

**The Willows at Citation
Life Enrichment Calendar/PERSONAL CARE**

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans C - Connections CC - Creative Cooking I - Inspirations K - Keeping it Sharp L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>The Beauty Parlor will be open every Tuesday at 9am.</p> <p>Watch out for the Life Enrichment Handouts every Monday. It will contain fun games, information about the weeks activities, adult coloring sheet's and more.</p>	<p>1</p> <p>V 10:30 Walking Club (PCLR) L 11:00 iN2L-LL-Cinco de Mayo (PCLR) C 2:30 Monthly Birthday Party W/Lifeline (HCAR) A 3:30 Spring Mason Jar Vases (HCAR)</p>	<p>2</p> <p>V 10:30 Gardening Club (PCLR) K 11:00 Cranium Crunches (LR) I 1:00 Catholic Communion (IR) O 1:30 North Lime Donuts V 4:00 Trilogy Fit (400 LR) K 6:15 BINGO (HCAR)</p>	<p>3</p> <p>V 10:30 Walking Club (PCLR) K 11:00 Thursday's Trivia (PCLR) A 1:00 Gary Bertram Art Class (HCDR) V 2:15 Bingocize (HCAR) C 3:00 Chef's Circle/Cooking w/Kelly (HCAR) I 7:30 Bible Talk w/Emmy & Dorothy (HCAR)</p>	<p>4</p> <p>K 11:00 Friday Funnies (PCLR) O 1:30 Meijers Outing V 3:30 Trilogy-Fit (400 LR) S 4:00 Happy Hour "Cinco de Mayo Punch" (CC)</p>	<p>5 Cinco de Mayo</p> <p>C 10:30 Coffee & Donuts K 11:00 Current Events (Lobby) K 2:00 BINGO (HCAR) K 3:30 Card Games (HCAR)</p>
<p>6</p> <p>K 10:00 Current Events (PCLR) M 11:00 Glee Club (PCLR) K 1:00 Card Games (HCAR) C 2:00 Sunday Movie & Popcom (PCLR)</p>	<p>7 May Day</p> <p>K 11:00 Monday Morning Trivia (PCLR) V 1:15 Trilogy-Fit (400 LR) V 2:15 Bingocize (HCAR) A 3:30 May Day Door Hangers (HCAR) I 6:15 Inspirations w/Larry (PCLR)</p>	<p>8</p> <p>V 10:30 Walking Club (PCLR) L 11:00 iN2L-Lifelong Learning (HCAR) K 2:00 Hangman Game (PCLR) A 3:30 Mother's Day Tissue Paper Flowers (HCAR)</p>	<p>9</p> <p>V 10:30 Gardening Club (PCLR) K 11:00 Cranium Crunches (LR) O 11:30 Cracker Barrel (PAY YOUR OWN WAY) V 4:00 Trilogy Fit (400 LR) K 6:15 BINGO (HCAR)</p>	<p>10</p> <p>V 10:30 Walking Club (PCLR) K 11:00 Thursday's Trivia (PCLR) S 1:15 Inspired Lifestyle Committee Meeting (HCAR) V 2:15 Bingocize (HCAR) CC 3:30 Milkshake Social (CC) I 7:30 Bible Talk w/Emmy and Dorothy (HCAR)</p>	<p>11</p> <p>K 11:00 Friday Funnies (PCLR) M 1:30 Gary Bertram Music (HCDR) O 2:30 Krogers Outing V 3:30 Trilogy-Fit (400 LR) S 4:00 Happy Hour "Mother's Day-Frosty Orange Juice" (CC)</p>	<p>12</p> <p>C 10:30 Coffee & Muffins (PCLR) K 11:00 Current Events (Lobby) K 2:00 BINGO (HCAR) K 3:30 Card Games (HCAR)</p>
<p>13 Mother's Day</p> <p>K 10:00 Current Events (PCLR) I 11:00 Keith's Bible Study (PCLR) S 12:00 Mother's Day Sunday Brunch C 2:00 Sunday Movie "Sound of Music" & Popcom (PCLR)</p>	<p>14</p> <p>K 11:00 Monday Morning Trivia (PCLR) V 1:15 Trilogy-Fit (400 LR) V 2:15 Bingocize (HCAR) M 3:30 iN2L-Musical Instruments (HCAR) I 6:15 Inspirations</p>	<p>15 Ramadan Begins</p> <p>V 10:30 Walking Club (PCLR) L 11:00 iN2L-LL "Meaning of Edelweiss" (HCAR) K 2:00 Sound of Music Facts (PCLR) A 3:30 Sock Puppets (HCAR)</p>	<p>16</p> <p>V 10:30 Gardening Club (PCLR) K 11:00 CC-Background of Sound of Music (LR) I 1:00 Catholic Communion (IR) A 1:00 Gary Bertram Art Class (HCAR) O 2:30 Dairy Queen Outing V 4:00 Trilogy Fit (400 LR)</p>	<p>17</p> <p>V 10:30 Walking Club (PCLR) K 11:00 Thursday's Trivia (PCLR) V 2:15 Bingocize (HCAR) V 3:00 Balloon Tennis (PCLR) S 5:00 Sound of Music Theme Dinner I 7:30 Bible Talk w/Emmy and Dorothy (HCAR)</p>	<p>18</p> <p>K 11:00 Friday Funnies (PCLR) O 1:30 Walmart Outing V 3:30 Trilogy-Fit (400 LR) S 4:00 Happy Hour "Cherry Bomb Mocktails" (CC)</p>	<p>19</p> <p>C 10:30 Coffee & Monkeybread (PCLR) K 11:00 Current Events (Lobby) K 2:00 BINGO (HCAR) K 3:30 Card Games (HCAR)</p>
<p>20</p> <p>K 10:00 Current Events (PCLR) M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) C 2:00 Sunday Movie & Popcom (PCLR)</p>	<p>21</p> <p>K 11:00 Monday Morning Trivia (PCLR) V 1:15 Trilogy-Fit (400 LR) V 2:15 Bingocize (HCAR) A 3:30 Patriotic Wind Sock (HCAR) I 6:15 Inspirations w/Larry (PCLR)</p>	<p>22</p> <p>V 10:30 Walking Club (PCLR) L 11:00 iN2L-Lifelong Learning (HCAR) K 2:00 Scrabble (PCAR) A 3:30 DIY Patriotic Rocks (HCAR)</p>	<p>23</p> <p>V 10:30 Gardening Club (PCLR) K 11:00 Cranium Crunches (LR) O 11:30 Men's Club Outing V 4:00 Trilogy Fit (400 LR) K 6:15 BINGO (HCAR)</p>	<p>24</p> <p>V 10:30 Walking Club (PCLR) K 11:00 Thursday's Trivia (PCLR) S 1:00 PC Bingo Auction (HCAR) V 2:15 Bingocize (HCAR) S 3:30 PC Resident Council (PCAR) I 7:30 Bible Talk w/Emmy and Dorothy (HCAR)</p>	<p>25</p> <p>K 11:00 Friday Funnies (PCLR) O 1:30 Krogers Outing V 3:30 Trilogy-Fit (400 LR) S 4:00 Happy Hour "Sparkling Citrus Punch" (CC)</p>	<p>26</p> <p>C 10:30 Coffee & Sweet Rolls (PCLR) K 11:00 Current Events (Lobby) K 2:00 BINGO (HCAR) K 3:30 Card Games (HCAR)</p>
<p>27</p> <p>K 10:00 Current Events (PCLR) M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) C 2:00 Sunday Movie & Popcom (PCLR)</p>	<p>28 Memorial Day</p> <p>K 11:00 Monday Morning Trivia (PCLR) S 12:00 MEMORIAL DAY COOKOUT V 1:15 Trilogy-Fit (400 LR) V 2:15 Bingocize (HCAR) I 6:15 Inspirations</p>	<p>29</p> <p>V 10:30 Walking Club (PCLR) L 11:00 iN2L-Lifelong Learning (HCAR) K 2:00 Scrabble (PCAR) A 3:30 Lady Bug Golf Balls (HCAR)</p>	<p>30</p> <p>V 10:30 Gardening Club (PCLR) K 11:00 Cranium Crunches (LR) O 1:30 Country Cruising Outing V 4:00 Trilogy Fit (400 LR) K 6:15 BINGO (HCAR)</p>	<p>31</p> <p>V 10:30 Walking Club (PCLR) K 11:00 Thursday's Trivia (PCLR) V 2:15 Bingocize (HCAR) C 3:30 Movie and Popcom (PCLR) I 7:30 Bible Talk w/Emmy and Dorothy (HCAR)</p>	<p>Follow us on Facebook and Twitter!</p> <p>Ask a Life Enrichment Associate about Lifeshare!</p> <p>"All activities subject to change, you will be informed via Lifeshare"</p>	<p>Activity Locations: HCAR=Health Care Activity Room PCAR=Personal Care Activity Room HCDR=Health Care Dining Room CC=Charismatic Café IR=In Residents Room PCLR=Personal Care Living Room</p>

