  

***Health Center Activities May 2016***

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| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| **1**  **10:00AM**  Sunday Catholic  Church Service  **2:00PM**  Card Game  **3:30PM**  Jazz Music with Ocean Sol | **2**  **10:00AM**  HC Book Club  **11:00AM**  Exercise  **3:30PM**  Harp Concert:  “Judy Saiki” | **3**  **10:00AM**  A Service of  Hymns & Prayers  **11:00AM**  Toning Exercise  **2:00PM**  Bingo  **3:30PM**  “Have You Ever?”  Social Hour | **4**  **9:30AM**  Morning Prayer  **10:15AM**  Chair Massage  With Sue  **1:00PM**  Bus Outing:  Sunflower Farm Creamery  [http://tse1.mm.bing.net/th?&id=OIP.Mbc50387c4f42bb3881d69ff0497f0ecao0&w=300&h=187&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=sunflower+farm+cumberland+mane&view=detailv2&&id=260FEF53196B7247E1310A078CE879462BBE25FE&selectedIndex=41&ccid=vFA4fE9C&simid=608015362605056897&thid=OIP.Mbc50387c4f42bb3881d69ff0497f0ecao0) | **5**  **10:00AM**  Ascension Day Mass    **10:45AM**  Sit & Fit  **2:00PM**  On the Road with Gabby & Paula  **4:00PM (IL)**  Cinco De Mayo Celebration | 6  **10:00AM**  Current events  **2:00PM (AL)**  Crossword Puzzle  **3:30PM**  Country Music with Glen Bryant | **7**  **10:00AM**  Current Events  **10:30AM**  Bingo  **2:00PM**  Individual Visits  **3:30PM (AL)**  UNO Card Game |
| **8**  **10:00AM**  Sunday Catholic  Church Service  **10:30AM (AL)**  Violin Music with Andy Happel  [http://tse3.mm.bing.net/th?id=OIP.M479c0754b7aafad93ce356a8d359cdd4o0&w=222&h=164&c=7&rs=1&qlt=90&o=4&pid=1.1](http://www.bing.com/images/search?q=mothers+day+&view=detailv2&&id=19265776F6FC79F10F099DD84D545DCD51F08EE9&selectedIndex=31&ccid=R5wHVLeq&simid=607991851928716216&thid=OIP.M479c0754b7aafad93ce356a8d359cdd4o0) | **9**  **10:00AM**  HC Book Club  **11:00AM**  Exercise  **3:30PM**  Folk Music with Sharon Wright | **10**  **10:00AM**  A Service of  Hymns & Prayers  **11:00AM**  Toning Exercise  **2:00PM**  Bingo  **3:30PM**  Afternoon Card Game | **11**  **10:00AM**  Current Events  **1:00PM**  Bus outing:  Bowdoin College  Art Museum  https://www.bowdoin.edu/news/archives/images/museumandpavilionsfw.jpg | **12**  **10:00AM**  Spring Olympic  **2:00PM**  On the Road with Gabby & Paula  **3:30PM**  Zumba | **13**  **9:30AM**  Daily Horoscope  **10:00AM**  Art Class with Heidi  **2:00PM (AL)**  Crossword Puzzle  **3:30PM**  Humor Group | **14**  **10:00AM**  Bingo  **2:00PM**  Individual Visits  **3:30PM**  Piano Music with David Stone |
| **15**  **10:00AM**  Sunday Catholic  Church Service  **10:30AM**  City Theater:  Murder at the Howard Johnson  http://farm6.static.flickr.com/5211/5533878102_f991f0685d_o.jpg  **3:30PM**  St. Albans  Church service | **16**  **10:00AM**  HC Book Club  **11:00AM**  Exercise  **3:30PM**  On the Road with Gabby & Paula | **17**  **10:00AM**  A Service of  Hymns & Prayers  **11:00AM**  Exercise  **2:00PM**  Bingo  **3:00PM**  Outdoor Strolls | **18**  **9:30AM**  Morning Prayer  **10:15AM**  Piper Ukulele Group  **1:00PM**  Bus Outing:  