









Health Care Center Programs ~ May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 May Day 9:15 Jill and Shasta 9:30 Coffee Social 10:30 Exercise with Carl 1:00 Scenic Drive 2:30 Quiet Time 3:00 Garden w/Fiona 6:30 Movie Night	2 9:30 Art with Heather 1:30 Sports and Movement 2:30 Quiet Time 3:00 Bingo 6:30 Movie Night	3 9:30 Coffee Social  10:30 Exercise with Carl 1:30 Sensory Group 2:30 Quiet Time 3:00 Music w/Lindsay 5:00 Dinner Music with Si 6:30 Movie Night	4 10:00 Music with Babies  1:15 Tai Chi with Al 2:30 Quiet Time 3:00 Flower Arranging 6:30 Music with Jimi James	5 Cinco de Mayo 9:30 Coffee Social 10:00 Current Events 10:45 Rhythm and Balance 1:30 Literary Corner 2:30 Quiet Time 3:00 Cinco de Mayo Party 6:30 Movie Night	6 9:30 Coffee Social 10:30 Stretch & Tone 1:30 Relaxation 2:30 Quiet Time 3:00 Trivia 6:30 Movie Night
	7 9:30 Coffee Social 10:00 NY Times (Petit Café) 10:00 Walk About 1:30 Church Service 2:30 Quiet Time 3:15 Balloon Kickball 6:30 Movie Night	8 9:15 Jill and Shasta 9:30 Coffee Social 10:30 Exercise with Carl 1:30 Word Games 2:30 Quiet Time 3:30 Poetry w/Phil 6:30 Movie Night	9 9:30 Art with Heather 1:30 Sports and Movement 2:30 Quiet Time 3:00 Bingo 6:30 Movie Night	10 9:30 Coffee Social  10:30 Exercise with Carl 1:30 Sensory Group 2:30 Quiet Time 3:15 Drum Fitness 5:00 Dinner Music with Si 6:30 Movie Night	11 10:00 Music with Babies 1:15 Tai Chi with Al 2:30 Quiet Time 3:00 Flower Arranging 6:30 Movie Night	12 9:30 Coffee Social  10:00 Current Events 10:45 Rhythm and Balance 1:30 Picture Presentation 2:30 Quiet Time 3:00 Rita Abrams 6:30 Movie Night
14 Mother's Day 9:30 Coffee Social 10:00 NY Times (Petit Café) 10:00 Walk About 1:30 Church Service 2:30 Quiet Time 3:00 Mother's Day Tea 6:30 Movie Night	15 9:15 Jill and Shasta 9:30 Coffee Social 10:30 Exercise with Carl 1:30 Table Talk 2:30 Quiet Time 3:00 Garden w/Fiona 6:30 Movie Night	16 9:30 Art with Heather 1:30 Moving into the Circle 2:30 Quiet Time 3:00 Bingo 6:30 Movie Night	17 9:30 Coffee Social  10:30 Exercise with Carl 1:30 Sensory Group 2:30 Quiet Time 3:00 HCC May Birthdays 5:00 Dinner Music with Si 6:30 Movie Night	18 10:00 Music with Babies 1:30 Breathe & Stretch 2:30 Quiet Time 3:00 Flower Arranging 6:30 Movie Night	19 9:30 Coffee Social 10:00 Current Events 10:45 Rhythm and Balance 1:30 Literary Corner 2:30 Quiet Time 3:00 Resident Council 6:30 Movie Night	20 9:30 Coffee Social 10:30 Stretch & Tone 1:30 Relaxation 2:30 Quiet Time 3:00 Trivia 6:30 Movie Night
21 9:30 Coffee Social 10:00 NY Times (Petit Café) 10:00 Walk About 1:30 Church Service 2:30 Quiet Time 3:15 Balloon Kickball 6:30 Movie Night	22 9:15 Jill and Shasta 9:30 Coffee Social 10:30 Exercise with Carl 1:30 Creative Writing 2:30 Quiet Time 3:30 Poetry w/Phil 6:30 Movie Night	23 9:30 Art with Heather 1:30 Sports and Movement 2:30 Quiet Time 3:00 Bingo 6:30 Movie Night	24 9:30 Coffee Social  10:30 Exercise with Carl 1:30 Sensory Group 2:30 Quiet Time 3:00 Music w/Lindsay 5:00 Dinner Music with Si 6:30 Movie Night	25 10:00 Music with Babies 1:15 Tai Chi with Al 2:30 Quiet Time 3:00 Flower Arranging 6:30 Movie Night	26 9:30 Coffee Social 10:00 Current Events 10:45 Rhythm and Balance 1:30 Picture Presentation 2:30 Quiet Time 3:00 Happy Hour 6:30 Movie Night	27 9:30 Coffee Social 10:30 Stretch & Tone 1:30 Relaxation 2:30 Quiet Time 3:00 Trivia 6:30 Movie Night
28 9:30 Coffee Social 10:00 NY Times (Petit Café) 10:00 Walk About 1:30 Church Service 2:30 Quiet Time 3:15 Balloon Kickball 6:30 Movie Night	29 Memorial Day 9:15 Jill and Shasta 9:30 Coffee Social 10:30 Exercise with Carl 1:30 Poetry Reading 2:30 Quiet Time 3:00 Crossword Puzzle 6:30 Movie Night	30 9:30 Art with Heather 1:30 Sports and Movement 2:30 Quiet Time 3:00 Bingo 6:30 Movie Night	31 9:30 Coffee Social  10:30 Exercise with Carl 1:30 Sensory Group 2:30 Quiet Time 3:15 Drum Fitness 5:00 Dinner Music with Si 6:30 Movie Night	<p>Goodness is about character - integrity, honesty, kindness, generosity, moral courage, and the like. More than anything else, it is about how we treat other people.</p> <p style="text-align: right;">—Dennis Prager</p>		