





















Independent Living Lifestyles Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Activities Are Subject To Change Without Notice</p>		<p>MAP LEGEND AC—Arts & Crafts Room AU—Auditorium/Chapel CC—Cabana Café CH2 — Channel 2 GR— Game Room ML— Main Lobby WR — Wii Room</p>		<p>1 Meal of the Month Ballot Due!</p> <p>10:00A Writer's Workshop (AC) 11:00A National Day of Prayer Service (AU) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)</p> 	<p>2</p>  <p>10:00A Fitness Friday Walking Club (ML) 10:30A Cognitive Calisthenics 1:00P Catholic Service (AU) 1:30P Bible Study (GR) 6:15P Trivia Night (AC)</p>	<p>3</p>  <p>9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)</p>
<p>4</p> <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>5 Podiatrist Visit</p> <p>10:00A ART GROUP (AC) 12:00P Cinco De Mayo Luncheon w/ Mariachi (DR) 1:30P Bible School (GR) 2:30P Neurographic Art (AC) 5:00P & 6:00P Mexican Train (GR)</p>	<p>6</p>  <p>10:30A Grocery Trip (ML) 1:30P Hydration Talk w/ Griswold (AU) 3:00P Bingo Store! (AC) 6:15P BINGO! (AC)</p> 	<p>7</p> <p>10:30A Vessels of Joy (GR) 11:00A Chair Volleyball (AU) 11:30A Faithful Paws Visit (ML) 2:00P PWP Singers (AU) 3:00P Spanish with Rocio (GR) 6:00P Bridge (GR)</p>	<p>8</p> <p>10:00A Writer's Workshop (AC) 11:00A Episcopal Service (AU) 11:15A Prayer Group (GR) 1:00P Mahjong (GR) 2:00P Rummikub (GR) 4:00P Social Hour 6:15P Bingo! (AC)</p> 	<p>9</p> <p>10:30A Cognitive Calisthenics 11:00A Men's Group (GR) 1:30P Bible Study (GR) 2:30P CVS/Walgreens (\$) 3:00P Mother's Day Tea Party (DR) 5:00P Mexican Train! (GR)</p>	<p>10</p> <p>9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)</p>
<p>11</p>  <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Mother's Day Brunch with Music by Mary Green! 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>12</p>  <p>10:30A Picture Day For Picture Book (L) 10:00A ART GROUP (AC) 1:30P Bible School (GR) 2:30P Neurographic Art (AC) 5:00P & 6:00P Mexican Train (GR)</p>	<p>13 National Apple Pie Day</p> <p>10:30A Grocery Trip (ML) 2:30P Movie Matinee - The Eighties: The Regan Revolution (AU) 3:30P Apple Pie & Ice Cream Social (CC) 6:15P BINGO! (AC)</p> 	<p>14</p> <p>10:30A Picture Day For Picture Book (L) 11:00A Chair Volleyball (AU) 2:00P PWP Singers (AU) 3:00P Spanish with Rocio (GR) 6:00P Bridge (GR)</p>	<p>15</p> <p>10:00A Writer's Workshop (AC) 10:00A Dementia Myth Busting (AU) 11:15A Prayer Group (AU) 2:00P Dementia Myth Busting 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)</p>	<p>16 National BBQ Day!