


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>LR = Living Room TR = Theater Room CK = Country Kitchen AR = Activity Room BP = Back Patio CR = Conference Room L = Lobby FE = Front Entrance</p>	<p><b>Amtrak Day 1</b> 9:00 Chair Yoga with Gee (BP) 10:00 Weekly Trivia w/ Roger (LR) 1:00 Bingo with Julie and Bryan from Brighton Health (AR) 2:00 Scenic Train Ride on YouTube (TR) 2:30 After Lunch Brain Crunch 4:00 NBA Playoffs - Serving Snacks (B) 5:30 Resident's Movie Choice (B)</p>	<p><b>US Capitol Police Day 2</b> 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 General Knowledge Trivia (B) 1:00 Left Center Right Dice Game (TR) 2:00 Afternoon Walk &amp; Bird Watching 3:00 Shopping at Walmart 5:30 Prime Movie at the Theater: The Tender Bar</p>	<p><b>Garden Meditation Day 3</b> 9:00 Coffee and News at the Bistro 10:00 Chair Zumba (B) 10:30 Hydroponics: Growing Garlic in Water 1:00 BINGO at the Activity Room 2:30 Scenic Train Ride on YouTube (TR) 3:00 May Birthday Bash w/ Tom Mazzaro *Serving Birthday Cake &amp; Drinks* 5:30 Oldies but Goodies Movie: FLETCH</p>	<p><b>World Password Day 4</b> 9:00 Coffee and News at the Bistro 9:00 Full Body Workout w/ Gee (BP) 10:30 Health Talk: PASSWORDS 101 1:00 BINGO with Tracy from Hospice Services of Nevada (AR) 2:30 Holy Rosary w/ Bonnie (CR) 3:00 Make No Bake Coffee Cake (CK) 5:30 Nature Series at the Bistro: BBC's Life in Color</p>	<p><b>Cinco de Mayo 5</b> 9:00 Coffee and News at the Bistro 10:00 Mindfulness Meditation (B) 11:00 Foodie Run to Lindo Michoacan 1:30 Newspaper Read Aloud (LR) 1:30 Fancy Scarves w/ Connie (B) 2:00 Shopping at La Bonita Market 5:30 Cinco de Mayo Movie: Queens on the Run</p>	<p><b>149th Kentucky Derby 6</b> 9:00 Coffee and News at the Bistro 9:00 Catholic Services (TR) 10:00 Chair Tai Chi (B) 10:30 Watch the 149th Kentucky Derby (B) 1:00 Horse Race BINGO (AR) 2:00 Scenic Travels on YouTube (TR) 3:00 Happy Hour with Michael (LR) *Serving Popcorn and Soda Pop* 5:30 Resident's Movie Choice (TR)</p>
<p><b>Cosmopolitan Day 7</b> 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Easter Mass on TV Channel 12 10:00 Scenic Train Ride - YouTube (B) 1:00 Large Word Find Puzzles (B) 2:00 Resident's Choice Movie (B) 5:30 Netflix Series at the Bistro: THE DIPLOMAT</p>	<p><b>Student Nurse Day 8</b> 9:00 Chair Yoga with Gee (BP) 10:00 Weekly Trivia w/ Roger (LR) 1:00 Bingo with Tina and Ayla from 1Care Health (AR) 2:30 After Lunch Brain Crunch Various Puzzle Page (B) 4:00 NBA Playoffs - Serving Snacks (B) 5:30 Resident's Movie Choice (B)</p>	<p><b>National Moscato Day 9</b> 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 General Knowledge Trivia (B) 1:00 Left Center Right Dice Game (TR) 2:00 Afternoon Walk &amp; Bird Watching 3:00 Shopping at Walmart 5:30 Prime Movie at the Theater: Ticket to Paradise</p>	<p><b>Hostess Cupcake Day 10</b> 9:00 Coffee and News at the Bistro 10:00 Resident Council Meeting and Food for Thought w/ Chef Celeste 1:00 BINGO at the Activity Room 2:30 Scenic Train Ride on YouTube (TR) 3:00 Wine Down Wednesday at the Bistro *Serving Wine, Cheese &amp; Crackers* 5:30 Oldies but Goodies Movie: The Burbs</p>	<p><b>Eat What You Want Day 11</b> 