April			May	2023		
			Our Daily W	/ellness Path.		41
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wake Up Daily Bulletin 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration	May Day  Morning  Wake Up  Daily Devotion  Make your May Day  Flowers  Memory Jogging  Music Therapy with  Kirsten  What Am I Mr. Ed  Snack & Hydration	Wake Up Daily Devotion Memory Jogging May I Q Mexican Salsa Trivia Snack and Hydration	Wake Up Daily Bulletin Baking Club Coconut Cream Pie & History Bodies in Motion Red white green volleyball Trivia Fun Oldies Singalong	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	Donut Day & Cinco de mayo Wake Up Daily Devotion Memory Jogging Mexican Bingo Donuts and Hydration Bodies in Motions	Morning * 6 Kentucky Derby Day Wake Up Daily Bulletin Bodies in Motion What Am I Kentucky Derby Memory Jogging Snack & Hydration  2:00 Mary Lou
3:00 Church Service with Pastor Al  Evening DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL SPIRITUAL	Stretching with Tammy Cleaning Outside Courtyard Salsa Chips and Coke Social Green Thumb Ice Cream Cone Seeding	Afternoon Fitness Stretching & Mexican Kick ball Artistic Passions Kentucky Hat Decorating IN2L Trivia  Evening	Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Barbershop Quartet Songs Popcorn Snack Evening	Afternoon 2:00 Nail Glamor Independent Projects Movie Matinée Social Hour Mint Juleps  Evening	Afternoon Stretching With Tammy Cinco de Mayo Fiesta Education Mexico Guacamole & Chips Margarita Social Evening	Afternoon Kentucky Derby Watch Party Mint Julips  Movie Matinee Secretariat  Evening



## May 2023



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



## May 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning * 14	Morning 1	5 Morning * 16	Morning 1	7 Morning 1	8 Morning * 1	9 Morning * 20
Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	<b>Donut Day</b>	Wake Up
<b>Daily Bulletin</b>	<b>Daily Devotion</b>	<b>Daily Devotion</b>	<b>Daily Bulletin</b>	<b>Daily Bulletin</b>	Wake Up	<b>Daily Bulletin</b>
9:30 Canvas Church	<b>Memory Jogging</b>	<b>Memory Jogging</b>	<b>Baking Club Cloud</b>	<b>Baking Club Fruit</b>	<b>Daily Devotion</b>	<b>Bodies in Motion</b>
service & Cookies	<b>President Truman</b>	<b>Snack and Hydration</b>	Salad	Pizza	10:00 Book Club	Parachute
Trivia Puzzles &	<b>Music Therapy with</b>	11:05 Yoga with	<b>Bodies in Motion</b>	<b>Body's In Motion</b>	with Cindy	<b>Memory Jogging</b>
Crosswords	Kirsten	Ashely	Hover ball	Horseshoes	<b>Memory Jogging</b>	<b>Snack &amp; Hydration</b>
Snack & Hydration	Who Am I	11:30 1-1 Catholic	Trivia Fun	<b>Memory Jogging</b>	Twister Bean bag	
	<b>Snack &amp; Hydration</b>	Visits	Oldies Singalong	<b>Word Toss</b>	<b>Donuts and</b>	
Caroline Birthday			<b>Snack &amp; Hydration</b>	11:15 Singalong wit	h Hydration	
Party				Pastor Al	<b>Bodies in Motions</b>	Setting up
	Afternoon			<b>Snack and Hydratio</b>	n Kick ball	Hummingbird
Afternoon						Feeders
Hymn Sing along	<b>Movie The Greates</b>	Afternoon	Afternoon	Afternoon	AL STATE OF THE ST	
Ice Cream Social	<b>Show on Earth</b>	<b>Fitness Stretching</b>	1:45 Fitness with	2:00 Nail Glamor		
3:00 Church Service		<b>Planet Earth Ocean</b>	Todd	Independent		
with Pastor Al		Deep	2:30 Bible Study	Projects		<b>B</b>
			with Pastor Al	<b>Movie Matinée</b>		Afternoon
Evening			<b>Courtyard Strolls</b>	<b>Social Hour</b>	Afternoon	Ice Tea & Ice
DIMENSIONS OF	Evening	Evening	Popcorn Snack	Evening	Afternoon Stretchin	Cream Bars Social
WELLNESS	_	_			<b>Courtyard Strolls</b>	<b>Movie Matinee</b>
PHYSICAL			Evening			
EMOTIONAL						Evening
INTELLECTUAL						
SOCIAL						
SPIRITUAL						
VOCATIONAL						