</p> <p>10:30A Cognitive Calisthenics 11:00A Greek Fest Outing (ML) 11:30A Book Club (L) 1:30P Bible Study (GR) 3:00P Bunco With Amy! (GR) 6:15P Trivia Night (AC)</p>	<p>17</p>  <p>9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 3:30P Music Of Harmony (AU) 6:15P Bingo! (AC)</p>
<p>18</p> <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>19</p>  <p>10:00A ART GROUP (AC) 1:30P Bible School (GR) 2:30P Neurographic Art (AC) 3:00P Birthday Social (AU/CH2) 5:00P & 6:00P Mexican Train (GR)</p>	<p>20</p>  <p>10:30A Grocery Trip (ML) 11:00A Brain Health Talk (AU) 2:00P Sing-A-Long w/ Tim Holder (AU/CH2) 6:15P BINGO! (AC)</p>	<p>21 Meal of the Month!</p> <p>11:00A Chair Volleyball (AU) 11:30A Faithful Paws Visit (ML) 2:00P PWP Singers (HC) 3:00P Chef Chat (AU) 5:00P Catholic Women's Dinner 6:00P Bridge (GR)</p>	<p>22</p> <p>10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 11:30A Memorial Day BBQ (Pool) 2:00P Rummikub (GR) 4:00P Social Hour (CC) 6:15P Bingo! (AC)</p>	<p>23</p> <p>10:30A Cognitive Calisthenics 1:30P Bible Study (GR) 2:00P Pearls: Are Diamonds Really A Girl's Best Friend? (AU) 5:00P Mexican Train! (GR)</p>	<p>24</p> <p>9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)</p>
<p>25</p>  <p>11:00A Episcopal Service (B Building 2nd Floor) 12:00P-2:00P Sunday Brunch 3:30P Vespers (AU/Ch2) 4:30P Coffee and Chatter (CC)</p>	<p>26</p>  <p>10:00A ART GROUP (AC) 11:00A Memorial Day Service (AU) 1:30P Bible School (GR) 2:30P Neurographic Art (AC) 5:00P & 6:00P Mexican Train (GR)</p>	<p>27</p> <p>10:30A Grocery Trip (ML) 11:00A Cornhole Competition (CC) 2:00P Prize Bingo w/ HHR (AC) 3:00P Movie Matinee - A Man On The Inside Episodes 1-4 (AU) 6:15P BINGO! (AC)</p>	<p>28 National Burger Day!</p> <p>11:00A Chair Volleyball (AU) 11:30A Faithful Paws Visit (ML) 2:00P PWP Singers (AU) 3:00P Spanish with Rocio (GR) 3:45P Dinner & A Movie 6:00P Bridge (GR)</p>	<p>29</p>  <p>10:00A Writer's Workshop (AC) 11:15A Prayer Group (GR) 1:00P Mahjong (GR) 2:00P Rummikub (GR) 3:00P Town Hall (AU) 4:00P Social Hour (CC) 6:15P Bingo! (AC)</p>	<p>30</p> <p>10:30A Cognitive Calisthenics 1:30P Bible Study (GR) 3:00P Movie Matinee - A Man On The Inside Episodes 5-8 (AU) 5:00P Mexican Train! (GR)</p>	<p>31</p> <p>9:30A Coffee with Neighbors (CC) 3:00P Puzzles With Friends 6:15P Bingo! (AC)</p>