9:00 Coffee and News at the Bistro 9:00 Full Body Workout w/ Gee (BP) 10:30 Health Talk with Carol (B) 1:00 BINGO with Tracy from Hospice Services of Nevada (AR) 2:30 Holy Rosary w/ Bonnie (CR) 3:00 Monthly Spaghetti Dinner (CK) 5:30 Nature Series at the Bistro: BBC's Life in Color</p>	<p><b>Happy Birthday Bill! 12</b> 9:00 Coffee and News at the Bistro 10:00 Mindfulness Meditation (B) 11:00 Outing to Rampart Casino 1:30 Newspaper Read Aloud (LR) 1:30 Fancy Scarves w/ Connie (B) 2:00 Shopping at 99 Cents Only Store 5:30 Netflix Series at the Theater: THE DIPLOMAT</p>	<p><b>Hummus Day 13</b> 9:00 Coffee and News at the Bistro 9:00 Catholic Services (TR) 9:30 Hummus Tasting at the Bistro 10:00 Chair Tai Chi (B) 10:30 Word Teasers: Funny Sayings (B) 1:00 BINGO at the Activity Room 2:00 Box Office Movie at the Theater : COCAINE BEAR 5:30 Resident's Movie Choice (TR)</p>
<p><b>Happy Mother's Day 14</b> 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Easter Mass on TV Channel 12 10:00 Scenic Train Ride - YouTube (B) 11:00 Mother's Day Celebration (DR) 1:00 Large Word Find Puzzles (B) 2:00 Resident's Choice Movie (B) 5:30 Netflix Series at the Bistro: THE DIPLOMAT</p>	<p><b>International Day of Families 15</b> 9:00 Chair Yoga with Gee (BP) 10:00 Weekly Trivia w/ Roger (LR) 1:00 Bingo with Kein from Covenant Health (AR) 2:30 After Lunch Brain Crunch Various Puzzle Page (B) 4:00 NBA Playoffs - Serving Snacks (B) 5:30 Resident's Movie Choice (B)</p>	<p><b>Mimosa Day 16</b> 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 General Knowledge Trivia (B) 1:00 Left Center Right Dice Game (TR) 2:00 Afternoon Walk &amp; Bird Watching 3:00 Shopping at Walmart 5:30 Prime Movie at the Theater: On a Wing and a Prayer</p>	<p><b>International Museum Day 17</b> 9:00 Coffee and News at the Bistro 10:00 Chair Zumba (B) 10:30 Hydroponics: Easy Harvest Plants 1:00 BINGO at the Activity Room 2:30 Scenic Train Ride on YouTube (TR) 3:00 Happy Hour with Bobby Rumion (B) *Serving Birthday Cake &amp; Drinks* 5:30 Oldies but Goodies Movie: Four Seasons</p>	<p><b>Happy Birthday Stella! 18</b> 9:00 Coffee and News at the Bistro 9:00 Full Body Workout w/ Gee (BP) 10:30 Health Talk with Carol (B) 1:00 BINGO with Tracy from Hospice Services of Nevada (AR) 2:30 Holy Rosary w/ Bonnie (CR) 3:00 Learn to Draw with Carol (BP) 5:30 Nature Series at the Bistro: BBC's Life in Color</p>	<p><b>National Pizza Party Day 19</b> 9:00 Coffee and News at the Bistro 10:00 Mindfulness Meditation (B) 11:00 Foodie Run to Rosati's Pizzeria 1:30 Newspaper Read Aloud (LR) 1:30 Fancy Scarves w/ Connie (B) 2:00 Shopping at Vons Supermarket 5:30 Netflix Series at the Bistro: THE DIPLOMAT</p>	<p><b>Armed Forces Day 20</b> 9:00 Veteran's Get Together Coffee Social 9:00 Catholic Services (TR) 10:00 Chair Tai Chi (B) 10:30 Word Teasers: Funny Sayings (B) 1:00 BINGO at the Activity Room 2:00 Scenic Travels on YouTube (TR) 3:00 Happy Hour with Donna Lynne (B) 5:30 Resident's Movie Choice (TR)</p>
