





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 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2-3: Memory Lane 3-3:30: Exercise 3:30-4: Snacks</p>	<p>9</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Nail Art 2-3:30: Art 3:30-4: Snacks</p>	<p>3</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3: Bingo 3-3:30: Exercise 3:30-4: Snacks</p>	<p>4</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Words from words 1:30-2: Snacks 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: Sing a long 2-3: Definition 3-3:30: Virtual Reality 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>6</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Definition 2:3-3: Bingo 3-3:30: Exercise 3:30-4: Snacks</p>	<p>7</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Music 2-3 Monthly Birthday Party 3:30-4: Birthday Trivia</p>	<p>8</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2-3: Memory Lane 3-4 Art with Janet</p>	<p>9</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Nail Art 2-3:30: hang man 3:30-4: Snacks</p>	<p>10</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3: Bingo 3-3:30: Exercise 3:30-4: Snacks</p>	<p>11</p> <p>10-10:30: Daily Chronicle 10:30-11: Sing a long 1:30-2: Snacks 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>12</p> <p>10-10:30: Daily Chronicle 10:30-11: Sing a long 2-3: Mothers Day Celebration 3-3:30: Ball Toss 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>13</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3: Bingo 3-3:30: Exercise 3:30-4: Snacks</p>	<p>14</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Music 2-3 balloon ball 3:30-4: Snacks</p>	<p>15</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2-3: Memory Lane 3-3:30: Exercise 3:30-4: Snacks</p>	<p>16</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Nail Art 2-3:30: Art 3:30-4: Snacks</p>	<p>17</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3: Bingo 3-3:30: Exercise 3:30-4: Snacks</p>	<p>18</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Words from words 1:30-2: Snacks 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>19</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Sing a long 2-3: Definition 3-3:30: Virtual Reality 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>20</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Trivia 2-3: Bingo 3-3:30: Exercise 3:30-4: Snacks</p>	<p>21</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Music 2-4 Tea Party</p> 	<p>22</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2-3: Movie Social 3-3:30: Exercise 3:30-4: Snacks</p>	<p>23</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Nail Art 2-3:30: Art 3:30-4: Snacks</p>	<p>24</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3: Drum Circle 3-3:30: Exercise 3:30-4: Snacks</p>	<p>25</p> <p>10-10:30: Daily Chronicle 10:30-11: Sing a long 1:30-2: Snacks 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>26</p> <p>10-10:30: Daily Chronicle 10:30-11: Sing a long 2-3: Trivia 3-3:30: Ball Toss 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>27</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Memorial Day celebration 2-3: Bingo 3-3:30: Exercise 3:30-4: Snacks</p>	<p>28</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Music 2-3 balloon ball 3:30-4: Snacks</p>	<p>29</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 1:30 Rosary (Ch 957) 2-3: Memory Lane 3-3:30: Exercise 3:30-4: Willow social</p>	<p>30</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Nail Art 2-3:30: Art 3:30-4: Snacks</p>	<p>31</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-3: Bingo 3-3:30: Exercise 3:30-4: Snacks</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

**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.



**Willow Times**

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.

Worship Services

Worship Service Every Sunday  
2:30 - HC/ch957