**The Willows at Citation
Life Enrichment Calendar/HEALTH CARE**

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans C - Connections CC - Creative Cooking I - Inspirations K - Keeping it Sharp L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>The Beauty Parlor will be open every Tuesday at 9am.</p> <p>Watch out for the Life Enrichment Handouts every Monday. It will contain fun games, information about the weeks activities, adult coloring sheet's and more.</p>	<p>1</p> <p>MM 9:30 (MM) Theme Sensations- Cooking (IR) V 10:30 Walking Club (PCLR) L 11:00 iN2L-LL-Cinco de Mayo (PCLR) C 2:30 Monthly Birthday Party W/Lifeline (HCAR) A 3:30 Spring Mason Jar Vases</p>	<p>2</p> <p>MM 9:30 (MM) Theme Sensations- Laundry (IR) V 10:30 Gardening Club (PCLR) K 11:00 Cranium Crunches (LR) I 1:00 Catholic Communion (IR) O 1:30 North Lime Donuts K 6:15 BINGO (HCAR)</p>	<p>3</p> <p>MM 9:30 (MM) Theme Sensations-Baby Care (IR) V 10:30 Walking Club (PCLR) K 11:00 Thursday's Trivia (PCLR) A 1:00 Gary Bertram Art Class (HCAR) V 2:15 Bingocize (HCAR) C 3:00 Chef's Circle/Cooking</p>	<p>4</p> <p>MM 9:30 (MM) Theme Sensations- Beach (IR) V 10:30 iN2L-Through the Decades Exercising (HCAR) K 11:00 Friday Funnies (PCLR) O 1:30 Meijers Outing S 4:00 Happy Hour "Cinco de Mayo Punch" (CC)</p>	<p>5 Cinco de Mayo</p> <p>MM 9:30 (MM) Theme Sensations- Cooking (IR) C 10:30 Coffee & Donuts K 11:00 Current Events (Lobby) K 2:00 BINGO (HCAR) K 3:30 Card Games (HCAR)</p>
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