

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2024

## Memory Support Assisted Living

<p>9:00 Rise and Shine Check-In 10:00 Zumba with Shinel 11:00 Music Therapy with Chris 12:00 Lunch 1:30 Happy Hour with Pauline 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 11:00 Get Fit While You Sit w/ Jeff Multi-sensory Experiences with Marie 12:00 Lunch 1:30 Gardening Club with Shinel/Puzzles &amp; Games 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Flower Arrangements with Pauline 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 Spa with Shinel 2:00 Community Fitness Class 3:00 <b>Cinco de Mayo Celebration</b> 3:30 <b>Welcoming Shabbat</b> 3:45 Food &amp; Travel w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise &amp; Shine Check-in 10:00 Music Therapy with Sarah 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 <b>Levon Hovsepian in Concert</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>
<p>9:00 Rise &amp; Shine Check-in 10:00 Morning Exercise w/ Marie 11:00 Community Forum w/ Whitney 12:00 Lunch 1:30 Chair Travel 2:00 <b>Carousel Ballroom Dancers</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Zumba with Shinel 11:00 Music Therapy with Chris 12:00 Lunch 1:30 Arts &amp; Crafts w/ Marie 2:30 Total Body Fitness w/ Christina 3:30 Snack &amp; Chat 4:00 History of Music w/ Chris 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Drum Circle with Chris 12:00 Lunch 1:00 Walks with Debbie 1:30 Fit for Life with Leah 2:30 Trivia &amp; Brain Games w/ Shinel 3:30 Snack &amp; Chat 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline 7:30 <b>Violin &amp; Piano Recital in GMH</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Zumba with Shinel 11:00 Current Events w/ Pauline 12:00 Lunch 1:30 Chair Travel 2:30 <b>Fun with Food w/ Steve &amp; Shinel</b> 3:30 Snack and Chat 4:00 Documentary 5:00 Dinner 6:00 Sunset Program with Pauline</p>
<p>9:00 Rise &amp; Shine Check-in 10:00 Morning Exercise w/ Marie 11:00 Music Therapy with Lance 12:00 <b>Mother's Day Luncheon</b> 1:30 Chair Travel 2:30 <b>Silent Movie w/ Richard Hughes</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Zumba with Shinel 11:00 Music Therapy with Chris 12:00 Lunch 1:30 Arts &amp; Crafts w/ Marie 2:30 Total Body Fitness w/ Christina 3:30 Snack &amp; Chat 4:00 History of Music w/ Chris 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Drum Circle with Chris 12:00 Lunch 1:00 Walks with Debbie 1:30 Fit for Life with Leah 2:30 Trivia &amp; Brain Games w/ Shinel 3:30 Snack &amp; Chat 4:00 Guess That Tune w/ Chris 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Vigorous Minds with Chris 11:00 Music Therapy with Chris 12:00 Lunch 1:30 Chair Travel 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Afternoon Connections w/ Shinel 5:00 Dinner 6:00 Evening Movie</p>
<p>9:00 Rise &amp; Shine Check-in 10:00 Morning Exercise w/ Marie 11:00 Music Therapy with Suki 12:00 Lunch 1:30 Chair Travel 2:30 <b>Mike Higgins in Concert</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Zumba with Shinel 11:00 Music Therapy with Chris 12:00 Lunch 1:30 Arts &amp; Crafts w/ Marie 2:30 Total Body Fitness w/ Christina 3:30 Snack &amp; Chat 4:00 History of Music w/ Chris 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Sing Along with Shinel 12:00 Lunch 1:00 Walks with Debbie 1:30 Fit for Life with Leah 2:30 Trivia &amp; Brain Games w/ Shinel 3:30 Snack &amp; Chat 4:00 Travel Documentary 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Vigorous Minds with Chris 11:00 Music Therapy with Chris 12:00 Lunch 1:30 Chair Travel 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Afternoon Connections w/ Shinel 5:00 Dinner 6:00 Evening Movie</p>
<p>9:00 Rise &amp; Shine Check-in 10:00 Morning Exercise w/ Marie 11:00 Music Therapy with Suki 12:00 Lunch 1:30 Chair Travel 2:30 Sports &amp; Games with Marie 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Music Therapy with Chris 12:00 Lunch 1:30 Chair Travel 2:30 Arts &amp; Crafts w/ Marie 3:30 Snack &amp; Chat 4:00 History of Music w/ Chris 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Drum Circle with Chris 12:00 Lunch 1:00 Walks with Debbie 1:30 Fit for Life with Leah 2:30 Afternoon Connections with Marie 3:30 Snack &amp; Chat 4:00 Guess That Tune w/ Chris 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Music Therapy with Chris 11:00 <b>Getting to Know You w/ Chris</b> 12:00 Lunch 1:30 Chair Travel 2:30 Puzzles &amp; Games w/ Pauline 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 Sunset Program with Pauline</p>
