

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Room Location Codes AR = Activity Room LB = Library DR = Dining Room FE = Front Entrance IA = Independent Activity BP = Back Patio				Happy Birthday! Charlotte A. & Gail D. Podiatry Day! 9:00AM – 12:00PM in the Activity Room 2:00 Brain Teaser – LB 3:30 Bingo – AR 6:00 Porch Social – IA/BP May Day		
<h1>May 2025</h1> <h2>Northshore Heights - Assisted Living Activities</h2> <p><i>(The Activities Calendar is subject to change. Please refer to the Daily Activities Board in the Dining Room)</i></p>				1 10:00 Daily Chronicles – LB 10:30 Crafts w/Phyllis – AR 2:00 Happy Hour w/UT HM. Health & UT Hospice – DR * Featuring Margarita & Miami Vice* 3:00 Social w/Friends – IA/DR 6:30 Billiards Night – IA		
4 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR <u>A Friendly Reminder: Please stay hydrated!</u> 3:30 Afternoon Reading – IA/LB 7:00 60 Minutes – DR	5 10:00 Daily Chronicles – LB 10:30 Bingo – AR 11:30 Word Search – LB 2:00 Puzzles Club – LB 3:00 Cinco De Mayo Party w/Kasha from UT HM. Health – DR 6:30 Nightly News – DR Cinco de Mayo	6 10:00 Crosswords – LB 10:30 Morning Devotional w/Mark from Central Baptist Bearden – AR 11:00 Fun Fitness w/Sandy– AR 2:30 Music w/The Early Bird Special Band – DR 3:30 Fun Fact – LB 6:00 Porch Social – IA/BP	7 10:00 Daily Chronicles – LB 10:30 Catholic Service – AR 10:45 Chair Dancercise w/Pattaya – AR 1:45 Movie Matinee – AR 2:00 Shopping at Kroger – FE 3:30 Sudoku – IA/LB 6:30 Nightly News – DR	8 10:15 Sing Along Hymns – AR 10:30 Morning Devotional w/Calvary Chapel – AR 11:15 Sit & Fit w/Bob from UT HM. Health – AR 2:00 UT Gardens – AR 3:30 Bingo – AR 6:00 Porch Social – IA/BP	9 10:00 Daily Chronicles – LB 10:30 Hand Massage for Moms – AR (Seats are limited, please sign-up w/Pattaya by May 6th) 2:00 Happy Hour *Featuring Margarita & Miami Vice* - DR 3:00 Social w/Friends – IA/DR 6:30 Billiards Night – IA	10 9:00 Morning News – DR 10:00 Morning Stroll – IA <u>A Friendly Reminder: Please stay hydrated!</u> 2:00 Bingo – AR 3:30 Puzzles Club – LB 6:00 Nightly News – DR
11 Happy Birthday! Toni D. 	12 9:00 Coffee & Bagels at K Brew – FE *Please sign up with Pattaya by May 9th 11:30 Word Search – LB 1:30 Puzzles Club – LB 2:30 Bingo – AR 6:30 Nightly News – DR	13 Happy Birthday! Eve S. 10:00 Crosswords – LB 10:30 Morning Devotional w/AD from Smoky MTN. Hospice – AR 11:00 Chair Yoga w/Sandy – AR 2:30 Music w/Johnny Jukebox – DR 3:30 Color Me Happy – LB 6:00 Porch Social – IA/BP	14 10:00 Daily Chronicles – LB 10:30 Catholic Service – AR 10:45 Chair Dancercise w/Pattaya – AR 2:30 Ice Cream Outing at Bruster's – FE 3:30 Sudoku – IA/LB 6:30 Nightly News – DR	15 8:30 Wellness Check w/UT Hm. Health 10:15 Sing Along Hymns – AR 10:30 Morning Devotional w/Calvary Chapel – AR 11:15 Sit & Fit w/Bob from UT HM. Health – AR 2:00 Monthly Birthday Party w/UT Hospice – DR 3:30 Bingo – AR 6:00 Porch Social – IA/BP	16 10:00 Daily Chronicles – LB 10:30 Men's Club w/Travis – AR 2:00 Happy Hour *Featuring Margarita & Miami Vice* - DR 3:00 Social w/Friends – IA/DR 6:30 Billiards Night – IA	17 Happy 100th Birthday! Mel S. 10:00 to 11:30 Mel's 100 th Birthday Celebration at Strike & Spare family Bowl <u>A Friendly Reminder: Please stay hydrated!