

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2019

Sheldon Park Assisted Living

<p>9:00 Start the Week Right 5 9:30 Stretch Exercise 10:00 Wii Games/Rummikub 11:00 Life Stories 1:30 Sheldon Park Store 2:15 Making Salsa 3:00 Cinco de Mayo Party 4:00 You Tube Funnies</p> <p><small>Cinco de Mayo</small></p>	<p>9:00 Trip to Bimart 6 9:30 Exercise with Kate 10:30 Baking with Jennifer 10:30 Drive: Crawfordville 1:15 Shopping: Daynite Don 1:20 Black Jack Game 2:00 Memory Tones 3:00 A Taste of Finland 4:00 Margarita Monday</p> <p><small>Ramadan</small></p>	<p>9:00 Today's News 7 9:30 Tai Chi Exercise 10:00 Communion 10:30 Brain Games 1:15 Flower Arranging 2:15 Food Meeting w/Jerry 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat</p> <p><small>Teacher Appreciation</small></p>	<p>9:30 Kates Exercise 1 10:30 Oregon History w/Mel 11:00 Walking Day 1:00 Nickle Bingo 2:15 Healthy Snack 3:00 Welcome May/May Day 4:00 Wine Wednesday</p> <p><small>May Day</small></p>	<p>9:00 News of the Building 2 9:30 Stretch and Exercise 10:30 Brain Games 1:15 Resident Meeting 2:15 Facial Care 3:00 John on Guitar 3:30 Let's Play Poker 6:00 Bingo with Paul</p>	<p>9:00 Getting to Know You 3 9:30 Kates Exercise 10:30 Resident Acting 10:30 Bird Watching 1:15 Let's Take a Hike 1:30 Garden Meditation 2:15 Fresh Fruit Friday 3:00 Shirley's Story 4:00 Flavored Vodka</p>	<p>9:00 News Review 4 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Creating with Jaylene 11:30 Kentucky Derby Lunch 1:15 Brain Puzzles 2:15 Kentucky Derby Day 3:00 Nickle Bingo 4:00 Stepping Out Walk</p>
<p>9:00 Start the Week Right 12 9:30 Stretch Exercise 10:00 Wii Games/Rummikub 11:00 Life Stories 1:00 Sheldon Park Store 2:00 Help with Tea 3:00 Mother's Day Tea 4:00 You Tube Funnies</p> <p><small>Mother's Day</small></p>	<p>9:00 Trip to Bimart 13 9:30 Exercise with Kate 10:30 Baking with Jennifer 10:30 Drive: Hendricks Park 1:15 Shopping: Dollar Tree 1:20 Black Jack Game 2:15 In the Garden 3:00 Bean Bag Baseball 4:00 Margarita Monday</p>	<p>9:00 Today's News 14 9:30 Tai Chi Exercise 10:00 Communion 10:30 Brain Games 1:15 Flower Arranging 2:15 Readers Theater 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat</p>	<p>9:30 Kates Exercise 8 10:30 Oregon History w/Mel 11:00 Walking Day 1:00 Nickle Bingo 2:00 Lucky Paws Animals 2:30 V-E Day 3:00 Healthy Snack 3:30 Tell us Your Story 4:00 Wine Wednesday</p> <p><small>Nurse Appreciation</small></p>	<p>9:00 News of the Building 9 9:30 Stretch and Exercise 10:30 Brain Games 1:15 Activity Meeting 2:15 Hair Day 3:00 John on Piano 3:30 Let's Play Poker 6:00 Bingo with Paul</p>	<p>9:00 Getting to Know You 10 9:30 Kates Exercise 10:30 Resident Acting 10:30 Bowling 1:00 Occupational Talk 2:15 Lipton Tea Day 3:00 Gary on Keyboard 4:00 Flavored Vodka</p>	<p>9:00 News Review 11 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Creating with Jaylene 1:15 Brain Puzzles 2:15 Science with Jaylene 3:00 Nickle Bingo 4:00 Stepping Out Walk</p>
<p>9:00 Start the Week Right 19 9:30 Stretch Exercise 10:00 Wii Games/Rummikub 11:00 Life Stories 1:30 Sheldon Park Store 2:00 Spelling Bee Comp. 3:00 Nickle Bingo 4:00 You Tube Funnies</p>	<p>9:00 Trip to Bimart 20 9:30 Exercise with Kate 10:30 Baking with Jennifer 11:00 Buddy Poppy Day 10:30 Drive: Butler Road 1:15 Shopping: Walmart 1:20 Black Jack Game 2:15 Gardening Outside 3:00 Bean Bag Baseball 4:00 Margarita Monday</p>	<p>9:00 Today's News 21 9:30 Tai Chi Exercise 10:00 Communion 10:30 Brain Games 1:15 Flower Arranging 2:15 Senior Citizen Day 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat</p>	<p>9:30 Kates