vocational</li> <li>■ Physical</li> <li>■ Intellectual</li> <li>■ Spiritual</li> </ul>	<p><b>Morning 13</b>  <b>Wake Up</b>            Our Daily Bread            Devotions            Hymn singing            Arm Chair            Movements  <b>What nots &amp; Snack</b>            Table Ball  <b>Memory Jogging: Junk Drawer</b></p> <p><b>Afternoon</b>            Body's in Motion            3:00 Bible Study with Pastor Larry  <b>Trivia Reminisce</b></p> <p><b>Evening</b>            SHAKE A Memory            Loose            Aromatherapy &amp; Back Massage</p>	<p><b>Morning 14</b>  <b>Wake Up</b>            Our Daily Bread            Devotions            Hymn sing Bingo            Music &amp; Motion  <b>What nots &amp; Snack</b>  <b>Memory Jogging: Dot to Dot</b>            Kick Ball</p> <p><b>Afternoon</b>            Artistic Passions 3D            flower art  <b>Jingo</b>            Body's in Motion            Beach Ball Bowling</p> <p><b>Evening</b>            Aromatherapy &amp; Reminisce By the Fireplace</p>	<p><b>Morning 15</b>  <b>Wake Up</b>            Our Daily Bread            Devotions            Bible Bingo            11:15 Yoga With Ashley  <b>What nots &amp; Snack</b>  <b>Memory Jogging: Trivia</b>            Table ball</p> <p>Happy Birthday today to Dolores Kolar</p> <p><b>Afternoon</b>            Kitchen Capers            Coconut Mug Cake            2:45 Balance Class with Todd  <b>Oldies &amp; Goodies Singalong</b></p> <p><b>Evening</b>  <b>5:30 Off Neighborhood</b>            A visit with an 1879 American Fur Trader (Gregg Smith)            Sponsored by Humanities</p>	<p><b>Morning 16</b>  <b>Wake Up</b>            Our Daily Bread            Devotions            Hymn singing            Arm Chair            Movements &amp; Kick ball  <b>Memory Jogging: What's wrong with this picture</b></p> <p><b>Afternoon</b>            1:30 Calamity Singers            2:30 Nail Glamor            Body's in Motion            Dancing            Independent Projects</p> <p><b>Evening</b>            Animal Video            Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 17</b>  <b>Wake Up</b>            Our Daily Bread            Devotions            Hymn singing            Arm Chair            Movements &amp; Kick ball  <b>Memory Jogging: Puzzles</b></p> <p><b>Afternoon</b>            1:30 Music with Jerry            Body's in Motion            Dancing  <b>Current Events &amp; Coffee</b>            Independent Projects</p> <p><b>Evening</b>            Animal Video            Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 18</b>  <b>Wake Up</b>  <b>Oldies &amp; Goodies Singalong</b>            Arm Chair            Movements  <b>&amp; Refreshments</b>  <b>Puzzle Club/ Cluster Groups</b>  <b>Memory Jogging: Independent Activity Stations</b>            Walking Club            12:00 Pizza &amp; Soda            Party In Family Room  <b>Afternoon</b>            Artistic Passions Sea Shell Turtles            Poetry Club  <b>Montana Trivia</b>            Wellness Tea and Reminisce</p> <p><b>Evening</b>            6:00 Lawrence Welk (16)            Aromatherapy &amp; Back rubs</p>