<p>9:00 Rise and Shine Check In 10:00 Current Events with Shinel 11:00 Get Fit While You Sit w/ Jeff Multi-sensory Experiences with Marie 12:00 Lunch 1:30 Gardening Club with Shinel/Puzzles &amp; Games 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Flower Arrangements with Pauline 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise and Shine Check In 10:00 Current Events with Shinel 11:00 Get Fit While You Sit w/ Jeff Multi-sensory Experiences with Marie 12:00 Lunch 1:30 Gardening Club with Shinel/Puzzles &amp; Games 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Flower Arrangements with Pauline 5:00 Dinner 6:00 <b>Sunset Cocktail Party w/ Pauline</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 <b>Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 Spa with Shinel 2:00 Community Fitness Class 3:00 <b>Welcoming Shabbat</b> 3:45 Food &amp; Travel w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise &amp; Shine Check-in 10:00 Music Therapy with Alex 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>
<p>9:00 Rise and Shine Check In 10:00 Current Events with Shinel 11:00 Get Fit While You Sit w/ Jeff Multi-sensory Experiences with Marie 12:00 Lunch 1:30 Gardening Club with Shinel/Puzzles &amp; Games 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Flower Arrangements with Pauline 5:00 Dinner 6:00 <b>Sunset Cocktail Party w/ Pauline</b></p>	<p>9:00 Rise and Shine Check In 10:00 Zumba w/ Shinel 10:40 <b>Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 Spa with Shinel 2:00 Community Fitness Class 3:00 <b>Welcoming Shabbat</b> 3:45 Food &amp; Travel w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 <b>Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 Chair Travel 2:00 Community Fitness Class 3:00 <b>May Birthday Party</b> 3:30 <b>Welcoming Shabbat</b> 3:45 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-in 10:00 Drum Circle with Alex 11:00 Music Therapy with Suki 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>
<p>9:00 Rise and Shine Check In 10:00 Current Events with Shinel 11:00 Get Fit While You Sit w/ Jeff 12:00 Lunch 1:30 Flower Arrangements/Gardening with Shinel 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Documentary 5:00 Dinner 6:00 <b>Evening Movie</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 <b>Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 Chair Travel 2:00 Community Fitness Class 3:00 <b>May Birthday Party</b> 3:30 <b>Welcoming Shabbat</b> 3:45 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 <b>Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 Chair Travel 2:30 <b>Reiki Meditation w/ Farah Andre</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-in 10:00 Music Therapy with Alex 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 <b>Reiki Meditation w/ Farah Andre</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>
<p>9:00 Rise and Shine Check In 10:00 Current Events with Shinel 11:00 Get Fit While You Sit w/ Jeff 12:00 Lunch 1:30 Flower Arrangements/Gardening with Shinel 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Documentary 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 <b>Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 <b>Christian Gathering</b> Chair Travel 2:00 Community Fitness Class 3:00 <b>Welcoming Shabbat</b> 3:45 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Zumba w/ Shinel 10:40 <b>Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 Puzzles with Pauline 2:00 Community Fitness Class 3:00 <b>Welcoming Shabbat</b> 3:45 Food &amp; Travel w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise &amp; Shine Check-in 10:00 Music Therapy with Alex 11:00 Dance Therapy with Jordyn 12:00 Lunch 1:30 Chair Travel 2:30 <b>Reiki Meditation w/ Farah Andre</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>
<p>9:00 Rise and Shine Check In 10:00 Morning Connections w/ Pauline 11:00 Get Fit While You Sit w/ Jeff 12:00 Lunch 1:30 Flower Arrangements/Gardening w/ Shinel 2:30 Afternoon Connections w/ Marie Gym 3:30 Snack and Chat 4:00 Documentary 5:00 Dinner 6:00 <b>Sunset Program with Pauline</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Sports &amp; Games with Marie 10:40 <b>Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Drum Circle w/ Chris / 1:1 Fitness 12:00 Lunch 1:30 Puzzles with Pauline 2:00 Community Fitness Class 3:00 <b>Welcoming Shabbat</b> 3:45 Food &amp; Travel w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p><b>GROUND FLOOR</b></p>	<p><b>GROUND FLOOR</b></p>