Independent Living Wellness Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
ALL WELLNESS CLASSES ARE HELD IN THE WELLNESS CENTER UNLESS SPECIFIED				1 9:30A Adv. Strength 10:00A Int. Strength 11:00A Stretch and mobility 12:00P Residents Consultations	2 9:30A Strength & Balance 10:00A Fitness Friday Walking Club (ML) 10:30A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations	3 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
4 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	5 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Core & Balance 12:00P Resident Consultations	6 9:30A Advanced Strength 10:00A Intermediate Strength 11:00A Aqua Class 12:00P Residents Consultations	7 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics	8 9:30A Adv. Strength 10:00A Int. Strength 11:00A Stretch and mobility 12:00P Residents Consultations	9 9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations	10 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
11 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	12 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Core & Balance 12:00P Resident Consultations	13 9:30A Advanced Strength 10:00A Intermediate Strength 11:00A Aqua Class 12:00P Residents Consultations	14 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics	15 9:30A Adv. Strength 10:00A Int. Strength 11:00A Stretch and mobility 12:00P Residents Consultations	16 9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations	17 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
18 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	19 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Core & Balance 12:00P Resident Consultations	20 9:30A Advanced Strength 10:00A Intermediate Strength 11:00A Aqua Class 12:00P Residents Consultations	21 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics	22 9:30A Adv. Strength 10:00A Int. Strength 11:00A Stretch and mobility 12:00P Residents Consultations	23 9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations	24 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment
25 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment	26 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Core & Balance 12:00P Resident Consultations	27 9:30A Advanced Strength 10:00A Intermediate Strength 11:00A Aqua Class 12:00P Residents Consultations	28 National Senior Health Fitness Day 9:30A Adv. Stretch & Balance 10:00A Int. Stretch & Balance 11:00A Chair Volleyball (AU) 12:00P Resident Consultations 1:00P Cognitive Calisthenics	29 9:30A Adv. Strength 10:00A Int. Strength 11:00A Stretch and mobility 12:00P Residents Consultations	30 9:30A Adv. Strength & Balance 10:00A Intermediate/Beginner Strength & Balance 10:30A Cognitive Calisthenics (Wii Room) 12:00P Resident Consultations	31 <u>Virtual Workouts!</u> Please log into your ENGAGE Hub on your television and choose from a variety of workouts in the convenience of your apartment



