

May 2010 ACTIVITIES

Reading Day	Treasure Day	Cooking Day	Craft Day	Manicure Day	Game Day	Trivia Day
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>APRIL SHOWERS BRING MAY FLOWERS!</p>	<p>May 5th- Cinco de Mayo: This Mexican holiday celebrates the defeat of the French forces at the Battle of Puebla in 1862 in which Mexican troops under General Ignacio Zaragoza were outnumbered three to one. They defeated the French forces of Napoleon III. This day is celebrated with parades, festivals, and dancing.</p>	<p>QUOTE FOR THE DAY: " Age doesn't matter - unless you are a cheese."</p> <p>May 26th birthday: Who Is This? Marion Michael Morrison (1907-79) answer: John Wayne</p>	<p>May 1st - May Day has been a holiday since ancient times when people gave thanks to Demeter, the goddess of agriculture. In England the day was celebrated by people merrily dancing around maypoles. Over the years, people have celebrated by going "a-maying"- singing, dancing and offering May baskets decorated with flowers and ribbons.</p>	<p>May 8- Allies Victory in Europe - Celebrations for the end of war in Europe 1945</p>	<p>May Birthdays: 5/2- Dorothy Olmsted 5/12- Jeanne Sunderhuse 5/28- Margaret Tadeo</p>	<p>8:30: Today's News & calendar 9:15: Exercise bounce large ball</p> <p>9:45: Walk in neighborhood 10:30: Flowers Word Game in Trivia Book</p> <p>12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Sing Along CDs 5:00: Music/Animal Planet 6:00: Lawrence Welk</p>
<p>8:30: Today's News & calendar 9:15: Stretch & Tone 9:45: Walk in neighborhood 10:30: Read Stories "Chicken Soup for Golden Soul" 12:00: Listen to Music/News 1:30: Old movie/travelogue</p> <p>3:30: Reminscing Photos 5:00: Music/ Animal Planet</p>	<p>8:30: Current Events & calendar 9:15: Stretch & Tone 9:15: exercise&play Instruments 9:45: Walk in neighborhood 10:30: Talk about May flowers Color a flower picture 12:00: Listen to Music/News Old movie musical 3:30: Play game 5:00: Music/Animal Planet</p>	<p>8:30: Today's News & calendar 9:15: Stretch & Tone hit balloon to music 9:45: Walk in neighborhood 10:30: Make pudding for snack Have residents stir pudding 12:00: Listen to Music/News Old movie 3:30: Give shoulder massages 5:00: Music/ Golden Girls</p>	<p>Cinco de Mayo</p> <p>8:30: Read info on Cincodemayo 9:15: Stretch & Tone move to Music of choice 9:45: Walk in neighborhood 10:30: Make Potpourri Sashets for Mother's Day for ladies (all help) Have Salsa and Chips! 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Talk about favorite flower 5:00: Music/Animal Planet</p>	<p>8:30: Today's News & calendar 9:15: Stretch & Tone Exercise 9:45: Walk in neighborhood 10:30: Manicure Nails 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Play large dice game 5:00: Music/Animal Planet</p>	<p>8:30: Current Events & calendar 9:15: Exercise 9:45: Walk in neighborhood 10:30: Game of Choice 12:00: Listen to Music/News 1:30: Old movie musical 3:30: Work with clay 5:00: Music/Animal Planet</p>	<p>VE Day 1945</p> <p>8:30: Today's News & calendar Reminisce victory in Europe WWII 9:15: Exercise/bounce large ball 9:45: Walk in neighborhood 10:30: Mothers Day in Trivia Book Reminsce about own Mother 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Reminiscing photos 5:00: Music/Animal Planet 6:00: Lawrence Welk</p>
<p>Mothers Day</p> <p>8:30: Calendar & News 9:15: Stretch & Tone throw Koosh Ball 9:45: Walk in neighborhood 10:30: Read book "I'll Love You Forever" & Mothers Day Trivia 12:00: Listen to Music/News 1:30: Old movie/travelogue</p> <p>3:30: Sing Along CDs 5:00: Music/Animal Planet</p>	<p>8:30: Current Events & calendar 9:15: Stretch & Tone play Instruments to music 9:45: Walk in neighborhood 10:30: Plant some Pansies in Planters 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Reminiscing photos 3:30: Give shoulder massages 5:00: Music/Animal Planet</p>	<p>8:30: Today's News & calendar 9:15: Stretch & Tone hit balloon to music 9:45: Walk in neighborhood 10:30: Make Mix of Choice 12:00: Listen to Music/News 1:30: Old movie musical 3:30: Play Horse shoes 5:00: Music/Animal Planet</p>	<p>8:30: Current Events & calendar 9:15: Stretch & Tone move scarves to music 9:45: Walk in neighborhood 10:30: Plant marigold seeds REMINISCE about gardening list each person's favorite veggies 12:00 Listen to Music/News 1:30: Old movie/travelogue 3:30: Do a puzzle 5:00: Music/Animal Planet</p>	<p>8:30: Today's News & calendar 9:15: Stretch & Tone Bowling game 9:45: Walk in neighborhood 10:30: Manicure Nails 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Sing Along CDs 5:00: Music/Animal Planet Golden Girls</p>	<p>8:30: Current Events & calendar 9:15: Stretch & Tone clap & move in chairs 9:45: Walk in neighborhood 10:30: Play BINGO 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Do Puzzles together 5:00: Music/Animal Planet</p>	<p>8:30: Today's News & calendar 9:15: Stretch & Tone 9:45: Walk in neighborhood 10:30: Creative Musings topic in Trivia Book 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Sing Along CDs 5:00: Music/Animal Planet 6:00: Lawrence Welk</p>
