

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:00 Walmart (CO) 10:30 Sit & Be Fit (CYH) 1:30 BINGO (DR) 2:30 National Day of Prayer: Documentary on Why We Pray? (IF-F) 6:30 Thursday Night Bible Study (LIB)	10:30 Zumba (CYH) 1:00 Explore & Learn about the Stars! (CH/TV) 2:00 Paint & Sip: Space Addition for National Space Day (AR) 3:00 Happy Hour: Cosmic Cosmos (IF-F)	10:30 Sit & Be Fit (CYH) 1:00 Puzzle Time with Friends (2F-F) 2:00 Sketch Group 2:30 Walking Club (Meet in Lobby)
4 9:50 Catholic Communion (CH/TV) 10:30 Devotional Relaxation (Exploring All Religions) (CYH) 1:00 Church Worship with Paul G. (IF-F)	5 Cinco De Mayo 10:30 Exercise with Kessa (CYH) 2:00 Live Entertainment with Bill Lawyer (IF-F) 3:00 Weekday Happy Hour: Margaritas & Munchies Bar (IF-F) 6:15: Movie: Mary Poppins (CHTV)	6 10:30 Sit & Be Fit (CYH) 1:00 Craft: Decorative Watering Cans (AR) 2:00 Live Entertainment with Craig Swalwell (IF-F) 3:00 National Nurses Day: Vital Sign Veggies. Come Celebrate Our Nurses on Staff! (IF-F) 6:00 Music Night with Carol (MC)	7 10:30 Cardio Drumming (CYH) 1:00 Game: Balloon Volleyball (CYH) 2:00 Baby Soft Day & Other Nostalgic Aromas (IF-F) 6:15 Bev's Movie: On Golden Pond (CH/TV)	8 Glen K.'s Birthday 1:00 Walmart (CO) 10:30 Sit & Be Fit (CYH) 1:30 BINGO (DR) 2:30 Thursday Games: Pool Noodle Frenzy (IF-F) 3:30 Card Game: Baseball (AR) 6:30 Thursday Night Bible Study (LIB)	9 Bill B.'s Birthday 10:30 Zumba (CYH) 1:00 Memory Games: Who Remembers? (AR) 2:00 Paint Your Own Wine Glasses (Lobby) 3:00 Happy Hour: Moscato & Mingle (IF-F)	10 10:30 Sit & Be Fit (CYH) 1:00 Puzzle Time with Friends (2F-F) 2:00 Sketch Group (AR) 2:30 Walking Club (Meet in Lobby)
11 Mother's Day 9:50 Catholic Communion (CH/TV) 10:30 Devotional Relaxation (Exploring All Religions) (CYH) 1:00 Mother's Day Flower Bundles (Lobby) <u>*Church will not be held due to Mother's Day*</u>	12 10:30 Exercise with Kessa (CYH) 1:00 Music & Manicures (AR) 2:00 Live Entertainment with Neil Hewitt (IF-F) 6:15 Movie: The Apartment (CH/TV)	13 Jane S.' Birthday 10:30 Sit & Be Fit (CYH) 1:00 Craft: Birdseed Ornaments (AR) 2:00 Perk Me Up Tuesdays: Coffee & Resident Spotlight (IF-F) 3:00 Resident Council (CYH) 6:00 Dementia Support Group (AR)	14 10:30 Chair Yoga (CYH) 1:00 Game: Hungry Hippos (CYH) 2:00 Entertainment with Paul Headly (IF-F) 3:00 National Receptionist Day themed Happy Hour: Front Desk Fizz & Receptionist Pictionary. Come Say Thanks to Lisa! (IF-F) 6:15 Bev's Movie: To Sir, with Love (CH/TV)	15 9:00 Walmart (CO) 10:30 Sit & Be Fit (CYH) 1:30 BINGO (DR) 2:30 Presentation: Prevention of Senior Fraud: Protecting Ourselves & Loved Ones (IF-F) 6:30 Thursday Night Bible Study (LIB)	16 Sandra D.'s Birthday 10:30 Zumba (CYH) 1:00 Memory Games: What's Missing? (AR) 2:00 Game: Nickel Minute to Win It (Lobby) 3:00 Happy Hour: The Golden Nickel (IF-F)	17 10:30 Sit & Be Fit (CYH) 1:00 Puzzle Time with Friends (2F-F) 2:00 Sketch Group (AR) 2:30 Walking Club (Meet in Lobby)
