


April

May 2023


Our Daily Wellness Path.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 30 Wake Up Daily Bulletin 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration</p> <p>Afternoon Sunday Stretch 2:00 Barb N Birthday Party 3:00 Church Service with Pastor Al</p> <p>Evening DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p>May Day 1 Morning Wake Up Daily Devotion Make your May Day Flowers Memory Jogging Music Therapy with Kirsten What Am I Mr. Ed Snack & Hydration</p> <p>Afternoon Stretching with Tammy Cleaning Outside Courtyard Salsa Chips and Coke Social Green Thumb Ice Cream Cone Seeding Playing Toss with Sammie Evening</p>	<p>Morning 2 Wake Up Daily Devotion Memory Jogging May I Q Mexican Salsa Trivia Snack and Hydration 11:05 Yoga with Ashely 11:30 1-1 Catholic Visits</p> <p>Afternoon Fitness Stretching & Mexican Kick ball Artistic Passions Kentucky Hat Decorating IN2L Trivia</p> <p>Evening</p>	<p>Morning 3 Wake Up Daily Bulletin Baking Club Coconut Cream Pie & History Bodies in Motion Red white green volleyball Trivia Fun Oldies Singalong Snack & Hydration</p> <p>Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Barbershop Quartet Songs Popcorn Snack Evening</p>	<p>Morning 4 Wake Up Daily Bulletin 10:00 Fun with Kid Kare Tissue flowers for Mothers Body's In Motion Mexican Piñata Memory Jogging Word Toss Snack and Hydration</p> <p>Afternoon 2:00 Nail Glamor Independent Projects Movie Matinée Social Hour Mint Juleps</p> <p>Evening</p>	<p>Morning 5 Donut Day & Cinco de mayo Wake Up Daily Devotion Memory Jogging Mexican Bingo Donuts and Hydration Bodies in Motions Mexican Toss</p>  <p>Afternoon Stretching With Tammy Cinco de Mayo Fiesta Education Mexico Guacamole & Chips Margarita Social Evening</p>	<p>Morning * 6 Kentucky Derby Day Wake Up Daily Bulletin Bodies in Motion What Am I Kentucky Derby Memory Jogging Snack & Hydration</p> <p>2:00 Mary Lou Birthday Party</p> <p>Afternoon Kentucky Derby Watch Party Mint Julips Movie Matinee Secretariat</p> <p>Evening</p>