Programs subject to change.

Salon: Thursdays

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2024

## Memory Support Assisted Living

<p>9:00 Rise &amp; Shine Check-in 10:00 Community Forum w/ Whitney 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:00 <b>Carousel Ballroom Dancers</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p> <p><i>Cinco de Mayo</i></p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts &amp; Crafts/Jewelry w/ Shinel 2:30 Resilience and Music with Chris 3:30 Snack &amp; Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Morning Connections w/ Shinel Walks with Debbie 11:00 Morning Exercise with Marie <b>OUTING: Shake Shack</b> 12:00 Lunch 1:30 Tea, Puzzles &amp; Gab w/ Pauline 2:30 Music Therapy w/ Chris / Gym 3:30 Snack &amp; Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Sunset Program with Pauline 7:30 <b>Violin &amp; Piano Concert in GMH</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Flower Arrangement w/ Pauline 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Chair Travel 2:30 Mindstretcher Discussion w/ Pauline 3:30 Snack and Chat 4:00 Afternoon Connections w/ Shinel 5:00 Dinner 6:00 Sunset Program with Pauline</p> <p><i>May Day</i></p>	<p>9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia &amp; Brain Teasers w/ Pauline 12:00 Lunch 1:30 Get Fit While You Sit Gardening Club (0 floor) 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 <b>Sunset Program with Pauline</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Sports &amp; Games w/ Marie <b>10:40 Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Food &amp; Travel w/ Pauline 12:00 Lunch 1:30 Puzzles with Marie 2:00 Community Fitness Class 3:00 <b>Cinco de Mayo Celebration</b> 3:30 <b>Welcoming Shabbat</b> 3:45 History of Music w/ Chris 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise &amp; Shine Check-in 10:00 Dance Therapy with Jordyn 11:00 Music Therapy with Sarah 12:00 Lunch 1:30 Chair Travel 2:30 <b>Levon Hovsepian in Concert</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>
<p>9:00 Rise &amp; Shine Check-in 10:00 Community Forum w/ Whitney 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:00 <b>Carousel Ballroom Dancers</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p> <p><i>Cinco de Mayo</i></p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts &amp; Crafts/Jewelry w/ Shinel 2:30 Resilience and Music with Chris 3:30 Snack &amp; Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Morning Connections w/ Shinel Walks with Debbie 11:00 Morning Exercise with Marie <b>OUTING: Shake Shack</b> 12:00 Lunch 1:30 Tea, Puzzles &amp; Gab w/ Pauline 2:30 Music Therapy w/ Chris / Gym 3:30 Snack &amp; Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Sunset Program with Pauline 7:30 <b>Violin &amp; Piano Concert in GMH</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Flower Arrangement w/ Pauline 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Chair Travel 2:30 Mindstretcher Discussion w/ Pauline 3:30 Snack and Chat 4:00 Afternoon Connections w/ Shinel 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia &amp; Brain Teasers w/ Pauline 12:00 Lunch 1:30 Get Fit While You Sit Gardening Club (0 floor) 2:30 <b>Fun with Food w/ Steve &amp; Shinel</b> 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 <b>Sunset Cocktail Party w/ Pauline</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Sports &amp; Games w/ Marie <b>10:40 Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Food &amp; Travel w/ Pauline 12:00 Lunch 1:30 Puzzles with Marie 2:00 Community Fitness Class 3:00 <b>Welcoming Shabbat</b> 3:45 History of Music w/ Chris 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise &amp; Shine Check-in 10:00 Dance Therapy w/ Jordyn 11:00 Music Therapy with Alex 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>