<p><b>International Tea Day 21</b> 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Scenic Train Ride - YouTube (B) 1:00 Large Word Find Puzzles (B) 2:00 Resident's Choice Movie (B) 5:30 Netflix Series at the Bistro: THE DIPLOMAT</p>	<p><b>Sherlock Holmes Day 22</b> 9:00 Chair Yoga with Gee (BP) 10:00 Weekly Trivia w/ Roger (LR) 1:00 Bingo with Torrie from PAM Rehab and Health (AR) 2:30 After Lunch Brain Crunch Various Puzzle Page (B) 4:00 NBA Playoffs - Serving Snacks (B) 5:30 Resident's Movie Choice (B)</p>	<p><b>Happy Birthday Dolores V! 23</b> 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 General Knowledge Trivia (B) 1:00 Scenic Train Ride from YouTube (B) 2:00 Sip Tea &amp; Watch Birds at the Patio 3:00 Shopping at Walmart 5:30 Prime Movie at the Theater: Shotgun Wedding</p>	<p><b>Morse Code Day 24</b> 9:00 Coffee and News at the Bistro 10:00 Chair Zumba (B) 10:30 Hydroponics: Pepper Plants 1:00 BINGO at the Activity Room 2:30 Scenic Train Ride on YouTube (TR) 3:00 Wine Down Wednesday at the Bistro *Serving Wine, Cheese &amp; Crackers* 5:30 Oldies but Goodies Movie: Along Came Polly</p>	<p><b>Cookie Monster's Birthday 25</b> 9:00 Coffee and News at the Bistro 9:00 Full Body Workout w/ Gee (BP) 10:30 Learn Basic Mandarin (B) 1:00 BINGO with Tracy from Hospice Services of Nevada (AR) 2:30 Holy Rosary w/ Bonnie (CR) 3:00 Cookie Making at the Kitchen (CK) 5:30 Nature Series at the Bistro: BBC's Life in Color</p>	<p><b>National Polka Day 26</b> 9:00 Coffee and News at the Bistro 10:00 Mindfulness Meditation (B) 11:00 Foodie Run to Eggworks 1:00 Newspaper Read Aloud (LR) 1:30 Fancy Scarves w/ Connie (LR) 2:00 Shopping at Smith's Supermarket 5:30 Netflix Series at the Theater: THE DIPLOMAT</p>	<p><b>Julia Pierpont Day 27</b> 9:00 Coffee and News at the Bistro 9:00 Catholic Services (TR) 10:00 Chair Tai Chi (B) 10:30 Word Teasers: Funny Sayings (B) 1:00 BINGO at the Activity Room 2:00 Box Office Movie at the Theater : BABYLON *Serving Popcorn and Soda Pop* 5:30 Resident's Movie Choice (TR)</p>
<p><b>Pentecost 28</b> 8:30 David Jeremiah on TV Channel 26 9:00 Joel Osteen on TV Channel 26 9:30 Catholic Mass on TV Channel 12 10:00 Scenic Train Ride - YouTube (B) 1:00 Large Word Find Puzzles (B) 2:00 Resident's Choice Movie (B) 5:30 Netflix Series at the Bistro: THE DIPLOMAT</p>	<p><b>Memorial Day 29</b> 9:30 Chair Yoga with Gee (BP) 10:00 Weekly Trivia w/ Roger (LR) 11:00 Memorial Day Picnic at the Patio 1:00 Bingo with Torrie from PAM Rehab and Health (AR) 2:30 After Lunch Brain Crunch Various Puzzle Page (B) 4:00 NBA Playoffs - Serving Snacks (B) 5:30 Resident's Movie Choice (B)</p>	<p><b>Happy Birthday Rita! 30</b> 9:00 Coffee and News at the Bistro 10:00 Range of Motion Exercises (B) 10:30 General Knowledge Trivia (B) 1:00 Left Center Right Dice Game (TR) 2:00 Afternoon Walk &amp; Bird Watching 3:00 Shopping at Walmart 5:30 Prime Movie at the Theater: The People We Hate at the Wedding</p>	<p><b>Save Your Hearing Day 31</b> 9:00 Coffee and News at the Bistro 10:00 Chair Zumba (B) 10:30 Hydroponics: The Cabbage Family 1:00 BINGO at the Activity Room 2:30 Scenic Train Ride on YouTube (TR) 3:00 Happy Hour with Bobby Rumion (B) *Serving Birthday Cake &amp; Drinks* 5:30 Oldies but Goodies Movie: Parenthood</p>			

**Heritage Springs Assisted Living Events**      **All Activities Subject to Change by the Life Enrichment Director**