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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning * 7</p> <p>Wake Up</p> <p>Daily Bulletin</p> <p>9:30 Canvas Church service & Cookies</p> <p>Trivia Puzzles & Crosswords</p> <p>Snack & Hydration</p> <p>Afternoon</p> <p>Hymn Sing along</p> <p>Ice cream Sundaes'</p> <p>3:00 Church Service with Pastor Al</p> <p>Evening</p> <p>DIMENSIONS OF WELLNESS</p> <p>PHYSICAL</p> <p>EMOTIONAL</p> <p>INTELLECTUAL</p> <p>SOCIAL</p> <p>SPIRITUAL</p> <p>VOCATIONAL</p>	<p>Morning 8</p> <p>Wake Up</p> <p>Daily Devotion</p> <p>Memory Jogging</p> <p>Music Therapy with Kirsten</p> <p>Who Am I Big Bird</p> <p>Beverage Tasting & Snack</p> <p>Afternoon</p> <p>Stretching with Tammy</p> <p>Arm Char Travel Minnesota</p> <p>Baking Club Fry Bread</p> <p>Evening</p>	<p>Morning 9</p> <p>Wake Up</p> <p>Daily Devotion</p> <p>Memory Jogging</p> <p>All About the Moon</p> <p>Moon Song singalongs</p> <p>Snack and Hydration</p> <p>1115 Yoga with Ashely</p> <p>11:30 1-1 Catholic Visits</p> <p>Afternoon</p> <p>Fitness Stretching</p> <p>Arm Chair Travel with Ashely Costa Rica</p> <p>Artistic Passions</p> <p>Jelly Bean Bouquet</p> <p>IN2L Trivia</p> <p>Evening</p>	<p>Morning 10</p> <p>Wake Up</p> <p>Daily Bulletin</p> <p>Baking Club</p> <p>Bodies in Motion</p> <p>Simon Says</p> <p>Trivia Fun Face</p> <p>Trivia</p> <p>Oldies Singalong</p> <p>Snack & Hydration</p> <p>Afternoon</p> <p>1:45 Fitness with Todd</p> <p>2:30 Bible Study with Pastor Al</p> <p>Making a Care Package for our local Fire Stations</p> <p>Popcorn Snack</p> <p>Evening</p>	<p>Morning 11</p> <p>Wake Up</p> <p>Daily Bulletin</p> <p>Baking Club</p> <p>Fresca's con Crema Demonstration</p> <p>Body's In Motion</p> <p>Dart Practice</p> <p>Memory Jogging</p> <p>Letter Toss</p> <p>Snack and Hydration</p> <p>Afternoon</p> <p>1:30 Singalong with The Creston Crooners</p> <p>2:30 Nail Glamor</p> <p>Independent Projects</p> <p>Movie Matinée</p> <p>Social Hour</p> <p>Evening</p>	<p>Morning 12</p> <p>Donut Day</p> <p>Wake Up</p> <p>Daily Devotion</p> <p>10:30 Laughter with Devera and her Friends</p> <p>Memory Jogging</p> <p>Conversation ball</p> <p>Donuts and Hydration</p>  <p>12:00 Outside Picnic in Courtyard</p> <p>Afternoon</p> <p>Movie Matinee</p> <p>Getting ready for Mother's day</p>	<p>Morning 13</p> <p>Afternoon Set up</p> <p>Mother's Day Pampering</p> <p>2:00</p> <p>Enjoy stations of</p> <p>Back Massage</p> <p>Hand Massage</p> <p>Make your own</p> <p>Flower Bouquet</p> <p>Manicure,</p> <p>Mimosa's and</p> <p>treats while</p> <p>listening to Katy Meyers play her Harp.</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning * 14</p> <p>Wake Up Daily Bulletin 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration</p> <p>Caroline Birthday Party</p> <p>Afternoon Hymn Sing along Ice Cream Social 3:00 Church Service with Pastor Al</p> <p>Evening DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p>Morning 15</p> <p>Wake Up Daily Devotion Memory Jogging President Truman Music Therapy with Kirsten Who Am I Snack & Hydration</p> <p>Afternoon Movie The Greatest Show on Earth</p> <p>Evening</p>	<p>Morning * 16</p> <p>Wake Up Daily Devotion Memory Jogging Snack and Hydration 11:05 Yoga with Ashely 11:30 1-1 Catholic Visits</p> <p>Afternoon Fitness Stretching Planet Earth Ocean Deep</p> <p>Evening</p>	<p>Morning 17</p> <p>Wake Up Daily Bulletin Baking Club Cloud Salad Bodies in Motion Hover ball Trivia Fun Oldies Singalong Snack & Hydration</p> <p>Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Courtyard Strolls Popcorn Snack</p> <p>Evening</p>	<p>Morning 18</p> <p>Wake Up Daily Bulletin Baking Club Fruit Pizza Body's In Motion Horseshoes Memory Jogging Word Toss 11:15 Singalong with Pastor Al Snack and Hydration</p> <p>Afternoon 2:00 Nail Glamor Independent Projects Movie Matinée Social Hour Evening</p>	<p>Morning * 19</p> <p>Donut Day Wake Up Daily Devotion 10:00 Book Club with Cindy Memory Jogging Twister Bean bag Donuts and Hydration Bodies in Motions Kick ball</p>  <p>Afternoon Afternoon Stretching Courtyard Strolls</p>	<p>Morning * 20</p> <p>Wake Up Daily Bulletin Bodies in Motion Parachute Memory Jogging Snack & Hydration</p> <p>Setting up Hummingbird Feeders</p> <p>Afternoon Ice Tea & Ice Cream Bars Social Movie Matinee</p> <p>Evening</p>

