Independence Village of Waukee

## May 2025 Life Enrichment Monthly Calendar

	Memory Care		Li	fe Enrichment Monthly Calend	ar	Ad	ctivities are subject to change
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					I	Happy Birthday Lois 2	3
					<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Walking for Wellness</li> <li>1:30 Jumbo Bowling</li> <li>3:00 Lets Get Crafty: Make &amp; Take Jewelry Shop</li> <li>6:00 Coloring Creations</li> </ul>	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Cardio Drumming</li> <li>2:00 Lois Birthday Celebration</li> <li>3:00 Polish Perfection</li> <li>6:00 Guided Relaxation</li> </ul>	9:30 Daily Chronicles 10.00 Sunshine and Stretch 10:30 Seated Ball Toss 6:00 Puzzles and Word Search
	4	Cinco De Mayo 5	6	Happy Birthday Walt 7	8	9	10
	9:30 Daily Hope/Chronicles 10:00 Hope Online Service 10:30 Gentle Stretches 3:00 Coupon Clipping 6:00 Aromatherapy/Hand Massages	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Cardio Drumming</li> <li>1:30 UNO!</li> <li>3:30 Music with Phil Hague</li> <li>6:00 Cinco De Mayo Coloring Creations Edition</li> </ul>	9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy 1:30 Hangman 3:00 Ring Toss 6:00 Movie Tuesday	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Cardio Drumming</li> <li>2:00 Happy Hour: Cinco Sips</li> <li>n Chips/Walt's Birthday</li> <li>Celebration</li> <li>3:00 Through the Decades</li> <li>6:00 Evening Tea Time</li> </ul>	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Walking for Wellness</li> <li>1:30 Velcro Catch (Patio Game)</li> <li>3:00 Lets Get Crafty: Sip n Paint</li> <li>6:00 Coloring Creations</li> </ul>	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 BINGO 3:00 Polish Perfection 6:00 Guided Relaxation	9:30 Daily Hope/Chronicles 10.00 Sunshine and Stretch 10:30 Balloon Bat 6:00 Puzzles and Word Search
	Mothers Day	12	13	Iowa Cubs Outing 4	15	16	17
	Massages	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 2:00 Happy Hour: Moments with Mom 3:00 Shake Loose a Memory! 6:00 Coloring Creations	9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy 10:30 Fun with Healthpro 1:30 Ticketless Time Travel: The Great Lakes 3:00 Name That Landmark 6:00 Movie Tuesday	9:30 Daily Hope/Chronicles 10:00 Counting Coins 3:00 Cardio Drumming 6:00 Evening Tea Time	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Walking for Wellness</li> <li>1:30 Color Sorting</li> <li>3:00 Lets Get Crafty: The Leaf</li> <li>n Heat</li> <li>6:00 Coloring Creations</li> </ul>	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 2:00 BINGO 3:00 Polish Perfection 6:00 Guided Relaxation	9:30 Daily Hope/Chronicles 10.00 Sunshine and Stretch 2:00 Suzanne Birthday Celebration 6:00 Puzzles and Word Search
	18		20	21	22	23	24
12 N. 10 N.	10:00 Hope Online Service 10:30 Puzzles with Ondie 6:00 Aromatherapy/Hand	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Cardio Drumming</li> <li>1:30 Pet Therapy With Grady</li> <li>3:00 Yahtzee!</li> <li>6:00 Coloring Creations</li> </ul>	9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy 1:30 Finish the Phrase 3:00 May Flower Creations 6:00 Movie Tuesday	9:30 Daily Hope/Chronicles 10:00 Music and Massage Therapy with Jean Blum 2:00 Happy Hour: Island Time 3:00 Name 10 6:00 Evening Tea Time	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Walking for Wellness</li> <li>1:30 Tea Talk Time</li> <li>3:00 Lets Get Crafty: Spring</li> <li>Fling Rings</li> <li>6:00 Coloring Creations</li> </ul>	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 Scenic Drive 3:00 Polish Perfection 6:00 Guided Relaxation	9:30 Daily Hope/Chronicles 10.00 Sunshine and Stretch 6:00 Puzzles and Word Search
	Memorial Day 25	26	27	28	29	30	31
Contraction of the local distribution of the	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Hope Online Service</li> <li>10:30 Gentle Stretches</li> <li>3:00 Dust n Shine</li> <li>6:00 Aromatherapy/Hand</li> <li>Massages</li> </ul>	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Cardio Drumming</li> <li>1:30 Name That Tune!</li> <li>3:00 Color Sorting</li> <li>6:00 Coloring Creations</li> </ul>	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Live 2B Healthy</li> <li>1:30 Tales in a Teacup</li> <li>3:00 Food for Thought:</li> <li>Universal Yums</li> <li>6:00 Movie Tuesday</li> </ul>	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Cardio Drumming</li> <li>2:00 Happy Hour: Sip &amp;</li> <li>S'mores</li> <li>3:00 Name That Sound!</li> <li>6:00 Evening Tea Time</li> </ul>	<ul> <li>9:30 Daily Hope/Chronicles</li> <li>10:00 Walking for Wellness</li> <li>1:30 Music with Pat Lydon</li> <li>3:00 Lets Get Crafty: Make &amp;</li> <li>Take Blossoms</li> <li>6:00 Coloring Creations</li> </ul>	9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 BINGO 3:00 Polish Perfection 6:00 Guided Relaxation	9:30 Daily Hope/Chronicles 10.00 Sunshine and Stretch 6:00 Puzzles and Word Search
5 M	Calender Key: ALAR - Assisted Living	ALLR - Assisted Living Living Room	EX - Exercise Room	ILDR - Independent Living Dining Room			Independence
	Activity Room	ALDR - Assisted Living Dining Room	FR - Family Room GR - Game Room	TC - Town Center TH- Theater			Village SENIOR LIVING

