

Northshore Heights Senior Living - Assisted Living Activity Calendar

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 10:30 Coffee & Chat with Friends – IA 1:30 Baptist Service – AR 3:00 Activity Packets – IA 6:30 Word Search – IA	2 10:30 Monday Movin' & Groovin'–AR 11:00 Devotions w/Nate – AR 1:45 Movie Matinee – AR 2:00 Shopping at Food City or Dollar Tree – FE 6:30 Nightly News – DR	3 10:30 Devotions w/David-AR 11:00 Fun Fitness w/Sandy-AR 2:00 Sing-A-Long w/Dennis-DR 3:30 Chicken Foot - AR 7:00 Game Shows – DR	4 10:30 Catholic Service – AR 11:00 Sit Fit w/Dayna – AR 2:00 Fiesta Flower Craft for Cinco de Mayo - AR 6:30 Nightly News – DR	5 Cinco de Mayo 10:30 Sittercise – AR 11:00 Devotions w/AD – DR 2:00 Music w/Fredda - DR 6:30 Nightly News - DR 7:00 Game Shows	6 10:30 Weight Lifting - AR 2:00 Happy Hour – DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night – IA	7 9:00 Morning News – DR 10:30 Exercise – AR 2:00 Bingo – DR 3:30 Puzzles – IA	
8 Mothers Day 10:30 Coffee & Chat with Friends – IA 1:30 Baptist Service – AR 3:00 Activity Packets – IA 6:30 Word Search – IA	9 10:30 Monday Movin' & Groovin'–AR 11:00 Tai Chi w/Dale - AR 2:00 Movie Matinee - AR 6:30 Night News – DR	10 10:30 Devotions w/David-AR 11:00 Fun Fitness w/Sandy-AR 2:00 Watermelon Social - DR 3:30 Cornhole in the Courtyard 7:00 Game Shows – DR	11 10:30 Catholic Service – AR 11:00 Sit Fit w/Dayna – AR 2:00 Gardening w/UT Gardens-AR 3:30 Ticket Roll - AR 6:30 Nightly News – DR	12 10:30 Sittercise – AR 11:00 Devotions w/AD – DR 2:00 Music w/Cliff - DR 3:30 Bingo w/NHC - AR 7:00 Game Shows	13 10:30 Spring Flower Craft w/Phyllis - AR 2:00 Happy Hour – DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night – IA	14 9:00 Morning News – DR 10:30 Exercise – AR 2:00 Bingo – DR 3:30 Puzzles – IA	
15 10:30 Coffee & Chat with Friends – IA 1:30 Baptist Service – AR 3:00 Activity Packets – IA 6:30 Word Search – IA	16 10:30 Monday Movin' & Groovin'–AR 11:00 Devotions w/Nate – AR 1:45 Movie Matinee – AR 2:00 Shopping at Walmart– FE 6:30 Nightly News – DR	17 10:30 Devotions w/David-AR 11:00 Fun Fitness w/Sandy-AR 2:00 Music w/The Tennessee Jewels - DR 3:00 Scavenger Hunt - DR 7:00 Game Shows – DR	18 10:30 Catholic Service – AR 11:00 Sit Fit w/Dayna – AR 1:15 Resident Council & Food Committee - AR 2:00 Be Happy, Be Healthy w/Regina from Intrepid Home Health - AR 6:30 Nightly News – DR	19 10:30 Sittercise – AR 11:00 Devotions w/AD – DR 2:00 UN-Birthday Party FOR EVERYONE!!! - DR 3:30 Bingo - AR 7:00 Game Shows	20 11:00 Lunch Around Town - FE 2:00 Happy Hour – DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night – IA	21 9:00 Morning News – DR 10:30 Exercise – AR 2:00 Bingo – DR 3:30 Puzzles – IA	
22 10:30 Coffee & Chat with Friends – IA 1:30 Baptist Service – AR 3:00 Activity Packets – IA 6:30 Word Search – IA	23 10:30 Devotions w/Amanda-AR 11:00 Tai Chi w/Dale - AR 6:30 Night News – DR	24 10:30 Devotions w/David-AR 11:00 Fun Fitness w/Sandy-AR 2:00 Music w/Mitch & Lena - DR 3:30 Arts & Crafts - AR 7:00 Game Shows – DR	25 10:30 Catholic Service – AR 11:00 Sit Fit w/Dayna – AR 2:00 Rise Tucker Rhythm Band-AR 3:30 Family Feud - AR 6:30 Nightly News – DR	26 10:30 Sittercise – AR 11:00 Devotions w/AD – DR 2:00 Music w/Danny - DR 3:30 Bingo - AR 7:00 Game Shows	27 10:30 Jeopardy - AR 2:00 Happy Hour – DR 3:00 Sing-A-Long w/Tom-DR 6:30 Poker Night – IA	28 9:00 Morning News – DR 10:30 Exercise – AR 2:00 Bingo – DR 3:30 Puzzles – IA	
29 10:30 Coffee & Chat with Friends – IA 1:30 Baptist Service – AR 3:00 Activity Packets – IA 6:30 Word Search – IA	30 Happy Memorial Day! 	31 10:30 Devotions w/David-AR 11:00 Fun Fitness w/Sandy-AR 2:00 Music w/Frank & Friends - DR 3:30 Uno - AR 7:00 Game Shows – DR	<h1>May 2022</h1>			Room Location Codes: AR = Activity Room DR = Dining Room FE = Front Entrance IA = Independent Activity	