<p>8:30: Calendar & News 9:15: Exercise 9:45: Walk in neighborhood 10:30: Read "Chicken Soup" 12:00: Listen to Music/News MOTHER'S DAY TEA 1:00: #5 Peakview 2:00: #2 Reed Ct. 3:00: #3 W. Texas 4:00: #4 Owens Ct. Families invited/Tea & Scones</p>	<p>8:30: Current Events & calendar 9:15: Stretch & Tone play Instruments to music 9:45: Walk in neighborhood 10:30: Read in Trivia /Baseball Ask favorite team? Did you play? Sing "Take me out to the Ballgame" 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Play horse shoes Outside snack?</p>	<p>8:30: Today's News & calendar 9:15: Stretch & Tone follow the leader 9:45: Walk in neighborhood 10:30: Make pudding for snack everyone help stir 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Blow bubbles outside 5:00: Music/Animal Planet</p>	<p>Stacie's Birthday</p> <p>8:30: Current Events & calendar 9:15: Stretch & Tone Balloon Volleyball 9:45: Walk in neighborhood 10:30: Paint looking/flowers/vase 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Play a game 5:00: Music/Animal Planet</p>	<p>8:30: Today's News & calendar 9:15: Stretch & Tone 9:45: Walk in neighborhood 10:30: Manicure Nails/lotionhands 12:00: Listen to Music/News 1:30: Old movie musical 3:30: Exercise off dinner 5:00: Music/Animal Planet</p>	<p>8:30: Calendar & Current Events 9:15: Stretch & Tone (outside) use Koosh ball with parachute or sheet 9:45: Walk in neighborhood 10:30: Bingo 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Sing Along CDs 5:00: Music/Animal Planet</p>	<p>8:30: Today's News & calendar 9:15: Stretch & Tone throw ball in basket 9:45: Walk in neighborhood 10:30: Indy 500 Race (Memorial Day) in Trivia Book 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Talk about Garden planting 5:00: Music/Animal Planet 6:00: Lawrence Welk</p>
<p>8:30: Today's News & calendar 9:15: Stretch & Tone throw Koosh Ball 9:45: Walk in neighborhood 10:30: Read Stories of choice</p> <p>12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Sing Along CDs 5:00: Music/Animal Planet</p>	<p>8:30: Current Events & calendar 9:15: Stretch & Tone play Instruments to music 9:45: Walk in neighborhood 10:30: Put U.S. flag on table/ say Pledge & Reminsce/ Trivia book Have a picnic outside 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Work on puzzles 5:00: Music/Animal Planet</p>	<p>8:30: Today's News & calendar 9:15: Stretch & Tone Do bowling game 9:45: Walk in back yard and put new dirt in garden 10:30: Make Mix of Choice 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Read some jokes from Readers Digest 5:00: Music/News</p>	<p>8:30: Current Events & calendar 9:15: Exercise & use scarves or hand towels to wave & catch 9:45: Walk in neighborhood 10:30: PLANT VEGETABLES IN GARDEN 12:00: Listen to Music/News 1:30: Old movie/travelogue 3:30: Do a puzzle 5:00: Music/Animal Planet</p>	<p>8:30: Today's News & calendar 9:15: Stretch & Tone 9:45: Walk in neighborhood 10:30: Manicure Nails/lotionhands 12:00: Listen to Music/News 1:30: Old movie musical 3:30: Color picture of choice 5:00: Music/Animal Planet Golden Girls</p>	<p>8:30: Calendar & Current Events 9:15: Exercise & use bowling pins to exercise arms 9:45: Walk in neighborhood 10:30: Game of Choice 12:00: Listen to Music/News 1:30: Old movie 3:30: Mold with clay 5:00: Music/Animal Planet</p>	<p>8:30: Today's News & calendar 9:15: Exercise/ Play catch 9:45: Walk in neighborhood 10:30: Weddings & Marriage Topic triviabook 12:00: Listen to Music/News 1:30: Movie Musical 3:30: Snack outside/water garden 5:00: Music/Animal Planet 6:00: Lawrence Welk</p>
30	31					
Ask favorite things	Encourage conversation	Sing a song to a resident	Give shoulder massages	Tell a joke	Give Hugs	Give a compliment

Same Schedule as 5/2

TEND GARDEN! Get outside!

WATCH Rockie Games when on!

Same Schedule as 5/3

Staff must initiate and encourage ALL conversation with residents

Sit down at table with Residents at ALL meals, snacks and activities. Involve and talk to EACH resident.

Get residents OUTSIDE (weather permitting) for neighborhood and backyard walks, and outside activities, snacks, and meals.