

HEARTHSIDE COMMONS MAY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Resident Rights: You have the right to be treated with dignity and respect, as well as make your own schedule and participate in the activities you choose.</p> <p>TRIPS: TBA</p>	<p>1 <u>May Day</u> 9:45 Morning Mingle 10:00 Sit and Be Fit 10:15 Truck Stops 1:30 10 min Stretch 2:00 Hot Topics 2:30 Flower Crowns 3:30 Music on the Patio</p>	<p>2 9:45 Morning Vibe 10:00 Lets Get Moving 10:15 Guess the President & First Lady 1:30 Singing w/ Seniors 2:30 Bingo 3:30 Ice Tea Social</p>	<p>3 9:45 Café & Tunes 10:00 Workout Bands 10:15 Music & Manicures 1:30 A Lil Pick Me Up 2:00 Balloon Volley 2:30 How Many Words 3:30 Sherbet Social 6:30 Games w/ friends</p>	<p>4 9:45 Coffee Social 10:00 Zumba 10:15 Making Mini Pies 1:30 Resident Rights Bingo w/ Tatiana 2:30 Bowling 3:30 Popcorn Surprise 6:30 Movie Night</p>	<p>5 <u>Cinco de Mayo</u> 10:00 Fun Fitness 10:15 Stickball 1:30 Yoga Moves 2:00 Frankie Tunes 2:30 Bingo 3:30 Tacos & Margaritas 6:30 Cards with Friends</p>	<p>6 9:30 Cup of Joe 10:00 Exercise 10:30 Visit with VFW 1:30 Bingo 2:30 Movie and Snacks</p>	
<p>7 10:00 Catholic Mass with Father John 1:30 Church Service TV 2:30 Singing with Sacred Heart Church Multicultural Ministry</p>	<p>8 9:45 Morning Mingle 10:00 Sit and Be Fit 10:15 The Price is Right 1:30 10 min. Stretch 2:00 Spring Poems 2:30 Match My Card 3:30 Snack and Chat</p>	<p>9 9:45 Morning Vibe 10:00 Lets Get Moving 10:15 Jeopardy 1:30 Singing w/ Seniors 2:30 Bingo 3:30 Drinks on the Patio</p>	<p>10 9:45 Café & Tunes 10:00 Workout Bottles 10:15 Music & Manicures 1:30 A Lil Pick Me Up 2:00 Finish the Phrase 2:30 Pokeno 3:30 Chips & Dip 6:30 Games w/ friends</p>	<p>11 9:45 Coffee Social 10:00 Zumba 10:15 Name Craft 1:30 Resident Led Rosary 2:30 Music Fun with Richard Casella 3:30 Drinks on the Patio 6:30 Movie Night</p>	<p>12 9:45 Café 10:00 Fun Fitness 10:15 Bocce Ball 1:30 Yoga Moves 2:00 Dean Martin Songs 2:30 Bingo 3:30 Happy Hour 6:30 Cards with Friends</p>	<p>13 9:30 Cup of Joe 10:00 Exercise 10:15 Hangman 1:30 Bingo 2:30 Movie and Snacks</p>	
<p>14 <u>Happy Mothers Day</u> 10:00 Catholic Mass with Father John 1:30 Inspirational Music 2:30 Mothers Day Celebration w/ Patricia</p>	<p>15 9:45 Monday Mimosas 10:00 Sit and Be Fit 10:15 Canada Facts & Craft 1:30 10 min Stretch 2:00 Hot Topics 2:30 Jewelry Making 3:30 Music on the Patio</p>	<p>16 9:45 Morning Vibe 10:00 Lets Get Moving 10:15 Resident Council 1:30 Singing w/ Seniors 2:30 Bingo 3:30 Ice Tea Social on the Patio</p>	<p>17 9:45 Café & Tunes 10:00 Workout Bands 10:15 Music & Manicures 2:30 Twin Contest Minute To Win It Games & Ice Cream Sundaes</p>	<p>18 9:45 Coffee Social 10:00 Zumba 10:15 Uno 1:30 Lawrence Welk 2:30 Party Time with Staff & Residents Snacks , Music & Prizes</p>	<p>19 9:45 Café 10:00 Fun Fitness 10:15 Bingo 2:15 Resident, Staff Olympic Games with Grillin and Chillin 6:30 Cards with Friends</p>	<p>20 9:30 Cup of Joe 10:00 Exercise 10:15 Crossword Social 1:45 Senior, Senior Prom with B.H.S Glamour Girls</p>	
<p>21 10:00 Catholic Mass with Father John 1:30 Church Service w/ Kezia from Bible way 2:30 Entertainment with Entertainers Plus & Ice Cream Sundaes</p>	<p>22 9:45 Morning Mingle 10:00 Sit and Be Fit 10:15 Truck Match 1:30 10 min Stretch 2:00 Dominoes 2:30 Personal Pizza's 3:30 Italian Music & Pizza</p>	<p>23 9:45 Morning Vibe 10:00 Lets Get Moving 10:15 Pillow Art 1:30 Singing w/ Seniors 2:30 Bingo 3:30 Drinks on the Patio</p>	<p>24 9:45 Café & Tunes 10:00 Workout Bottles 10:15 Music & Manicures 1:30 A Lil Pick Me Up 2:00 Math Quiz 2:30 Making Empanadas 3:30 Empanada Social 6:30 Games w/ friends</p>	<p>25 9:45 Coffee Social 10:00 Zumba 10:15 Match My Card 1:30 Resident Lead Rosary 2:00 Brain Aerobics 2:30 Family Feud 3:30 Smoothie Social 6:30 Movie Night</p>	<p>26 9:45 Café 10:00 Fun Fitness 10:15 Mini Golf 1:30 Yoga Moves 2:00 Andrew Sisters 2:30 Bingo 3:30 TGIF Social 6:30 Cards with Friends</p>	<p>27 9:30 Cup of Joe 10:00 Exercise 10:15 Dear Abby 1:30 Bingo 2:30 Movie and Snacks</p>	
<p>28 10:00 Catholic Mass with Father John 1:30 Church Service w/ Kezia from Bible way 2:30 Entertainment with Richard Stillman and Soda Floats</p>	<p>29 <u>Memorial Day</u> 9:45 Morning Mingle 10:00 Sit and Be Fit 10:15 Music Concert (TV) 2:30 Memorial Day Entertainment</p>	<p>30 9:45 Morning Vibe 10:00 Lets Get Moving 10:15 Bananagrams 1:30 Singing w/ Seniors 2:30 May Birthday Party 3:30 R&R on the Patio</p>	<p>31 9:45 Café & Tunes 10:00 Workout Bands 10:15 Music & Manicures 1:30 A Lil Pick Me Up 2:00 Easy Listening 2:30 Bingo 3:30 Trivia on the Patio</p>	<p>Cultivating Kindness May 14th-20th</p>			