

# May 2024

**100 hours exercise  
Challenge—10 minutes per day  
100 hours of reading  
Challenge—10 minutes per day**

		<p><b>01 8:00– 10:00 Breakfast/current event 9:30 Personal Care AM/washcloths 10:00– exercise-handbells 11– All about MOM</b></p> <p><b>12: Lunch 1pm-Mayor 2:00-snack 3– bus</b></p>	<p>02— 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10. Music appreciation 11– Gen exercise</p> <p>12:00 LUNCH 1pm-Shopping 1pm— city water bingo 2:30 Snack 3-Bus</p>	<p><b>03— 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10– Paper cupcake flower 11– nutrition education handout 12—lunch 1– Vilwocok bingo 2– snack 3– bus</b></p>
<p>06 8 - 10:00 Breakfast/Current event</p> <p>9:30 Personal Care AM/Washcloths 10-Exercise—drums 11– foot bath/foot massage 12-Lunch 1—Ponderosa/swim 2-snack 3-Bus</p>	<p>07 8:00– 10:00 Breakfast/current events 9:30 Personal Care AM 10:00– IPADS—Pinterest Interest 11: Gen exercise—younger group</p> <p>12:00 LUNCH 1:00– Duesterbergs 2:00 Snack 3:00-bus</p>	<p><b>08 8:00– 10:00 Breakfast/current event 9:30 Personal Care AM/washcloths 10:00—Plastic bag flowers 11— Short story 12: Lunch 1pm-Gaurdian Angels 2:00-snack 3pm-bus</b></p>	<p>09 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10—fingernail care/hand massage 11 – Gen exercise 12:00 LUNCH 1pm-Shopping 1pm– Masons 2:30 Snack 3-Bus</p>	<p><b>10 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10-exercise– handbells 11– Mothers day program 12- lunch 1– Hoosier Equestrians 2—snack 3– bus</b></p>
<p>13 8-10 Breakfast/current events 9:30-Personal Care AM/washcloths 10-exercise/weights 11– Bike Ride 12-Lunch 1-Eagles/swim 2:30-snack 3-bus</p>	<p><b>14 8:00– 10:00 Breakfast-currents 9:30 Personal Care AM 10– facials/ hot shaves 11– Gen exercise 12:00 LUNCH 1:00-K of C bingo 2:00 Snack 3-bus</b></p>	<p><b>15 8:00– 10:00 Breakfast/current event 9:30 Personal Care AM/washcloths 10:00 - Exercise/ROM 11– Out to lunch—Captn Dee’s 10.00 12: Lunch 1pm-Ewing 2:00-snack 3-bus</b></p>	<p>16 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10— Putt Time 11 – Gen exercise 12:00 LUNCH 1pm-Shopping 1pm– Moose bingo 2:30 Snack 3-bus</p>	<p><b>17 8-breakfast/currents 9:30-personal care 10:00 –exercise—handbells 11:00— Tea Cup Flower class 12:00– lunch 1:00—Thomas Refridgeration 2:00—snack 3– bus</b></p>
<p>20 -8-10—breakfast/currents 9:30—personal care/washcloths 10– exercise-hula hoop 11– Let’s Bowl—outside 12—lunch 1—Goodwins/swim 2– snack 3-bus</p>	<p>21 8:00—10:00—breakfast/currents 9:30—personal care 10:00 – IPADS—games 11:00– Gen exercise 12:00—lunch 1:00—Ron’s bingo 2:00—snack 3:00—bus</p>	<p><b>22—8:00—10:00—breakfast/currents 9:30—personal care 10:00– exercise / handbells 11:00– Daisy Mural Class 12:00—lunch 1:00– Ron’s Bingo 2:00– snack 3:00—bus</b></p>	<p><b>23—8:00—10:00—breakfast/currents 9:30—personal care 10:00– Nurses inservice 11:00– Gen exercise 12:00– lunch 1:00– Thomas Farms 2:00—snack 3:00 bus BIRTHDAY CELEBRATION</b></p>	<p>24 8-10—breakfast/currents 9-personal care 10– exercise 11– flower cupcake class 12-lunch 1-Wabsh Steele 2-snack 3– bus</p>
<p>27 CLOSED MEMORIAL DAY</p>	<p><b>28– 8-10—breakfast/currents 10– yahtzee 11– Gen exercise bingo 12– lunch 1– VFW bingo 2– snack 3– bus</b></p>	<p><b>29 —8-10—Breakfast/currents 9:30—Personal care/washcloths 10– Monopoly 11– Painting—flowers 12-Lunch 1– Oak Village bingo 2-snack 3-bus</b></p>	<p><b>30– 8-10—breakfast/currents 10- Scooter education 11– Gen exercise bingo 12– lunch 1– YMCA bingo 2– snack 3– bus</b></p>	<p>31 Awards Day Ceremony</p>