


May 2019

Berkeley Oaks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Open to the Public</p> <p>11th-Pre-Mother's Day Tea @2:00pm 14th-Support Group w/Heartland @ 3:00pm 15th-Parkinson's Support Group</p>			<p>1</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:00 Wellness Checks 9:30 Exercise 10:00 Snack & Chat 10:30 Make Flowers 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Make Mother's Day Cards 3:30 Karaoke Sing Along 6:00 Movie 	<p>2</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Ball Bounce 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand massages w/scented lotions 3:30 Fun w/Marshmallows 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games 	<p>3</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Zumba with Peggy 10:00 Snack & Chat 10:30 Balloon Volleyball 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Bowling 3:30 Brain Fitness 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>4</p> <ul style="list-style-type: none"> 9:00 Fitness Card Flash 9:00 Newspaper Readings 9:30 Bean Bag Toss 10:00 Snack & Chat 10:30 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time
<p>5</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Ball Bounce 10:30 Spiritual Sing (Youtube) 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time 	<p>6</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 It's Addition 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Music w/Jack Enea 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>7</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Puzzles 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Name 10 3:30 Men's Car Racing 4:00 Reminiscing with soft music 6:00 Adult Coloring 	<p>8</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 Mother's Day Collage 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Colored Shapes & Designs 3:30 Karaoke Sing Along 4:00 Short Story 6:00 Movie 	<p>9</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Apples & Berries w/Chef Arndray 10:30 Beach Ball Toss 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand massages w/scented lotions 3:30 Fun w/Pretzels 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games 	<p>10</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 Make Mother's Day Photo's 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Prize Bingo 3:30 Milkshake Friday 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>11</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Bean Bag Toss 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Pre-Mother's Day Tea 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time
<p>12</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Ball Bounce 10:30 Spiritual Sing (Youtube) 11:30 Hand Washing 4 Lunch 12:00 Mother's Day Meal 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time 	<p>13</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 Trivia 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>14</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Spiritual Study w/Rev. Cheryl 10:30 Charades 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 ABC Game 3:30 Subtraction 4:00 Reminiscing with soft music 6:00 Adult Coloring 	<p>15</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 Coloring 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Yahtzee 3:30 Karaoke Sing Along 4:00 Reminiscing 6:00 Movie 	<p>16</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Travel to Hawaii 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand massages w/scented lotions 3:30 Fun w/Pineapples 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games 	<p>17</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Zumba w/Peggy 10:00 Snack & Chat 10:30 Balloon Volleyball 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Music w/Jonathan 3:30 Brain Fitness 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>18</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Bean Bag Toss 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time
<p>19</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Ball Bounce 10:30 Spiritual Sing (Youtube) 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time 	<p>20</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 Trivia 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>21</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Charades 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Afternoon Tea & Newspaper 3:30 Name 10 4:00 Reminiscing with soft music 6:00 Adult Coloring 	<p>22</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 Make the US Flag 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hangman 3:30 Karaoke Sing Along 4:00 The Color Game 6:00 Movie 	<p>23</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Beach Ball Toss 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand massages w/scented lotions 3:30 Fun w/Strawberries 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games 	<p>24</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 Balloon Volleyball 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Music w/Jack Gorman 3:30 Brain Fitness 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>25</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Bean Bag Toss 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Wise Sayings Fill in the Blank 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time
<p>26</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Ball Bounce 10:30 Spiritual Sing (Youtube) 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time 	<p>27</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 Trivia 11:00 Outside Time 11:30 Hand Washing 4 Lunch 12:00 Memorial Day Cookout 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>28</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Spiritual Study w/Rev. Cheryl 10:30 Wise Sayings 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Music w/Roberto 3:30 Guess What I Am? 4:00 Reminiscing with soft music 6:00 Adult Coloring 	<p>29</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 Nursery Rhymes 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Creative Expressions 3:30 Karaoke Sing Along 4:00 Reminiscing 6:00 Movie 	<p>30</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Beach Ball Toss 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand massages w/scented lotions 3:30 Fun w/Apples 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games 	<p>31</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Chat 10:30 Balloon Volleyball 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Prize Bingo 3:30 Brain Fitness 4:00 Reminiscing with soft music 6:00 Floor Games 	<p>DIMENSIONS OF WELLNESS</p> <ul style="list-style-type: none"> <li style="width: 50%;">Physical <li style="width: 50%;">Emotional <li style="width: 50%;">Spiritual <li style="width: 50%;">Environmental <li style="width: 50%;">Vocational <li style="width: 50%;">Social <li style="width: 50%;">Intellectual <li style="width: 50%;">Nutritional <li style="width: 50%;">Purposeful

"If you would like to request an activity/service not reflected on the calendar, please notify the RSC or Administrator".