The Heights Lifestyles Calendar						
SUN	MON	TUE	WED	THU	FRI	SAT
MAPLEGEND AR— Activity Room DR— Dining Room FP— Fireplace P— Porch L— Lobby	Activities Are Subject To Change Without Notice		CINCO DE MAYO	1 10:00 National Day of Prayer Service (AL) 2:00 Happy Hour Karen Pfeiffweoni (B) 3:00 Rummikub Group (AR)	2  10:15 Healthcare Volleyball Competition (DR) 2:00 Ice Cream Social (L) 3:00 B-I-N-G-O (DR) 4:00 Puzzle hr (AR)	3 Kentucky Derby  10:30 Piano Melodies W/ Mark (DR) 1:30 Rummikub w/Friends (Ar) 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Puzzle Hour (LR)
4 10:00 Tallowood Church Service(DR) 11:00 Catholic Prayer and Communion (DR) 2:30 Table Games (B) 3:30 Vespers (CH2)	5  10:15 Mani/Pedicure w/Amparo (AR) 1:30 Cinco de Mayo Celebration with Mariachi Juchchitlan Jalisco Band 2:30 Dominoes (Ar)	6 Nurses Week Begins 10:15 Devotion with Chaplain John Bender (B) 11:00 Stretch & Balance outdoor (P) 2:00 Group Bible Study w/ Robert Hudson (DR) 3:00 Rummikub Group (AR) 4:00 Puzzle Hour (LR) 	7 10:15 JENGA (AR) 10:30 Faithful Paws Pet Visit (L) 2:00 Art Painting- A Brush of Colors w/Nature (B) 3:00 B-I-N-G-O (DR) 4:00 Rocking & Reminiscing (P)	8 National Coke Float Day  10:00 Devotion with Chaplain John Bender (DR) 11:00 Exercise (B) 2:00 Coke Floats (L) 3:00 Rummikub Group (AR)	9 10:15 Enteratinment by Rich Latimer (DR) 2:00 Mother's Day Pearls and Lace Tea Social with Katherine Kappelmann (Dr) Birdwatching (P)	10  10:30 Piano Melodies W/ Mark (DR) 1:30 Rummikub w/Friends (Ar) 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Puzzle Hour (LR)
11 HAPPY MOTHER'S DAY 10:00 Tallowood Church Service (DR) 11:00 Catholic Prayer and Communion 2:30 Table Games (B) 3:30 Vespers (CH2)	12 10:15 Piano By Sarah (AR) 11:00 Chair Exercises outdoor (P) 2:00 Dominos (AR) 3:00 B-I-N-G-O (DR) 4:00 Puzzle Hour (LR)	13 National Apple Pie Day 10:15 Ping Pong (Dr) 11:00 Stretch & Balance outdoor (P) 2:00 Apple Pie Social (L) 3:00 Rummikub Group (AR) 4:00 Puzzle Hour (LR)	14  10:15 Donuts and Coffee (AR) 11:00 Walking Club (L) 2:00 Chef's Chat (Dr) 2:00 Popcorn Social (L) 3:00 B-I-N-G-O (DR)	15 10:00 Devotion with Chaplain John Bender (DR) 11:00 Mix & Mingle Welcome Committee (AR) 2:15 Happy Hour with David Laduca- "Songs Mother's Love" (B) 3:00 Rummikub Group	16  10:00 Downtown Aquarium (L) 2:00 Ice Cream Social (L) 3:00 Movie Matinee (AR) 4:00 Puzzle Hour (LR)	17 Armed Forces  10:15 Piano Melodies W/ Mark (DR) 1:30 Ice cream Nutty Bars (Ar) 2:00 Piano & Guitar Melodies by Youth Volunteers (AL)) 3:00 Rummikub w/Friends
18 10:00 Tallowood Church Service(DR) 11:00 Catholic Prayer and Communion 2:30 Table Games (B) 3:30 Vespers (CH2) 	19 10:15 Cards-Pokeno (AR) 11:00 Chair Exercises (B) 1:30 Domino Group (L) 2:00 Puzzle Assembling (B) 3:00 Bingo Group (DR)	20 MEETING 10:00 Res. Council Meeting! (DR) 11:00 Stretch & Balance outdoor (P) 2:00 Group Bible Study w/ Robert Hudson (DR) 3:00 Rummikub Group (AR)	21 10:15 Gems & Jewels Creations (Ar) 10:30 Faithful Paws Pet Visit (L) 11:00Nature Sound Meditation Yoga (P) 2:00 Parkway Place Choir (DR) 3:00 B-I-N-G-O (DR)	22 Neighbors Day Out 10:00 Devotion with Chaplain John Bender (DR) 11:00 Walking Club (L) 2:00 Neighbors Day Out with Refreshments-Celebrating Hamburger Month	23 10:15 Entertainment by Rich Latimer (DR) 2:20 Ice Cream Social (L) 3:00 B-I-N-G-O (DR) 4:00 Birdwatching (P)	24  10:15 Piano Melodies W/ Mark (DR) 1:30 Rummikub w/Friends (Ar) 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Independent Word search
25  10:00 Tallowood Church Service(DR) 11:00 Catholic Prayer and Communion 2:30 Table Games (B) 3:30 Vespers (CH2)	26 MEMORIAL DAY 10:15 Memorial Day Service with John Bender (Dr) 11:00 Walking Club (L) 2:00 Memorial Day Snow Cone Social /Music with Jane Vandiver- Harbor 3:00 Puzzle Hour (LR)	27  National Popsicles Day 10 :15 Devotion with Chaplain John Bender (B) 2:00 Group Bible Study w/ Robert Hudson (DR) 2:30 Popsicles on the Porch 4:00 Rummikub (AR)	28 National Senior Health Fitness Day 10:15 Donuts and Coffee (AR) 11:00 Walking Club (AR) 2:00 Senior Fitness Day Event with Refreshments (L) 3:00 Puzzle hr (Ar)	29 HAPPY BIRTHDAY 10:00 Devotion with Chaplain John Bender (DR) 2:00 Birthday Social with Curtis Nickelson (B) 3:00 Rummikub Group (AR)	30 10:15 Swinging to the Oldies Big Band-Danette McMahon (DR) 2:20 Ice Cream Social (L) 3:00 B-I-N-G-O (DR) 4:00 Birdwatching (P)	31 10:15 Piano Melodies W/ Mark (DR) 1:30 Rummikub w/Friends (Ar) 2:00 Piano & Guitar Melodies by Youth Volunteers 3:00 Independent Word search