May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning * 21 Wake Up Daily Bulletin 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration</p> <p>Afternoon Ice Cream Social 3:00 Church Service with Pastor Al</p> <p>Evening DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p>Morning 22 Wake Up Daily Devotion Baking Club NO Bake Turtle Dream Bars Balloon Volley Ball Music Therapy with Kirsten What Am I Snack & Hydration</p> <p>Afternoon Stretching Learn about Turtles IN2L Trivia Courtyard Strolls</p> <p>Evening</p>	<p>Morning 23 Wake Up Daily Devotion Memory Jogging Snack and Hydration 11:05 Yoga with Ashely 11:30 1-1 Catholic Visits</p> <p>Afternoon Fitness Stretching Artistic Passions Flower Arranging IN2L Trivia Courtyard Strolls</p> <p>Evening</p>	<p>Morning * 24 Wake Up Daily Bulletin Baking Club Bodies in Motion Trivia Fun Oldies Singalong Snack & Hydration</p> <p>Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Courtyard Strolls Independent Projects</p>	<p>Morning * 25 Wake Up Daily Bulletin Baking Club Body's In Motion Memory Jogging Snack and Hydration</p> <p>Afternoon Independent Projects Movie Matinée Social Hour Courtyard Strolls</p> <p>Evening</p>	<p>Morning 26 Donut Day Wake Up Daily Devotion 10:00 Book Club Memory Jogging Spot the difference Donuts and Hydration Bodies in Motions</p>  <p>Afternoon Stretching Flower craft Learn about Montana 1864 Yellowstone Movie</p>	<p>Morning * 27 Wake Up Daily Bulletin Bodies in Motion Memory Jogging Snack & Hydration</p> <p>Margaret Birthday Party</p> <p>Afternoon Oldies & Goodies Singalong Movie Matinee Evening</p>

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June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Morning 28 Wake Up Daily Bulletin 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration</p> <p>Afternoon Weather Themed Fun, Storm in a bottle, Clouds in a cup Make a rainbow 3:00 Church Service with Pastor Al</p> <p>Evening DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL VOCATIONAL</p>	<p>Morning * 29 Wake Up Daily Devotion Memory Jogging Music Therapy with Kirsten What Am I Snack & Hydration</p> <p>Afternoon Stretching Memorial Day Remembrance Patriotic Singalong Courtyard Strolls</p> <p>Evening 6pm or 7 PBS Memorial Day Concert</p>	<p>Morning * 30 Wake Up Daily Devotion Memory Jogging Snack and Hydration 11:05 Yoga with Ashely 11:30 1-1 Catholic Visits</p> <p>Afternoon Fitness Stretching Artistic Passions IN2L Trivia Courtyard Strolls</p> <p>Evening</p>	<p>Morning * 31 Wake Up Daily Bulletin Baking Club Bodies in Motion Trivia Fun Oldies Singalong Snack & Hydration</p> <p>Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Popcorn Snack Courtyard Strolls</p>	<p>Morning 1 Wake Up Daily Bulletin Baking Club Spring Nests Body's In Motion Memory Jogging Word Toss Snack and Hydration</p> <p>Afternoon 2:00 Nail Glamor Independent Projects Movie Matinée Social Hour Evening</p>	<p>Morning 2 Donut Day Wake Up Daily Devotion 10:00 Book Club with Cindy Memory Jogging Spot The Differences Donuts and Hydration Bodies in Motions</p>  <p>Afternoon Stretching With Tammy Mont St Helen's 1980 Baking Soda Volcano Lemonade Social</p>	<p>Morning 3 Wake Up Daily Bulletin Bodies in Motion Memory Jogging Snack & Hydration</p> <p>Afternoon Ringling Brothers Microwave Elephant Ears Oldies & Goodies Singalong Movie Matinee Evening</p>