Exercise 15 10:30 Oregon History w/Mel 11:00 Walking Day 1:00 Nickle Bingo 2:15 Positive Talk 3:00 Healthy Snack 3:30 Tell us Your Story 4:00 Wine Wednesday</p>	<p>9:00 News of the Building 16 9:30 Stretch and Exercise 10:30 Brain Games 11:00 Holly's Jewelry 1:15 Talk about Tennis 2:15 Make-up Cheeks 2:30 Hearing Aid Checks 3:00 Meet and Greet 3:30 Let's Play Poker 6:00 Bingo with Paul</p>	<p>9:00 Getting to Know You 17 9:30 Kates Exercise 10:30 Resident Acting 10:30 Country Bakery 11:15 Pizza Party Day 1:15 Thistledown Farm 1:30 Family Feud 2:15 Change in Attitude 3:00 Bean Bag Baseball 4:00 Flavored Vodka</p>	<p>9:00 News Review 18 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Creating with Jaylene 11:30 Preakness Lunch 1:15 Brain Puzzles 2:00 Armed Forces Day 3:00 Nickle Bingo 4:00 Stepping Out Walk</p> <p><small>Preakness Day</small></p>
<p>9:00 Start the Week Right 26 9:30 Stretch Exercise 10:00 Wii Games/Rummikub 11:00 Life Stories 1:30 Sheldon Park Store 2:00 Sunday Social 3:00 Nickle Bingo 4:00 You Tube Funnies Indianapolis 500-mile</p>	<p>9:00 Morning News 27 9:30 Exercise with Kate 10:30 Baking with Jennifer 11:30 Memorial Day Lunch 1:20 Black Jack Game 2:15 Gardening Outside 3:00 Memorial Day Talk 4:00 Margarita Monday</p> <p><small>Memorial Day</small></p>	<p>9:00 Today's News 28 9:30 Tai Chi Exercise 10:00 Communion 10:30 Brain Games 11:30 Hamburger Day 1:15 Flower Arranging 2:15 Horse Racing Game 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat</p>	<p>9:30 Kates Exercise 22 10:30 Oregon History w/Mel 11:00 Walking Day 1:00 Nickle Bingo 2:00 Lucky Paws Animals 2:45 Book Club 3:00 Healthy Snack 3:30 Tell us Your Story 4:00 Wine Wednesday</p>	<p>9:00 News of the Building 23 9:30 Stretch and Exercise 10:30 Brain Games 1:15 Resident Meeting 2:15 Make-up All Together 3:00 Big Tea Party Day 3:30 Let's Play Poker 6:00 Bingo with Paul</p>	<p>9:00 Getting to Know You 24 9:30 Kates Exercise 10:30 Resident Acting 1:15 Mystery Trip 1:30 L.Computer Games 2:15 Collections to Share 3:00 Bean Bag Baseball 4:00 Flavored Vodka</p>	<p>9:00 News Review 25 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Creating with Jaylene 1:15 Brain Puzzles 2:00 Jaylene's Science 3:00 Nickle Bingo 4:00 Stepping Out Walk</p> <p>Wear Lilac Day</p>
<p>9:00 Start the Week Right 26 9:30 Stretch Exercise 10:00 Wii Games/Rummikub 11:00 Life Stories 1:30 Sheldon Park Store 2:00 Sunday Social 3:00 Nickle Bingo 4:00 You Tube Funnies Indianapolis 500-mile</p>	<p>9:00 Morning News 27 9:30 Exercise with Kate 10:30 Baking with Jennifer 11:30 Memorial Day Lunch 1:20 Black Jack Game 2:15 Gardening Outside 3:00 Memorial Day Talk 4:00 Margarita Monday</p> <p><small>Memorial Day</small></p>	<p>9:00 Today's News 28 9:30 Tai Chi Exercise 10:00 Communion 10:30 Brain Games 11:30 Hamburger Day 1:15 Flower Arranging 2:15 Horse Racing Game 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat</p>	<p>9:30 Kates Exercise 29 10:30 Oregon History w/Mel 11:00 Walking Day 1:00 Nickle Bingo 2:15 Healthy Snack 3:00 National Senior H&F 4:00- 4:45 Hosanna Dance Team National Senior H&F Day</p>	<p>9:00 News of the Building 30 9:30 Stretch and Exercise 10:30 Brain Games 1:15 Resident Meeting 2:15 Men's Make-Over 3:00 Veterans Club 3:30 Let's Play Poker 6:00 Bingo with Paul</p>	<p>9:00 Getting to Know You 31 9:30 Kates Exercise 10:30 Resident Acting 10:30 Strawberry Patch 1:15 Shopping:Trader Joes 1:30 L.Computer Games 2:15 Places of Travel 3:00 Bean Bag Baseball 4:00 Flavored Vodka</p>	<p><i>Family and Friends are welcome to join in all activities.</i></p>

Activities are subject to change.