The Haven Lifestyles Calendar

SUN

MON

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MAP LEGEND
L-Lounge
B-Bistro
DR-Dining Room
AL-Assisted Living
H-Healthcare
Activities are Subject to Change
Without Notice

1
10:15 National Day of Prayer Service (AL)
1:30 Crossword Puzzle (B)
2:00 Happy Hour with Karen Pfeiffweoni
3:00 Bingo (AL)
4:00 Puzzle Assembling (B)

2
10:15 Healthcare Volleyball Competition (AL)
11:00 Reminiscing on The Porch
2:00 Ice Cream Social (L)
3:00 Bingo Group (B)

3
10:15 Piano Melodies w/ Mark (DR)
1:30 Rummikub with Friends (AL)
2:00 Piano & Guitar Melodies by Youth Volunteers
3:00 Puzzle Hour (B)

4
10:00 Church Service (AL)
11:00 Catholic Visits with Prayer and Communion (H)
1:30 Table Games (B)
3:30 Virtual Vesper Service (CH 2)

5

10:15 Dominoes Group (B)
11:00 Chair Exercises (B)
1:30 Cinco de Mayo Celebration with Mariachi Juchchitlan Jalisco Band

6 **Nurses Week Begins**
10:15 Devotion with Chaplain John Bender (B)
11:00 Stretch and Balance (AL)
2:00 Group Bible Study (AL)
3:00 Rummikub Group
4:00 Current Events (AL)

7
9:30 Manicures and Pedicures
10:30 Faithful Paws Pet Visit (H)
2:00 Art Painting- A Brush of Color w/Nature (B)
3:00 B-I-N-G-O (DR)
4:00 Rocking and Reminiscing on The Porch

8 **National Have a Coke Day**
10:00 Hymnal Sing Along
11:00 Chair Exercises (B)
2:00 Coke Float Social (L)
4:00 Group Jigsaw Puzzles (B)

9
10:00 Jay Boutique Sale (L)
10:15 Healthcare Volleyball Competition (AL)
1:30 Ice Cream Social (L)
2:00 Pre-Mother's Day Pearls and Lace Tea Social w/Harpist Katherine Kappelmann
4:00 Puzzle Assembling (B)

10
10:15 Piano Melodies w/Mark
1:30 Rummikub Group (B)
2:00 Piano and Guitar Melodies by Volunteers (DR)
3:00 Puzzle Solving (H)

11

10:00 Tallowood Baptist Church Service (AL)
11:00 Catholic Visits with Prayer and Communion (H)
1:30 Table Games (B)
National Skilled Nursing Care Week Begins

12
10:15 Piano by Sarah (AR)
11:00 Chair Exercises (B)
1:30 Dominoes (AL)
2:00 Puzzle Assembling (B)
3:00 Bingo Group (AL)

13 **National Apple Pie Day**
10:15 Devotional with Chaplain John Bender (B)
11:15 Res. Council Meeting (B)
2:00 Apple Pie Social (L)
3:00 Rummikub Group (B)
4:00 Current Events (B)

14
10:15 Donuts and Coffee (AR)
11:00 Gems & Jewels Creations (AL)
2:00 Popcorn Social (L)
2:00 Individual Puzzle Piecing (B)
3:00 B-I-N-G-O (DR)

15

11:00 Pokeno Group (B)
1:30 Domino Group (B)
2:00 Happy Hour with David Laduca- "Songs Mother's Love" (B)
4:00 Current Events (L)

16
10:15 Healthcare Outing to Downtown Aquarium
2:15 Ice Cream Social Bar
Porch Chat w/Friends
3:00 Bingo (AL)
4:00 Puzzle Assembling (B)

17 **Armed Forces**
10:15 Piano Melodies w/Mark
1:45 Ice Cream Nutty Bar
2:00 Piano and Guitar Melodies by Volunteers (DR)
3:00 Rummikub w/Friends
National Skilled Nursing Care Week Ends

18
10:00 Church Service (AL)
11:00 Catholic Visits with Prayer and Communion (H)
1:30 Table Games (B)
3:30 Virtual Vesper Service (CH 2)

19
10:15 Cards-Pokeno (AR)
11:00 Chair Exercises (B)
1:30 Domino Group (L)
2:00 Puzzle Assembling (B)
3:00 Bingo Group (DR)

20
10:15 Devotion with Chaplain John Bender (B)
11:00 Stretch and Balance (B)+
2:00 Group Bible Study (AL)
3:00 Rummikub Group
4:00 Current Events (AL)

21
10:15 UNO (AL)
10:30 Faithful Paws Pet Visit (L)
11:00 Nature Sound Meditation and Yoga
2:00 Parkway Place Choir (AL)
3:00 B-I-N-G-O (DR)

22 **Neighbors Day Out**
10:00 Card Games (B)
11:00 11:00 Nature Sound Meditation Yoga (Dr)
1:30 Domino Group (B)
2:00 Neighbors Day Out with Refreshments Celebrating Hamburger Month

23
10:00 Entertainment by Rich Latimer (DR)
2:00 Ice Cream Social (B)
3:00 Bingo Group (B)
4:00 Puzzle Assembling (B)