# MAY 2019

## Our Daily Wellness Path

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning 19</b>            8:00 Breakfast  <b>Puzzles &amp; Sketching</b>            Daily Devotions            Praiseful Singing            Walking Club &amp; H2O            Independent Pleasures            Artistic Passions            10:30 Canvas Church TV Service &amp; Lattes</p> <p><b>Afternoon</b>            Bible Did you Know            1:30 Ice Cream Social            3:00 Church Service</p> <p><b>Evening</b>            Movie Matinee &amp; Popcorn            Aromatherapy &amp; Massage</p>	<p><b>Morning 20</b>  <b>Wake Up</b>            Our Daily Bread Devotions            Hymn singing            Arm Chair Movements  <b>What nots &amp; Snack</b>            Table Ball  <b>Memory Jogging: Junk Drawer</b>            Men's Chat</p> <p><b>Afternoon</b>            Body's in Motion            3:00 Bible Study with Pastor Larry  <b>Trivia Reminisce</b></p> <p><b>Evening</b>            SHAKE A Memory Loose            Aromatherapy &amp; Back Massage</p>	<p><b>Morning 21</b>  <b>Wake Up</b>            Our Daily Bread Devotions            Hymn sing Bingo            Music &amp; Motion  <b>What nots &amp; Snack</b>  <b>Memory Jogging: Dot to Dot</b>            Kick Ball</p> <p><b>Afternoon</b>  <b>Education Class</b>  <b>Lauren to talk about Montana women writers</b>  <b>Jingo</b>            Body's in Motion            Tennis Ball Toss</p> <p><b>Evening</b>            Aromatherapy &amp; Reminisce By the Fireplace</p>	<p><b>Morning 22</b>  <b>Wake Up</b>            Our Daily Bread Devotions            Bible Bingo            11:15 Yoga With Ashley  <b>What nots &amp; Snack</b>  <b>Memory Jogging: Trivia</b>            Table ball</p> <p><b>Afternoon</b>            Kitchen Capers Fry Bread            2:45 Balance Class with Todd  <b>Oldies &amp; Goodies Singalong</b></p> <p><b>Evening</b>  <b>Movie Matinee</b>            Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 23</b>  <b>Wake Up</b>            Our Daily Bread Devotions            Hymn singing            Arm Chair Movements &amp;  <b>What nots &amp; Snack</b>            Kick ball  <b>Memory Jogging: What's wrong with this picture</b></p> <p><b>Afternoon</b>            1:30 Singalong with The Creston Crooners            2:30 Nail Glamor            Body's in Motion            Independent Projects</p> <p><b>Evening</b>  <b>Animal Video</b>            Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 24</b>  <b>Wake Up</b>            Our Daily Bread Devotions            Hymn singing            Arm Chair Movements &amp;  <b>What nots &amp; Snack</b>            Kick ball  <b>Memory Jogging: Puzzles/Spelling Bee</b></p> <p><b>Afternoon</b>            1:30 Thank you cards For Veterans            Body's in Motion  <b>Current Events &amp; Coffee</b>            Independent Projects</p> <p><b>Evening</b>  <b>Animal Video</b>            Aromatherapy &amp; Hand Massage</p>	<p><b>Morning 25</b>  <b>Wake Up</b>  <b>Oldies &amp; Goodies Singalong</b>            Arm Chair Movements &amp;  <b>Refreshments</b>  <b>Puzzle Club/ Cluster Groups</b>  <b>Memory Jogging: Independent Activity Stations</b>            Walking Club</p> <p><b>Afternoon</b>  <b>Oldies &amp; Goodies Singalong</b>  <b>Chicken Soup for the Soul</b>            Body's in Motion  <b>Wellness Tea and Reminisce</b></p> <p><b>Evening</b>  <b>6:00 Lawrence Welk (16)</b>  <b>Aromatherapy &amp; Back rubs</b></p>



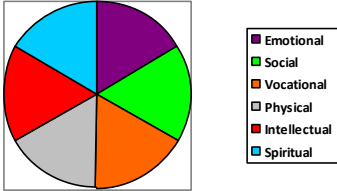
- Emotional
- Social
- Vocational
- Physical
- Intellectual
- Spiritual



