


May 2020 WELLNESS CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00 Morning Greeting- Ch. 3 10:30 Chaplain Chat- Ch. 3 1:30 Exercise - Ch. 3 3:00 Good News- Ch. 3 7:00 Book Club - Ch. 3	2 Saturday Social: Margaritas 9:00 Morning Greeting- Ch. 3 1:30 Yoga- Ch. 3
3 9:00 Morning Greeting- Ch. 3 10:30 Church Service- Ch. 3 Communion Service Room Visits	4 Weekly Challenge Kick Off: Bike Rides 9:00 Morning Greeting- Ch. 3 Ch. 3 10:30 Devotions- Ch. 3 1:30 Moving Mondays-Yoga- Ch. 3 3:00 Artist Spotlight: Duke Ellington- Ch. 3 7:00 Poetry Corner- Ch. 3	5 9:00 Morning Greeting- Ch. 3 10:30 Devotions- Ch. 3 1:30 Exercise - Ch. 3 3:00 History Hour – Ch. 3 7:00 Music & Relaxation- Ch. 3	6 9:00 Morning Greeting- Ch. 3 10:00 Grandfriends Video Chat 10:30 Devotions- Ch. 3 1:30 Exercise - Ch. 3 3:00 Looking Ahead- Ch. 3 7:00 Stories to Warm the Heart- Ch. 3	7 9:00 Morning Greeting- Ch. 3 10:30 Devotions- Ch. 3 1:30 Exercise - Ch. 3 3:00 Trivia Time – Ch. 3 7:00 Meditation- Ch. 3	8 9:00 Morning Greeting- Ch. 3 10:30 Chaplain Chat- Ch. 3 1:30 Exercise - Ch. 3 3:00 Good News- Ch. 3 7:00 Book Club - Ch. 3	9 Saturday Social: Mother's Day Tea 9:00 Morning Greeting- Ch. 3 1:30 Yoga- Ch. 3
10 9:00 Morning Greeting- Ch. 3 10:30 Church Service- Ch. 3 Communion Service Room Visits	11 Weekly Challenge Kick Off: May Trivia Quiz 9:00 Morning Greeting- Ch. 3 10:30 Devotions- Ch. 3 1:30 Moving Mondays-Yoga- Ch. 3 3:00 This Day in Music- Ch. 3 7:00 Poetry Corner- Ch. 3	12 9:00 Morning Greeting- Ch. 3 10:30 Hymn-Story- Ch. 3 1:30 Exercise - Ch. 3 3:00 History Hour – Ch. 3 7:00 Music & Relaxation- Ch. 3	13 10:00 Grandfriends Video Chat 10:30 Devotions- Ch. 3 1:30 Exercise - Ch. 3 3:00 Word Games Ch. 3 7:00 Stories to Warm the Heart- Ch. 3	14 9:00 Morning Greeting- Ch. 3 10:30 Bible Art - Ch. 3 1:30 Exercise - Ch. 3 3:00 Trivia Time – Ch. 3 7:00 Meditation- Ch. 3	15 9:00 Morning Greeting- Ch. 3 10:30 Chaplain Chat- Ch. 3 1:30 Exercise - Ch. 3 3:00 Good News- Ch. 3 7:00 Book Club - Ch. 3	16 9:00 Morning Greeting- Ch. 3 1:30 Yoga- Ch. 3 Saturday Social: Ice Cream Sundaes
17 9:00 Morning Greeting- Ch. 3 10:30 Church Service- Ch. 3 Communion Service Room Visits	18 Weekly Challenge Kick Off: Patriotic Coloring Contest 9:00 Morning Greeting- Ch. 3 10:30 Devotions- Ch. 3 1:30 Moving Mondays-Yoga- Ch. 3 3:00 This Day in Music- Ch. 3 7:00 Poetry Corner- Ch. 3	19 9:00 Morning Greeting- Ch. 3 10:30 Hymn-Story- Ch. 3 1:30 Exercise - Ch. 3 3:00 History Hour – Ch. 3 7:00 Music & Relaxation- Ch. 3	20 9:00 Morning Greeting- Ch. 3 10:00 Grandfriends Video Chat 10:30 Devotions- Ch. 3 1:30 Exercise - Ch. 3 3:00 Funny Bone –Ch. 3 7:00 Stories to Warm the Heart- Ch. 3	21 9:00 Morning Greeting- Ch. 3 10:30 Bible Art - Ch. 3 1:30 Exercise - Ch. 3 3:00 Trivia Time – Ch. 3 7:00 Meditation- Ch. 3	22 9:00 Morning Greeting- Ch. 3 10:30 Chaplain Chat- Ch. 3 1:30 Exercise - Ch. 3 3:00 Good News- Ch. 3 7:00 Book Club - Ch. 3	23 Saturday Social: May Birthday Party 9:00 Morning Greeting- Ch. 3 1:30 Yoga- Ch. 3
24 9:00 Morning Greeting- Ch. 3 10:30 Church Service- Ch. 3 31 Communion Service Room Visits	25 Weekly Challenge Kick Off: Memorial Day Word Puzzles 9:00 Morning Greeting- Ch. 3 10:30 Devotions- Ch. 3 1:30 Yoga- Ch. 3 3:00 Music Trivia- Ch. 3 7:00 Poetry Corner- Ch. 3	26 9:00 Morning Greeting- Ch. 3 10:30 Hymn-Story- Ch. 3 1:30 Exercise - Ch. 3 3:00 History Hour – Ch. 3 7:00 Music & Relaxation- Ch. 3	27 9:00 Morning Greeting- Ch. 3 10:00 Grandfriends Video Chat 10:30 Devotions- Ch. 3 1:30 Exercise - Ch. 3 3:00 Share a Story Recap - Ch. 3 7:00 Stories to Warm the Heart- Ch. 3	28 9:00 Morning Greeting- Ch. 3 10:30 Bible Art - Ch. 3 1:30 Exercise - Ch. 3 3:00 Trivia Time – Ch. 3 7:00 Meditation- Ch. 3	29 9:00 Morning Greeting- Ch. 3 10:30 Chaplain Chat 1:30 Exercise - Ch. 3- Ch. 3 3:00 Good News- Ch. 3 7:00 Book Club - Ch. 3	30 Saturday Social 9:00 Morning Greeting- Ch. 3 1:30 Yoga- Ch. 3

