

If you would like to see an activity/service not reflected on the calendar please see RSC/Administrator.

Nursing monthly wellness checks



MAY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- A** Your Apartment
- DR** Dining Room
- PL** Parking Lot
- ML** Main Lobby
- ECS** Elevator Common Space
- HC** Hall Cart
- GS** General Store
- B** Bistro
- AR** Activity Room
- GP** Gathering Place

Please Speak with Activities or Reception to help set up family visits. You must be off quarantine.

When out of your room, please wear a mask and wash your hands

May 30	Memorial Day May 31						
<p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>01:00p Indy 500 Race Day: Pick Your Driver ML</p>	<p>10:00a Yoga Ball Exercise ECS</p> <p>02:00p Men's Hour ECS</p> <p>05:00p Movie Night: Musical Monday GP</p>	<p>Please schedule a daily walk with Peyton in activities or Donna at the front desk. Lets get out and explore</p>	<p>Resident Council is for everyone to participate. A survey will be shared with everyone who is unable to attend because they are finishing their quarantine.</p>	<p>Religious Service listings: First Christian Church: Online on FCCOC.org or on the Radio 91.1 FM 11:30-12pm North Christian Church: Follow on Facebook and Youtube for online services.</p>	<p>All small group activities must be signed up for, call reception to be put on the list</p>	<p>08:00a Work on Weekend Packet A</p> <p>02:00p Independent Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>	01
<p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection A</p>	<p>10:00a Yoga Ball Exercise ECS</p> <p>01:00p Derby Day Games ECS</p> <p>04:00p Men's Hour ECS</p>	<p>10:00a General Store Open GS</p> <p>01:00p Shopping Trip: Walmart ML</p> <p>03:00p Small Group Scrabble A</p>	<p>10:30a Mill Race Center: Drum Circle ML</p> <p>11:30a Cinco De Mayo Themed Lunch DR</p> <p>02:00p Slushy Rush PL</p>	<p>10:30a Bubble Day ML</p> <p>01:00p Resident Council DR</p> <p>03:00p Small Group Bingo DR</p> <p>05:30p Mother's Day Celebration ML</p>	<p>10:00a Milky Way Day: Learn about Stars DR</p> <p>02:00p Ice Cream Shop B</p> <p>03:00p Weekend Packet-Passed Out A</p>	<p>08:00a Work on Weekend Packet A</p> <p>02:00p Independent Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>	08
<p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection A</p>	<p>10:00a Yoga Ball Exercise ECS</p> <p>01:00p Cookie Recipe-Bake Off AR</p> <p>03:00p Flower Painting DR</p>	<p>10:00a Small Group Scrabble A</p> <p>01:00p Shopping Trip: Target ML</p> <p>03:30p Price is Right Game DR</p>	<p>10:00a Mill Race Bodies in Motion Class ML</p> <p>01:30p Fudge Making with Tim DR</p> <p>03:00p Independent card Games A</p>	<p>01:00p Weekend Packet-Passed Out A</p> <p>01:30p Let's Go Fishing ECS</p> <p>03:00p Small Group Bingo DR</p>	<p>10:00a General Store Open GS</p> <p>02:00p Ice Cream Shop B</p> <p>05:00p Music By Rick McDonald ML</p>	<p>08:00a Work on Weekend Packet A</p> <p>02:00p Independent Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>	15
<p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection A</p>	<p>10:00a Yoga Ball Exercise ECS</p> <p>02:00p Karaoke Hour ML</p> <p>04:00p Men's Hour ECS</p>	<p>10:00a General Store Open GS</p> <p>01:00p Shopping Trip: Hobby Lobby ML</p> <p>01:00p Small Group Scrabble A</p>	<p>09:30a Morning Walk ML</p> <p>01:00p Word Play: Word/Letter Puzzle Packets A</p> <p>03:00p BINGO A</p>	<p>10:00a Book Mobile ML</p> <p>02:00p Lady's Hour ECS</p> <p>03:00p Small Group Bingo DR</p>	<p>10:00a Morning Trivia DR</p> <p>02:00p Ice Cream Shop B</p> <p>03:00p Weekend Packet-Passed Out A</p>	<p>08:00a Work on Weekend Packet A</p> <p>02:00p Independent Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>	22
<p>07:00a Religious Service Listing A</p> <p>11:00a Relaxation at Home: Meditation & Breathing A</p> <p>11:30a Coloring Collection A</p>	<p>12:00a Outdoor Yard Games PL</p> <p>10:00a Yoga Ball Exercise ECS</p> <p>03:00p Garden Group DR</p>	<p>10:00a Small Group Scrabble A</p> <p>01:00p Shopping Trip: Walmart ML</p> <p>03:00p God's Eye- Yarn Craft HC</p>	<p>09:30a Morning Walk ML</p> <p>01:00p Mill Race: Senior Health & Fitness Day ML</p> <p>03:00p Independent card Games A</p>	<p>10:00a New: Book Club GP</p> <p>01:00p Wheel Of Fortune DR</p> <p>03:00p Small Group Bingo DR</p>	<p>10:00a General Store Open GS</p> <p>11:00a Vivera Block Party PL</p> <p>02:00p Ice Cream Shop B</p> <p>03:00p Weekend Packet-Passed Out A</p>	<p>08:00a Work on Weekend Packet A</p> <p>02:00p Independent Exercise A</p> <p>02:00p Quarantine Pen Pals A</p>	29