</u> 2:00 Bingo – AR 3:30 Puzzles Club – LB 6:00 Nightly News – DR Armed Forces Day
18 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR <u>A Friendly Reminder: Please stay hydrated!</u> 3:30 Afternoon Reading – IA/LB 7:00 60 Minutes – DR	19 10:00 Daily Chronicles – LB 10:30 Walk w/Friends – IA 10:30 Lunch Around Town at Point B – FE 11:30 Word Search - LB 1:30 Puzzles Club – LB 2:30 Bingo – AR 6:30 Nightly News – DR Victoria Day (Canada)	20 10:00 Crosswords – LB 10:30 Morning Devotional w/Mark from Central Baptist Bearden – AR 11:00 Fun Fitness w/Sandy– AR 2:00 Music w/Cliff Justice – DR 3:30 Fun Fact – LB 6:00 Porch Social – IA/BP	21 Happy Birthday! Nancy P. 10:00 Daily Chronicles – LB 10:30 Catholic Service – AR 10:45 Chair Dancercise w/Pattaya – AR 1:15 Resident Council & Food Committee – AR 2:30 The Golden Heir Choir – DR 6:30 Nightly News – DR	22 10:15 Sing Along Hymns – AR 10:30 Morning Devotional w/Calvary Chapel – AR 5:00PM – 9:00PM 	23 10:00 Daily Chronicles – LB 10:30 Walking Club – IA 2:00 Brain Teaser – LB 3:00 Social w/Friends – IA/DR 6:30 Billiards Night – IA	24 9:00 Morning News – DR 10:00 Morning Stroll – IA <u>A Friendly Reminder: Please stay hydrated!</u> 2:00 Bingo – AR 3:30 Puzzles Club – LB 6:00 Nightly News – DR
25 9:00 Morning News – DR 10:00 Morning Stroll – IA 2:00 Temple Baptist Church Service – AR <u>A Friendly Reminder: Please stay hydrated!</u> 3:30 Afternoon Reading – IA/LB 7:00 60 Minutes – DR	26 	27 10:00 Crosswords – LB 10:30 Morning Devotional w/AD from Smoky MTN. Hospice – AR 11:00 Chair Belly Dance w/Sandy – AR 2:00 Music w/Frank & Friends – DR 3:30 Color Me Happy – LB 6:00 Porch Social – IA/BP	28 Happy Birthday! Lester K. 10:00 Daily Chronicles – LB 10:30 Catholic Service – AR 10:45 Chair Dancercise w/Pattaya – AR 2:30 Rhythm Band Workshop w/Rise T. – AR 3:30 Sudoku – IA/LB 6:30 Nightly News – DR	29 Happy Birthday! Tena W. 10:15 Sing Along Hymns – AR 10:30 Morning Devotional w/Calvary Chapel – AR 11:15 Sit & Fit w/Bob from UT HM. Health – AR 2:00 Brain Teaser – LB 3:30 Bingo – AR 6:00 Porch Social – IA/BP	30 10:00 Daily Chronicles – LB 10:30 Music by Cliff Adkins – DR 2:00 Happy Hour *Featuring Margarita & Miami Vice* - DR 3:00 Social w/Friends – IA/DR 6:30 Billiards Night – IA	31 9:00 Morning News – DR 10:00 Morning Stroll – IA <u>A Friendly Reminder: Please stay hydrated!</u> 2:00 Bingo – AR 3:30 Puzzles Club – LB 6:00 Nightly News – DR