  

***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 ofHymns & Prayers**11:00AM**Toning Exercise**2:00PM** Bingo**3:30PM**“Have You Ever?”Social Hour |  **4****9:30AM**Morning Prayer**10:15AM** Chair MassageWith Sue**1:00PM**Bus Outing:Sunflower Farm Creameryhttp://tse1.mm.bing.net/th?&id=OIP.Mbc50387c4f42bb3881d69ff0497f0ecao0&w=300&h=187&c=0&pid=1.9&rs=0&p=0&r=0 | **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 |  **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 Museumhttps://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 Johnsonhttp://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 Tourhttp://tse1.mm.bing.net/th?id=OIP.M8b4da88b88c62ae7a861512e42409605o0&w=265&h=176&c=7&rs=1&qlt=90&o=4&pid=1.1 | **19****10:00AM**Current Events & Morning Trivia**10:45PM**Sit & Fit**2:30PM**Piper ShoresChef 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 Beachhttp://tse1.mm.bing.net/th?&id=OIP.Me04fbccde714f07004811b36f7cabcc9o0&w=299&h=199&c=0&pid=1.9&rs=0&p=0&r=0 | **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 & Idgyhttp://tse1.mm.bing.net/th?&id=OIP.Md4f4208a62e5b70a25b02ff3a7a0a51aH0&w=297&h=297&c=0&pid=1.9&rs=0&p=0&r=0 | **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 Livingwheelchair 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.** |