<p>9:00 Rise &amp; Shine Check-in 10:00 Music Therapy with Lance 11:00 Morning Exercise w/ Marie 12:00 <b>Mother's Day Luncheon</b> 1:30 Chair Travel 2:30 <b>Silent Movie w/ Richard Hughes</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p> <p><i>Mother's Day National Skilled Nursing Care Week</i></p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts &amp; Crafts/Jewelry w/ Shinel 2:30 Music Therapy with Chris 3:30 Snack &amp; Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Morning Connections w/ Shinel Walks with Debbie 11:00 Fit for Life with Leah <b>OUTING: Arnold Arboretum</b> 12:00 Lunch 1:30 Puzzles &amp; Games w/ Shinel 2:30 Music Therapy w/ Chris / Gym 3:30 Snack &amp; Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p> <p><b>Happy Birthday, Gloria!</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Flower Arrangement w/ Shinel 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Chair Travel 2:30 Music Therapy w/ Chris 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 <b>Evening Movie</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Sing Along with Shinel 12:00 Lunch 1:30 Get Fit While You Sit Gardening Club(0 floor) 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Sports &amp; Games w/ Marie <b>10:40 Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Morning Connections w/ Shinel 12:00 Lunch 1:30 Chair Travel 2:00 Community Fitness Class 3:00 <b>May Birthday Party</b> 3:30 <b>Welcoming Shabbat</b> 3:45 History of Music w/ Chris 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-in 10:00 Music Therapy with Suki 11:00 Drum Circle with Alex 12:00 Lunch 1:30 Chair Travel 2:30 Community Expressive Therapy 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p> <p><i>Armed Forces Day</i></p>
<p>9:00 Rise &amp; Shine Check-in 10:00 Music Therapy with Suki 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 <b>Mike Higgins in Concert</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Current Events w/ Shinel Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Arts &amp; Crafts/Jewelry w/ Shinel 2:30 Music Therapy with Chris 3:30 Snack &amp; Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p> <p><i>Victoria Day (Canada)</i></p>	<p>9:00 Rise and Shine Check-In 10:00 Morning Connections w/ Shinel Walks with Debbie 11:00 Fit for Life with Leah 12:00 Lunch 1:30 Chair Travel 2:30 Sports &amp; Games w/ Marie / Gym 3:30 Snack &amp; Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Flower Arrangement w/ Shinel 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Chair Travel 2:30 Music Therapy w/ Chris 3:30 Snack and Chat 4:00 Vigorous Minds with Chris 5:00 Dinner 6:00 <b>Evening Movie</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Sing Along with Shinel 12:00 Lunch 1:30 Get Fit While You Sit Gardening Club (0 floor) 2:30 Bingo with Shinel 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Sports &amp; Games w/ Marie 11:00 Morning Connections with Shinel 12:00 Lunch 1:30 <b>Christian Gathering/Chair Travel</b> 2:00 Community Fitness Class 3:00 <b>Welcoming Shabbat</b> 3:45 History of Music w/ Chris 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-in 10:00 Dance Therapy with Jordyn 11:00 Music Therapy with Alex 12:00 Lunch 1:30 Chair Travel 2:30 <b>Reiki Meditation w/ Farah Andre</b> 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>
<p>9:00 Rise &amp; Shine Check-in 10:00 Music Therapy with Suki 11:00 Morning Exercise w/ Marie 12:00 Lunch 1:30 Chair Travel 2:30 Drum Circle with Suki 3:30 Refresh &amp; Relax 3:45 Movie Showing 4:00-5:00 Visual Calls 5:00 Dinner 6:30 Evening Movie</p>	<p>9:00 Rise &amp; Shine Check-In 10:00 Music Therapy with Chris 11:00 Morning Exercise w/ Marie Troubadours Choir Rehearsal (TAL) 12:00 Lunch 1:30 Chair Travel 2:30 Drum Circle with Chris 3:30 Snack &amp; Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p> <p><i>Memorial Day</i></p>	<p>9:00 Rise and Shine Check-In 10:00 Music Therapy with Chris Walks with Debbie 11:00 Fit for Life with Leah 12:00 Lunch 1:30 Chair Travel 2:30 Guess That Tune w/ Chris / Gym 3:30 Snack &amp; Chat 4:00 Afternoon Connections w/ Marie 5:00 Dinner 6:00 Evening Movie</p>	<p>9:00 Rise and Shine Check-In 10:00 Flower Arrangement w/ Pauline 11:00 Total Body Fitness with Leah 12:00 Lunch 1:30 Chair Travel 2:30 Music Therapy w/ Chris 3:30 Snack and Chat 4:00 Mindstretcher Discussion w/ Pauline 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p>9:00 Rise and Shine Check-In 10:00 Morning Exercise w/ Marie 11:00 Trivia &amp; Brain Teasers w/ Pauline 12:00 Lunch 1:30 Get Fit While You Sit Gardening Club (0 floor) 2:30 Afternoon Connections w/ Pauline 3:30 Snack and Chat 4:00 Sing Along with Marie 5:00 Dinner 6:00 <b>Sunset Program with Pauline</b></p>	<p>9:00 Rise and Shine Check-In 10:00 Music Therapy with Chris <b>10:40 Making Memories w/ 6<sup>th</sup> Grade Rashi Students</b> 11:00 Food &amp; Travel w/ Pauline 12:00 Lunch 1:30 Puzzles with Marie 2:00 Community Fitness Class 3:00 <b>Welcoming Shabbat</b> 3:45 History of Music w/ Chris 5:00 Dinner 6:00 Sunset Program with Pauline</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">FIRST FLOOR</p>

Programs subject to change.

Salon: Thursdays