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## Activities are subject to change

Life Skills: **Coupon Clipping** Counting Coins **Dust & Shine** Folding & Sorting Stuffing Envelopes Sorting Mail Yarn Rolling Seasonal Decorating Napkin Folding **Bead Sorting** Sweeping Reading/Writing (ex: thank you cards) **Grading Papers** Sweeping Table Setting Table Wipe Down Kitchen Clean Up Silverware Sorting Silverware Polishing Greeting Card Writing List Making (ex. Grocery Lists) Sorting Playing Cards Sorting By Colors (ex. dominoes) Watering Plants/Gardening Baby Care Identifying Tools/Household Items **Cooking Corner** 

## **Physical Engagement:**

Target Practice Jumbo Bowling Ladder Toss Balloon Bat Balloon Volleyball Bean Bag Toss Bucket Ball Ring Toss Ball Darts Seated Ball Toss Parachute Game Basketball Toss Tabletop Air Hockey Velcro Catch (patio game) Tabletop Ping Pong

Exercises: Cardio Drumming Chair Yoga Seated Tai Chi Stretching Walking Club Sit and Fit Scarf Dancing Ribbon Dancing

## Mental Engagement/Memory Recall:

Trivia Name 10 Finish the Phrase **Pictionary BINGO** Sensory (ex: scent guessing) Name that Sound (youtube) **Reading Daily Chronicle Open Ended Questions** My 2 Cents Game Shake Loose a Memory Game **Recipe Recall Activity** Sequencing Tasks Card Games **Board Games Identify Famous Faces** What's in the Box? Puzzles **Taste Testing** Who Am I?/What Am I? (activity connection) Name That Landmark Name That Tune Sing Along Instrument Exploration (maracas/shakers) Life Long Learning Tech Exploration National Geographic/Earth/Historic Documentaries Ticketless Travel (activity connection) Reminisce Conversation Prompts/Discussions (open-ended questions)