

# Week THREE Life Enrichment Calendar May 2024

### Wednesday, May 15<sup>th</sup> 9:00 Daily Chronicle - Atrium 9:30 Cardio Drumming - Atrium 10:15 Exercise in the Clubhouse 10:15 Crafts w/Katie & Tammy in the Multi. Rm 💳 11:00 Walking Club - Atrium 1:00 Activity Mtg - Atrium 1:00 Knitting Together in the Multipurpose Rm 1:00 1-on-1 visits - Atrium Apts. 1:00 Trip to Village (\*\*\*) **>** 2:00 Music w/Debbie Darling in the Atrium 3:00 Bingo - Clubhouse 3:15 Volleyball in the Atrium 3:30 Puzzles & LRC - Atrium 6:00 Tunes with a Twist with Laura Blair - Atrium

<u> Thursday, May 16<sup>th</sup></u>
9:00 Daily Chronicle - Atrium
9:15 - 9:50 St. Joan of Arc
Catholic Communion Service
& Rosary - Multipurpose Rm 📤
9:30 Chair Yoga in the Atrium 🔷
0:00 Bible Study - Mult. Rm
0:00 - 10:30 Bingo - Atrium
0:30 Stretching - Clubhouse
1:00 Name That Tune - Atrium 🔵
1:00 Trip to Marketplace (***)
1:00 Meditation with Peggy
in the MultipurposeRm 🤝
1:00 Walking Club - Clubhse
1:30 - 2:30 Legacy Therapy
Meet & Greet the Team
in the Clubhouse
3:00 Women's Group - Clbse
3:00 - 3:30 Ice Cream - Atrium
5:00 - 7:00 Game Night with snacks- Atrium & Clbhse
SHACKS- ALHUHI & CIDHSE

## Friday, May 17<sup>th</sup> 9:00 Daily Chronicle - Atrium 9:30 Exercise in the Atrium 10:15 Spa Day - Multi. Rm 10:15 Exercise in the Clubhouse > 11:00 Trivia in the Atrium 1:00 Trip to Drug Mart (\*\*\*) 1:00 Hillside Resident Council Meeting - Clubhouse 1:00 Reminisce in the Atrium 2:00 Music w/Adam Bergeron in the Atrium 2:00 Nature. Doc. "Ancient Egypt"- Clubhouse 3 - 4 Happy Hour - Clubhouse 🔷 3:30 Puzzles & Boggle - Atrium 4:00 YouTube A&E Biography "John Candy" - Multip. Rm

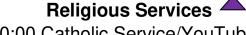
(\*\*\*) Call Phil at 330-998-1417 for a seat 48 hours in advance

Saturday, May 18th 9:00 Daily Chronicle - Atrium 9:30 Trip to Chagrin Library  $\diamond$ 9:30 Exercise Video - Atrium 10:15 Coffee & Donuts - Atrium 10:30 Pet Visit w/lvy - Atrium 11:00 Hangman - Atrium 11:00 Out to Lunch to Washington Diner (\*\*\*) 1:15 YouTube History Doc. "Secrets of the Magna Carta"- Multi. Rm 2:00 Trip to Village (\*\*\*) **>** 2:00 Ring Toss - Atrium 3:00 - 4:00 Happy Hr - Atrium 3:30 Puzz. & Checkers - Atrium 6:00 Saturday Night at the **Movies "Four Weddings** and a Funeral" in the Atrium 🔷

### Sunday, May 19th

- 9:00 Daily Chronicle Atrium 9 - 12:00 Lutheran/Federated
  - Services YouTube Mult. Rm
- 9:30 Exercise Video Atrium

# 9:30 Transportation to



- 10:00 Catholic Service/YouTube in the Atrium
- 10:00 1-on-1 visits Atrium Apts
- 10:45 Studio Art in the Atrium 1:30 - 2:30 Cordials &
- **Chocolates Atrium**
- 2:30 3:00 Bingo in the Multipurpose Room
- 2:30 Pet Visit w/Clooney in the Atrium
- 3:30 Music w/the Forest City Singers - Atrium 🔷
- 3:30 Puzzles & Monopoly -Atrium =
- 4:00 Ted Talks "How to Tap into Your Awareness" -Multi. Rm 🔷

### Monday, May 20th

- 9:00 Daily Chronicle Atrium
- 9:30 Exercise Atrium



- 11:00 Walking Club Atrium
- 10:15 Exercise Clubhouse
- 11:00 Trivia Atrium
- 1:00 1-on-1 visits Atrium Apts
- 1:00 Trip to Marc's/Aldi's (\*\*\*)
- 1 3:00 Play/Dress Rehearsal in the Atrium Multip. Rm
- 2:00 Mahjong Atrium Library
- 2:00 Sing-along & Chair Dancing w/Toni - Atrium 🔷
- 2:45 Ice Cream Atrium
- 3:00 Wii Bowling Mult. Rm 💙
- 3:15 Volleyball in the Atrium
- 3:30 Puzzles & Trivia Atrium
- 7:00 Chagrin Investors Club Meeting (Private Meeting)
  - Library  $\langle \rangle$

(\*\*\*) Call Phil at 330-998-1417 for a seat 48 hours in advance

### Tuesday, May 21st

- 9:00 Daily Chronicle Atrium
- 9:30 Stretching Atrium



- 10 10:30 Quarter Bingo in the Atrium
- 10:00 Book Club Clubhouse
- 10:45 Stretching Clubhouse
- 11:00 Top Songs 1962 Atrium
- 1:00 Tai Chi w/Legacy Therapy in the Clbse
- 2:30 Prime Movie "Top Gun" in the Clubhouse
- 2:30 Bridge Library
- 3:00 Resident Art
  - Exhibit Atrium
- 3:00 4:00 Happy Hour/ Wine & Cheese in the Atrium (\*\*\*)
- 4:00 Puzzles & Uno Atrium
- 6:00 Brain Games Atrium





#### **ACTIVITY KEY CODE**

- = Intellectual Wellness
- = Social Wellness
- = Physical Wellness
- = Spiritual Wellness
- **= Emotional Wellness**