24
10:15 Piano Melodies w/Mark
1:30 Rummikub Group (B)
2:00 Piano and Guitar Melodies by Volunteers (DR)
3:00 Independent Word Search


25
10:00 Church Service (AL)
11:00 Catholic Visits with Prayer and Communion (H)
1:30 Table Games (B)
3:30 Virtual Vesper Service (CH 2)

26 **MEMORIAL DAY**
10:00 Memorial Day Service with John Bender
1:30 Domino Group (L)
2:00 Memorial Day Snow Cone Social /Music with Jane Vandiver- Harbor
3:00 Bingo Group (DR)

27 **Popsicle Day**
10:15 Devotion with Chaplain John Bender (B)
11:00 Stretch Balance (B)
2:00 Group Bible Study (AL)
2:30 Meet and Greet with Popsicles on the Porch
4:00 Current Events (B)

28 **National Senior Health and Fitness Day**
10:15 Donuts and Coffee (AL)
11:00 Walking Club
2:00 Senior Fitness Day Event with Refreshments
4:00 News and Views (L)

29
10:00 Pokeno Group (B)
11:00 Nature Sound Meditation Yoga (AL)
1:30 Domino Group (B)
2:00 Birthday Social with Curtis Nickelson (B)
3:00 New and Views (L)

30

10:15 Swinging to the Oldies Big Band-Danette McMahon (DR)
2:00 Ice Cream Social (DR)
3:00 Bingo (AL)
4:00 Puzzle Assembling (L)

31
10:15 Piano Melodies w/Mark
1:30 Rummikub Group (B)
2:00 Piano and Guitar Melodies by Volunteers (DR)
3:00 Puzzle Solving (H)

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The Harbor Lifestyles Calendar



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Activities are subject
to change without
notice.
Any change will be
posted.



Daily Outdoor/ Indoor
walk,
Snacks, Hydration.
& Soothing music.
**DRINK
WATER**

1 National Day of Prayer
9:00 Beauty Shop
10:00 Let's Pray w/Chaplain
John
11:30 Lunch w/Music
2:00 Happy Hour w/Karen
4:30 Dinner w/Music

2
10:15 Musical Bingo
11:30 Lunch w/Music
1:30 1950's Reminisce
2:00 Ice cream Social
3:30 Easy Scrabble
4:30 Dinner w/Music

3 Kentucky Derby
10:15 Piano Melodies
With Mark Bruni (DR)
2:00 Piano and Guitar with
Youth Volunteers (DR)
3:00 Puzzle Hour

4
10:00 Sunday Worship
w/Tallowood Church
3:30 Virtual Vesper Service
(Ch 2)
2:00 Sunday Movie Classic
6:00 Gospel Serenade

5
10:00 B-I-N-G-O Fun
11:00 Resident Council Talk
11:30 Lunch w/Music
2:00 Cinco De Mayo Social
w/The Mariachi Band
3:30 Group Dominoes
4:30 Dinner w/Music

6
9:30 Manicures & Pedicures
by Amparo
11: 00 Finish the Phrase
11:30 Dinner w/Music
3:30 Group Dominoes
4:30 Dinner w/Music

7 Nurses Week Begins
10:00 Devotion w/Chaplain
John
10:30 Faithful Paws Pet Visit
11:30 Lunch w/Music
2:00 Art Painting- A Brush of
Color w/Nature (B)
3:30 Group Dominoes
4:30 Dinner w/Music

8 National Coke Float Day
9:00 Beauty Shop
10:00 Healthcare Volleyball
11:30 Lunch w/Music
2:00 Celebrating Coke Float
Day
3:30 Easy Scrabble
4:30 Dinner w/Music

9
10:00 Harbor Scenic ride
11:30 Lunch w/Music
2:00 Pre-Mother's Day Tea
Social w/Harpist Melodies
3:30 Gin Rummy
4:30 Dinner w/Music

10
10:15 Piano Melodies
w/Mark
1:30 Rummikub Group (B)
2:00 Piano and Guitar
Melodies by Volunteers (DR)
3:00 Puzzle Solving (H)

11 Happy Mother's Day
10:00 Sunday Worship
w/Tallowood Church
2:00 Sunday Movie Classic
5:30 Sunday Serenade

12
10:00 Memory Lane Sing-along
11:30 Lunch w/Music
2:00 Watercolor Art
3:00 Group Puzzle Piecing
4:30 Dinner w/Music