Countryside Tour  [http://tse1.mm.bing.net/th?id=OIP.M8b4da88b88c62ae7a861512e42409605o0&w=265&h=176&c=7&rs=1&qlt=90&o=4&pid=1.1](http://www.bing.com/images/search?q=countryside&view=detailv2&&id=0C295AFB539CD56AE296CBCC49D6CD956FC5C0C1&selectedIndex=3&ccid=i02oi4jG&simid=608038035710479260&thid=OIP.M8b4da88b88c62ae7a861512e42409605o0) | **19**  **10:00AM**  Current Events & Morning Trivia  **10:45PM**  Sit & Fit  **2:30PM**  Piper Shores  Chef Cook Off | **20**  **10:00AM**  Bingo  **2:00PM**  Outdoor Strolls  **3:30PM**  Guitar music with Chris Heard | **21**  **10:00AM**  Bingo  **2:00PM**  Individual Visits  **3:00PM**  **Movie Presentation:**  **Shirley Temple**  **“Curley Top”** |
| **22**  **10:00AM**  Sunday Catholic  Church Service  **2:00PM(AL)**  Card Game  **3:30PM**  Movie Presentation:  The Parent Trap | **23**  **10:00AM**  Art Class with Heidi  **2:00PM**  Individual Visits  **3:30PM**  Root Beer Floats | **24**  **10:00AM**  A Service of Hymns & Prayers  **11:00AM**  Exercise  **2:00PM**  Bingo  **3:30PM**  Guitar Music with Ben KilCollins | **25**  **10:15AM**  Piper Ukulele Group  **1:00PM**  Bus outing:  Old Orchard Beach  [http://tse1.mm.bing.net/th?&id=OIP.Me04fbccde714f07004811b36f7cabcc9o0&w=299&h=199&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=old+orchard+beach+maine&view=detailv2&&id=19F73AA827792E7EA5DF92EE2509E8B81C4DF3D8&selectedIndex=2&ccid=4E%2b8zecU&simid=608010066907629295&thid=OIP.Me04fbccde714f07004811b36f7cabcc9o0) | **26**  **9:30AM-10:30AM**  Flower Arranging  (HC- 2nd Floor)  **ALREADY DISCUSSED- NOT MOVING**  **10:45AM**  Sit & Fit  **2:00PM (AL)**  Humor Group  **3:30PM**  Zumba | **27**  **10:00AM**  Current Events  **10:30AM-11:30AM**  Bingo  (HC- 2nd Floor)  **CAN MOVE**  **2:00PM**  Individual Visits  **3:30PM-4:30PM**  Sing- A- Long with Flash Allen  (HC- 2nd Floor)  **CANNOT MOVE** | **28**  **10:00AM**  Bingo  **2:00PM**  Individual Visits  **3:30PM**  Piano Concert:  Michael Bealing |
| **29**  **10:00AM**  Sunday Catholic  Church Service  **2:00PM (AL)**  Card Game  **3:30PM**  Jazz Piano Music with Bess | **30**  **10:00AM**  Current Events  **10:30AM**  Jazz music with  Pete, Per & Idgy  [http://tse1.mm.bing.net/th?&id=OIP.Md4f4208a62e5b70a25b02ff3a7a0a51aH0&w=297&h=297&c=0&pid=1.9&rs=0&p=0&r=0](http://www.bing.com/images/search?q=memorial+day&view=detailv2&&id=7DF10B4551454317B97C0B4345D825F8DB50EC1E&selectedIndex=9&ccid=1PQgimLl&simid=608024772845765429&thid=OIP.Md4f4208a62e5b70a25b02ff3a7a0a51aH0) | **31**  **10:00AM-10:30AM**  A Service of hymns and Prayers  (HC- 2nd Floor)  **CAN MOVE BUT WOULD RATHER NOT**    **11:00AM**  Exercise  **2:00PM-3:00PM**  Bingo  (HC\_ 2nd Floor)  **CAN MOVE**  **3:30PM**  Individual Visits |  |  | **ABBREVIATION LEGEND**  **HC =**  Health Center  **AL** =  Assisted Living  **IL** =  Independent Living  wheelchair logo**eho_logo** | **All events listed on this calendar take place in the Health Center Activity Room, unless otherwise specified. Please**  **See the Abbreviation Legend for a list of alternate locations.** |