# MAY 2019

## Our Daily Wellness Path

# JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Morning 26</b>  <b>Puzzles &amp; Sketching</b>                      Daily Devotions                      Praiseful Singing                      Walking Club &amp; H2O                      Independent Pleasures                      Artistic Passions                      10:30 Canvas Church                      TV Service &amp; Lattes</p> <p><b>Afternoon</b>                      Volunteer Club                      Flower arranging to                      Honor to our Military                      Men                      Bible Did you Know                      1:30 Ice Cream                      Social                      3:00 Church Service</p> <p><b>Evening</b>                      Movie Matinee &amp;                      Popcorn                      Aromatherapy &amp;                      Massage</p> 	<p><b>Morning 27</b>  <b>Wake Up</b>                      Our Daily Bread                      Devotions                      Hymn singing                      Arm Chair                      Movements                      What nots &amp; Snack                      11:30 Memorial                      Tribute</p> <p>12:00 Memorial Day                      BBQ</p> <p><b>Afternoon</b>                      Our Veteran's                      Slideshow  <b>Flag Etiquette</b>                      Patriotic Singalong  <b>Trivia &amp; Popsicle                      Reminisce</b></p> <p><b>Evening</b>                      SHAKE A Memory                      Loose                      Aromatherapy &amp;                      Back Massage</p>	<p><b>Morning 28</b>  <b>Wake Up</b>                      Our Daily Bread                      Devotions                      Hymn sing Bingo                      Music &amp; Motion                      What nots &amp; Snack  <b>Memory Jogging: Dot                      to Dot</b>                      Kick Ball</p> <p><b>Afternoon</b>                      1:30 Music with                      Kazukees                      Artistic Passions Q                      Tip Pointillism  <b>Jingo</b>                      Body's in Motion                      Beach Ball Bowling</p> <p><b>Evening</b>                      Aromatherapy &amp;                      Reminisce By the                      Fireplace</p>	<p><b>Morning 29</b>  <b>Wake Up</b>                      Our Daily Bread                      Devotions                      Bible Bingo                      11:15 Yoga With                      Ashley                      What nots &amp; Snack  <b>Memory Jogging:                      Trivia</b>                      Table ball</p> <p><b>Afternoon</b>                      Kitchen Capers No                      Bake Pie                      2:30 Balance Class                      with Todd                      Oldies &amp; Goodies                      Singalong</p> <p><b>Evening</b>                      Movie Matinee                      Aromatherapy &amp; Hand                      Massage</p>	<p><b>Morning 30</b>  <b>Wake Up</b>                      Our Daily Bread                      Devotions                      Hymn singing                      Arm Chair                      Movements &amp;                      What nots &amp; Snack                      Kick ball  <b>Memory Jogging:                      What's wrong with                      this picture</b></p> <p><b>Afternoon</b>                      1:30 Nail Glamor  <b>Jingo</b>                      Body's in Motion                      Independent Projects</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand                      Massage</p>	<p><b>Morning 31</b>  <b>Wake Up</b>                      Our Daily Bread                      Devotions                      Hymn singing                      Arm Chair                      Movements &amp;                      What nots &amp; Snack                      Kick ball  <b>Memory Jogging:                      Puzzles/Spelling Bee</b></p> <p>Happy Birthday                      Today to Edna &amp;                      Janie</p> <p><b>Afternoon</b>                      1:30 Afternoon Drive</p> <p><b>Evening</b>                      Animal Video                      Aromatherapy &amp; Hand                      Massage</p>	<p><b>Morning 1</b>  <b>Wake Up</b>                      Oldies &amp; Goodies                      Singalong                      Arm Chair                      Movements                      &amp; Refreshments  <b>Puzzle Club/ Cluster                      Groups</b>  <b>Memory Jogging:                      Independent Activity                      Stations</b>                      Walking Club</p> <p><b>Afternoon</b>                      Oldies &amp; Goodies                      Singalong                      Chicken Soup for the                      Soul                      Body's in Motion                      Wellness Tea and                      Reminisce</p> <p><b>Evening</b>                      6:00 Lawrence Welk                      (16                      Aromatherapy &amp; Back                      rubs</p>