13 National Apple Pie Day
10:00 Group Puzzle piecing
11:30 Lunch w/Music
2:00 Apple Pie Social
3:30 Picture Match Game
4:30 Dinner w/Music

14
10:00 Devotion w/Chaplain
John
11:00 Senior Trivia
11:30 Lunch w/Music
2:00 Paint by Number
3:00 Pokeno Card Game
4:30 Dinner w/Music

15
9:00 Beauty Shop
10:00 Polka Chair Yoga
11:30 Lunch w/Music
2:00 Happy Hour w/David
Songs for Mother's
3:30 Group Dominoes
4:30 Dinner w/Music

16
10:00 Musical Bingo
11:30 Lunch w/Music
2:00 Ice cream Social
2:00 Outdoor Stroll or Roll
3:30 Group Dominoes
4:30 Dinner w/Music

17 ARMED FORCES DAY
10:15 Piano Melodies
W/ Mark (DR)
1:45 Ice cream Nutty Bars
2:00 Piano & Guitar Melodies
by Youth Volunteers
3:00 Rummikub w/Friends

18
10:00 Sunday Worship
w/Tallowood Church
2:00 Sunday Movie Classic
3:30 Virtual Vesper Service
(Ch 2)
6:00 Gospel Serenade

19
10:00 B-I-N-G-O Fun
11:30 Lunch w/Music
2:00 Down Memory Lane
w/Jane
3:00 Pet Adoption Dice Game
4:30 Dinner w/Music

20
10:00 Wheel of Fortune
11: 00 Senior Trivia
11:30 Lunch w/Music
2:00 Drumming w/Cindy
3:30 Group Dominoes
4:30 Dinner w/Music

21
10:00 Devotion w/Chaplain
John
10:30 Faithful Paws Pet Visit
11:30 Lunch w/Music
2:00 Parkway Place Choir
3:30 Roll '6" Dice Game
4:30 Dinner w/Music

22 Neighbors Day Out
9:00 Beauty Shop
10:00 Simple Yoga
11:30 Lunch w/Music
2:00 Neighbors Day Out
3:30 Easy Scrabble
4:40 Dinner w/Music

23
10:15 Entertainment by Rich
2:00 Ice cream Social
2:30 Brief Travel: The Great
Lakes
3:30 Picture Match Game
4:30 Dinner w/Music

24
10:15 Piano Melodies with
Mark Bruni (DR)
1:50 Popsicle Treat
2:00 Piano & Guitar Melodies
by Youth Volunteers
3:00 Rummikub w/Friends

25
10:00 Sunday Worship
w/Tallowood Church
2:00 Sunday Movie Classic
3:30 Virtual Vesper Service
(Ch 2)
6:00 Sunday Serenade

26 MEMORIAL DAY
10:00 Memorial Day Service
11:30 Lunch w/Music
2:00 Memorial Day Social
w/Jane
4:30 Dinner w/Music

27 Popsicle Day
10:00 Wheel of Fortune
11: 00 Outdoor Stroll or Roll
11:30 Lunch w/Music
2:00 Popsicle Social
3:30 Gin Rummy
4:30 Dinner w/Music

28 Senior Fitness Day
10:00 Devotion w/Chaplain
John
11:00 Random Trivia
11:30 Lunch w/Music
2:00 Senior Fitness Event
3:30 Group Dominoes
4:30 Dinner w/Music

29
9:00 Beauty Shop
10:00 Therapeutic Hand
Hand Massage w/Music
11:30 Lunch w/Music
2:00 Residents Birthday Social
w/Curtis
3:30 Gin Rummy Card Game
4:30 Dinner w/Music

30
10:00 Oldies but Goodies
w/Danette
11:30 Lunch w/Music
2:00 Watercolor Art
3:00 Pokeno Card Game
4:30 Dinner w/Music

31
10:15 Piano Melodies
W/ Mark (DR)
1:30 Rummikub
2:00 Piano & Guitar Melodies
by Youth Volunteers
3:00 Puzzle solving (AL)



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