Independence Village of Ames

May 2025

Memory Care

Life Enrichment Monthly Calendar

Activities are subject to change

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7					T.00 Floral Collages	1:00 Explore & Learn About Space 3:00 Happy Hour: Cosmic	9:15 Morning News and Coffee 10:00 SingFit 1:00 Folding Laundry 2:30 Walking & Social Hour in the Courtyard
	G.	Memory Lane Mondays 10:00 Sit & Be Fit 2:00 Live Entertainment with Bill Lawyer 3:00 Cinco De Mayo Party	9:15 Coffee & Conversation: Travel Tuesdays 10:00 SingFit 1:30 Live Entertainment with Craig Swalwell 4:00 Set the Dinner Table 6:00 Music Night with Carol	9:15 Morning News and Coffee 10:00 Chair Yoga 1:00 UNO Attack 3:30 Nostalgic Aromas 5:00 Nature Wednesdays	8 10:00 SingFit 1:30 BINGO 3:00 Putt Putt in the Courtyard 4:00 Watercoloring	3:00 Happy Hour in the Courtyard 5:00 Movie: Oklahoma!	9:15 Morning News and Coffee 10:00 SingFit 1:00 Picture Puzzle Match 2:30 Walking & Social Hour in the Courtyard
	Mother's Day! 10:00 Morning News & Weather Report 12:30 Walk in the Courtyard with Lemonade 1:00 Mothers Day Flower Bundles 2:00 Online Church Service-Lutheran Church of Hope	9:15 Coffee & Conversation: Memory Lane Mondays 10:00 Sit & Be Fit 1:00 Classical Music & Manicures 2:00 Live Entertainment with Neil Hewitt	Colleges	9:15 Morning News and Coffee: Wellness Wednesdays 10:00 Chair Yoga 1:30 Live Entertainment with Paul Headly 3:30 UNO Attack 5:00 Nature Wednesdays	4:00 Seasonal Memory Boxes	3:00 Happy Hour: Mixology Class 5:00 Movie: Meet Me in St. Louis	9:15 Morning News and Coffee 10:00 SingFit 1:00 Rolling Clay 2:30 Walking & Social Hour in the Courtyard
	10:00 Morning News & Weather Report	I 1:00 Sit & Be Fit I:00 Aromatherapy Relaxation 3:00 Famous Faces Matching	9:15 Coffee & Conversation: Travel Tuesdays 10:00 SingFit 1:30 Craft: Mandalas 4:00 Set the Dinner Table 6:00 Music Night with Carol	9:15 Morning News and Coffee: Wellness Wednesdays 10:00 Chair Yoga 1:00 UNO Attack 3:30 Balloon Volleyball 5:00 Nature Wednesdays	1:30 BINGO 3:00 Bean Bag Toss 4:00 Button Art	10:00 Zumba 2:00 New Resident & May Birthday Celebration 3:00 Happy Hour in the Courtyard: May Flowers Themed 5:00 Movie: My Fair Lady	9:15 Morning News and Coffee 10:00 SingFit 1:00 Baking Bread 2:30 Walking & Social Hour in the Courtyard
1	10:00 Morning News & Weather Report 12:30 Matching Quilt Squares 2:00 Church Worship with Pastor Dave	10:00 Sit & Be Fit 1:00 Virtual Watch: Memorial Day Celebration 3:00 Potted Planting	Travel Tuesdays 10:00 SingFit 1:30 Craft: Decorate Your Own Flower Pot 4:00 Set the Dinner Table 6:00 Music Night with Carol	9:15 Morning News and Coffee: Wellness Wednesdays 10:00 Chair Yoga 1:00 Hungry Hippo Game 2:30 IV Ames Slot Machine 5:00 Nature Wednesdays	4:00 Tabletop Bowling	10:30 Zumba 12:30 Color Sorting 3:00 Happy Hour: Sip Into Summer 5:00 Movie: The Secret Garden	

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.

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