## May 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning * 21	Morning 22	Morning 23	Morning * 24	Morning * 25	5 Morning 26	Morning * 27
Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	<b>Donut Day</b>	Wake Up
<b>Daily Bulletin</b>	<b>Daily Devotion</b>	<b>Daily Devotion</b>	<b>Daily Bulletin</b>	<b>Daily Bulletin</b>	Wake Up	<b>Daily Bulletin</b>
9:30 Canvas Church	Baking Club NO	Memory Jogging	<b>Baking Club</b>	<b>Baking Club</b>	<b>Daily Devotion</b>	<b>Bodies in Motion</b>
service & Cookies	<b>Bake Turtle Dream</b>	Snack and	<b>Bodies in Motion</b>	<b>Body's In Motion</b>	10:00 Book Club	<b>Memory Jogging</b>
Trivia Puzzles &	Bars	Hydration	Trivia Fun	<b>Memory Jogging</b>	<b>Memory Jogging</b>	Snack & Hydration
Crosswords	<b>Balloon Volley Ball</b>	11:05 Yoga with	<b>Oldies Singalong</b>	Snack and	<b>Spot the difference</b>	
<b>Snack &amp; Hydration</b>	<b>Music Therapy with</b>	Ashely	<b>Snack &amp; Hydration</b>	Hydration	<b>Donuts and</b>	
	Kirsten	11:30 1-1 Catholic			Hydration	
	What Am I	Visits			<b>Bodies in Motions</b>	Margaret Birthday
	Snack & Hydration				Posts many state at	Party
Afternoon				Afternoon	4/257	
Ice Cream Social	Afternoon	Afternoon	Afternoon	Independent		
3:00 Church Service	Stretching	Fitness Stretching	1:45 Fitness with	Projects		Afternoon
with Pastor Al	<b>Learn about Turtles</b>	<b>Artistic Passions</b>	Todd	Movie Matinée	A 64	Oldies & Goodies
	IN2L Trivia	Flower Arranging	2:30 Bible Study	<b>Social Hour</b>	Afternoon	Singalong
Evening	<b>Courtyard Strolls</b>	IN2L Trivia	with Pastor Al	<b>Courtyard Strolls</b>	Stretching	<b>Movie Matinee</b>
DIMENSIONS OF		Courtyard Strolls	<b>Courtyard Strolls</b>		Flower craft	Evening
WELLNESS			Independent		Learn about	
PHYSICAL			Projects		Montana 1864	
<b>EMOTIONAL</b>				Evening	Yellowstone Movie	
INTELLECTUAL	Evening					
SOCIAL		Evening				
SPIRITUAL						
VOCATIONAL						

## May 2023 **June** 2023 Monday Wednesday Thursday Sunday Tuesday Friday Saturday 28 Morning \* 29 Morning \* 30 Morning \* 31 Morning Morning 2 Morning **Morning** Wake Up Wake Up Wake Up **Donut Day** Wake Up Wake Up Wake Up **Daily Bulletin Daily Devotion Daily Devotion Daily Bulletin Daily Bulletin** Wake Up **Daily Bulletin Baking Club Memory Jogging Memory Jogging Baking Club Spring Bodies in Motion** 9:30 Canvas Church **Daily Devotion Music Therapy with** service & Cookies Snack and **Bodies in Motion** Nests 10:00 Book Club **Memory Jogging Hydration** Trivia Fun **Snack & Hydration** Trivia Puzzles & Kirsten **Body's In Motion** with Cindy **Oldies Singalong** Crosswords What Am I 11:05 Yoga with **Memory Jogging Memory Jogging Snack & Hydration Ashely Snack & Hydration Word Toss Spot The Snack & Hydration** 11:30 1-1 Catholic Snack and **Differences Hydration Visits Donuts and Hydration** Afternoon **Afternoon** Stretching **Afternoon Afternoon Bodies in Motions** Weather Themed **Memorial Day Fitness Stretching** 1:45 Fitness with Afternoon Fun, Storm in a 2:00 Nail Glamor Remembrance **Artistic Passions Todd** Afternoon bottle, Clouds in a **Patriotic Singalong IN2L Trivia** 2:30 Bible Study Independent **Ringling Brothers Courtyard Strolls Projects** Microwave Elephant **Courtyard Strolls** with Pastor Al cup Make a rainbow **Popcorn Snack** Ears **Movie Matinée** 3:00 Church Service **Courtyard Strolls Social Hour** Oldies & Goodies Afternoon **Evening** with Pastor Al **Evening** Singalong **Stretching With Movie Matinee Evening** Tammy 6pm or 7 PBS **Evening Evening Mont St Helen's** DIMENSIONS OF **Memorial Day** 1980 WELLNESS Concert **Baking Soda** PHYSICAL Volcano **EMOTIONAL Lemonade Social** INTELLECTUAL SOCIAL SPIRITUAL

VOCATIONAL