


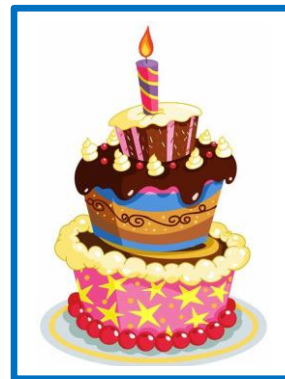


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Each day we focus on:</i> <i>Motion</i> ~ Exercise &amp; Movement <i>Creativity</i> ~ Arts, Crafts &amp; Baking <i>Rhythm</i> ~ Music &amp; Singing <i>Enrichment</i> ~ Reading &amp; Trivia <i>Relaxation</i> ~ Massage &amp; Sensory</p> <p>*Activities are subject to change when needed</p>			<p>1</p> <p>10-10:30: Daily Chronicle 10:30-11: 1-on-1 11-11:30: Reading 1:30 Rosary (Ch 957) 2:30-3: Exercise 3:30-4: Snacks</p>	<p>2</p> <p>10-10:30: Daily Chronicle 10:30-10:45: 1-on-1 10:45-11:30: Music 2-4: Nail Art</p>	<p>3</p> <p>10-10:30: Daily Chronicle 10:30-11: 1-on-1 11-11:30: Coloring 2:30-3: Exercise 3-4: Bingo Game Night 6:30-7:30</p>	<p>4</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Words from words 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>5</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Dart Ball 2-3: Memory Lane 3-4: Jingo 2:30 Worship- (Ch 957)</p>	<p>6</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30-2:30: 1-on-1 2:30-3: Exercise 2-4: Men's Club</p>	<p>7</p> <p>Monthly Birthday Party</p> <p>10:30-11: Daily Chronicle 10:30-11: 1-on-1 11-11:30: Coloring 2-3: Monthly Birthday Party Game Night 6:30-7:30</p>	<p>8</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2:30-3: Exercise 3:30-4: Snacks</p>	<p>9</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Chess 2-3:30: Wii Bowling 2-4: Men's Club</p>	<p>10</p> <p>10-10:30: Daily Chronicle 10:30-11: 1-on-1 11-11:30: Coloring 2:30-3: Exercise 3-4: Bingo Game Night 6:30-7:30</p>	<p>11</p> <p>10-10:30: Daily Chronicle 10:30-11: Dart Ball 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>12</p> <p>Mother's Day</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Mother's Day Trivia 2-3: Memory Lane 3-4: Jingo 2:30 Worship- (Ch 957)</p>	<p>13</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30-2:30: 1-on-1 2:30-3: Exercise Documentary 6:30-7:30</p>	<p>14</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 1:30-4: Heinz History Center Game Night 6:30-7:30</p>	<p>15</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2:30-3: Exercise 3:30-4: Snacks</p>	<p>16</p> <p>10-10:30: Daily Chronicle 10:30-10:45: 1-on-1 10:45-11:30: Music 2-4: Nail Art</p>	<p>17</p> <p>10-10:30: Daily Chronicle 10:30-11: 1-on-1 11-11:30: Coloring 2-3:30: Lee Alverson on Hickory Game Night 6:30-7:30</p>	<p>18</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Words from words 1:30-3:30: Movie 3:30-4: 1-on-1 12:30-3:30- Movie IF Trip</p>
<p>19</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Dart Ball 2-3: Memory Lane 3-4: Jingo 2:30 Worship- (Ch 957)</p>	<p>20</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Trivia 2-4: Group Resident Council 3:30-4: Snacks</p>	<p>21</p> <p>Tea Day</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3:30: Craft 3-4: Snacks Game Night 6:30-7:30</p>	<p>22</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2:30-3: Exercise 3-4: Social 3-4: Men's Club</p>	<p>23</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Chess 10:45-11:30: Music 2-3:30: Wii Bowling</p>	<p>24</p> <p>10-10:30: Daily Chronicle 10:30-11: Coloring 11-11:30: Music 2:30-3: Exercise 3-4: Bingo Game Night 6:30-7:30</p>	<p>25</p> <p>10-10:30: Daily Chronicle 10:30-11: Dart Ball 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>26</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Art All Night Art 2-3: Memory Lane 3-4: Jingo 2:30 Worship- (Ch 957)</p>	<p>27</p> <p>Memorial Day</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30-2:30: 1-on-1 2:30-3: Exercise</p>	<p>28</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3:30: Craft Game Night 6:30-7:30</p>	<p>29</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2:30-3: Exercise 3:30-4: Snacks</p>	<p>30</p> <p>10-10:30: Daily Chronicle 10:30-10:45: 1-on-1 10:45-11:30: Music 2-4: Nail Art</p>	<p>31</p> <p>10-10:30: Daily Chronicle 10:30-11: Coloring 11-11:30: Music 2:30-3: Exercise 3-4: Bingo Game Night 6:30-7:30</p>	

## BIRTHDAY LIST

Linda C. 5/6  
 Patricia S. 5/7  
 Cecelia P. 5/10  
 Charles S. 5/14  
 Dane T. 5/17  
 Albert G. 5/21  
 Karen O. 5/26  
 Joan S. 5/30

Patricia H. 5/ 6  
 James E. 5/ 8  
 Cornelia D. 5/13  
 Loretta D. 5/17  
 John H. 5/ 18  
 Carol W. 5/ 21  
 John M. 5/ 29



Resident Council Meeting  
 May 20 2:30pm-3:30pm

Food Committee Meeting  
 May 20 2pm-2:30pm

### Dates to Remember in May:

1- May Day  
 7- Monthly Birthday Party  
 8- Art with Janet on Willow  
 12- Mother's Day  
 14- Heinz History Center Trip

17- Lee Alverson on Hickory  
 18- AMC Movie IF Trip  
 21- Tea Party Social Room  
 24- Drum Circle on Willow  
 27- Memorial Day

### May Day

Did you know that May Day has its roots in astronomy? Traditionally, it was the halfway point between the spring equinox and the summer solstice! In ancient times, this was one of the Celtic cross-quarter days, which marked the midway points between the (four) solstices and equinoxes of the year.

As with many early holidays, May Day was rooted in agriculture. Springtime festivities filled with song and dance celebrated the sown fields starting to sprout. Cattle were driven to pasture, special bonfires were lit, and doors of houses as well as livestock were decorated with yellow May flowers. In the Middle Ages, the Gaelic people celebrated the festival of Beltane. Beltane means "Day of Fire." People created large bonfires and danced at night to celebrate.



## Fitness Tips:

Good posture means that the key parts of a person's body are correctly aligned, with the right amount of support from muscle tension.

Correct posture can help by:

- reducing strain on the body during movement and exercise
- reducing wear and tear on the joints, muscles, and ligaments
- maintaining balance while moving and exercising
- reducing the risk of muscle strain and overuse conditions
- improving spine health

The authors of a [2019 article](#) in the *Journal of Orthopaedic & Sports Physical Therapy* state that "correct" posture may look different for different people. A comfortable posture for one person may be uncomfortable for someone else, so it is important to try out different sitting and standing postures.



Worship Services  
**Worship Service Every Sunday**  
 2:30 - HC/ch957