18 9:50 Catholic Communion (CH/TV) 10:30 Devotional Relaxation (Exploring All Religions)(CYH) 2:00 Church Worship with John (CH/TV)	19 10:30 Exercise with Kessa (CYH) 1:00 Nurse Chat (DR) 2:00 Resident Planting Afternoon: Join Us to Decorate the Community! 6:15 Movie: The Passion of the Christ (CH/TV)	20 10:30 Sit & Be Fit (CYH) 1:00 Craft: Yarn-Mache Decorative Bowls (AR) 2:00 Perk Me Up Tuesdays: Coffee & Resident Spotlight (IF-F) 3:00 Iowa Arboretum & Gardens Visit (*Sign Up Required- Limit 8) 6:00 Music Night with Carol (MC)	21 10:30 Cardio Drumming (CYH) 1:00 Game: Newspaper Races (IF-F) 1:00-3:00 Foot Clinic (*Sign Up Required) 2:00 Resident Tech Bar: Bring Your Devices & See If We Can Help! (IF-F) 6:15 Bev's Movie: Overboard (CH/TV)	22 9:00 Walmart (CO) 10:30 Sit & Be Fit (CYH) 1:30 BINGO (DR) 2:30 Thursday Games: Vanilla Pudding Day Olympics (IF-F) 3:30 Card Game: Go Fish (AR) 6:30 Thursday Night Bible Study (LIB)	23 10:30 Zumba (CYH) 1:00 Memory Games: Faces to Names (AR) 2:00 New Resident & May Birthday Celebration (DR) 3:00 Happy Hour: May Flowers (IF-F)	24 Darlys E.'s Birthday 10:30 Sit & Be Fit (CYH) 1:00 Puzzle Time with Friends (2F-F) 2:00 Sketch Group (AR) 2:30 Walking Club (Meet in Lobby)
25 9:50 Catholic Communion (CH/TV) 1:00 Devotional Hour Relaxation (Exploring All Religions) (CYH) 1:00 Church Worship with Pastor Dave (IF-F)	26 Memorial Day 10:30 Exercise with Kessa (CYH) 11:00 Virtual Watch: Ames Memorial Day Program at Ames Municipal Cemetery (IF-F) 2:00 Presentation of Colors for Memorial Day (DR) 6:15 Movie: Chicago (CH/TV)	27 10:30 Sit & Be Fit (CYH) 1:00 Craft: DIY Spring Kite Wreaths (AR) 2:00 Perk Me Up Tuesdays: Coffee & Resident Spotlight (IF-F) 6:00 Music Night with Carol (MC)	28 Marv P.'s Birthday 10:30 Chair Yoga (CYH) 2:00 IV Ames Slot Machine! (Community Wide) 3:00 Weekday Happy Hour: Jackpot Julep (Lobby) 6:15 Bev's Movie: We Are Marshall (CH/TV)	29 9:00 Walmart (CO) 10:30 Sit & Be Fit (CYH) 1:30 BINGO (DR) 2:30 Live Entertainment with David Watson (IF-F) 3:30 Card Game: Baseball (AR) 6:30 Thursday Night Bible Study (LIB)	30 10:30 Zumba (CYH) 1:00 Memory Games: Name That Tune (AR) 2:00 Community Q & A (DR) 3:00 Happy Hour: Sip Into Summer (IF-F)	31 10:30 Sit & Be Fit (CYH) 1:00 Puzzle Time with Friends (2F-F) 2:00 Sketch Group (AR) 2:30 Walking Club (Meet in Lobby)

Calender Key:
AR – Activities Room
CYH – CyHawk Room
CH/TV – Chapel/TV Room

CY – Courtyard
IF-F – 1st Floor Fireplace
2F-F – 2nd Floor Fireplace
DR – Dining Room

PDR– Private Dining Room
PO - Patio
LIB – Library
CO – Community Outing

2F - 2nd Floor Area
* - Sign Up for Activity!!

Please Note: Calendars are made far in advance and changes may be made throughout the course of the month. Check the daily notices posted & weekly calendars will also be distributed.