May 2019
The Nottingham Assisted Living

OLDER AMERICANS MONTH
CONNECT, CREATE, CONTRIBUTE MAY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Programs & Times are subject to change or be cancelled. Please refer to the daily board for the most up to date information. Please contact Shannon at 315-413-3127 if you have any questions or concerns.			1 10:00 Exercise with Shannon in The Dining Room 10:30 Massages & Manicures with Shannon in the Corner Room 12:00 ***"Champagne" Toast in Recognition of Older Americans Month*** 1:15 ***Yoga & Current Events with Kelly in the Corner Room*** 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 Noodle Ball with Shannon in the Sun Room	2 10:00 Exercise with Shannon in The Dining Room 11:00 ***Protestant Church Service in The RHCF Terrace Room*** **12:00 Birthday Luncheon in the IL TV/Meeting** 1:45 Craft Corner with Shannon in the Corner Room 3:00 Happy Hour in The Small Dining Room	3 9:45 ***Bowling at Flamingo Lanes with Shannon*** 10:00 Zumba with Shantina in the Dining Room 10:30 Morning Movie in the TV Room 2:30 Card Shuffle with Shannon in the Corner Room 3:30 Logos with Shannon in the Corner Room	4 9:45 Exercise with Shannon in the Dining Room 1:30 ***Trumpet Player Joseph Henneberry in the Sun Room*** 4:00 ***Catholic Mass with Father Heagary in the RHCF Library*** 6:00 Resident Run Bridge in the Fish Room
5 1:45 Movie Matinee in The TV Room "***Green Book***". 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room	6 10:00 Zumba with Dr. Ann in The Dining Room 10:30 Famous May Babies with Kara in the TV Room 1:15 Hang-man with Colleen in the Corner Room 2:30 Stretching with Dr. Ann in the Corner Room 3:30 Art Project: Community Puzzle with Colleen in the Corner Room	7 9:30 Tuesday Trivia with Shannon in the Sun-room 10:00 Exercise with Shannon in The Dining Room 10:30 ***Dining Committee Meeting in the Corner Room*** 1:30 Oil Pastel Pie Craft with Shannon in the Corner Room 3:00 Ladder Ball with Shannon in the Sun Room	8 10:00 Exercise with Colleen in The Dining Room 10:45 Who? What? When? with Kara in the Corner Room 1:15 ***Yoga & Current Events with Kelly in the Corner Room*** 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 Frisbee Golf with Shannon in the Sunroom 7:15 Red Moon Road with Shannon in the TV Room	9 10:00 Exercise with Shannon in The Dining Room 10:30 ***Massages with Massage Therapist Donna in the TV Room*** 11:00 ***Protestant Church Service in The RHCF Terrace Room*** 1:15 Famous Mothers with Shannon in the TV Room 3:15 ***Entertainment with The Lock 52 Trio in the Dining Room***	10 10:00 Exercise with Kara in the Dining Room 11:00 ***Dewitt Library in the RHCF Terrace Room*** 1:30 Corn Hole with Kara in the Sun Room 2:30 Listening to the Oldies in the Sun Room 3:00 Movie Matinee in the TV Room	11 9:45 Exercise with Donna in the Dining Room 1:15 ***Piano Sounds with Donna in the Sun Room*** 2:15 Matinee in the TV Room 4:00 ***Catholic Mass with Father Heagarty in the RHCF Library*** 6:00 Resident Run Bridge in the Fish Room
12 Happy Mothers' Day 1:45 Movie Matinee in The TV Room "***Hidden Figures***". Starring Taraji Henson & Octavia Spencer. Drama 2106 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room	13 10:00 Zumba with Dr. Ann in The Dining Room ***10:30 Outing: Team Up Trivia. Please sign up with Shannon if interested!*** 2:30 Stretching with Dr. Ann in the Corner Room 3:00 Balloon Tennis with Shannon in the Corner Room	14 9:30 Wise & Knowledgeable Shannon in the Sunroom 10:00 Exercise with Shannon in The Dining Room 10:30 At the Races with Shannon in the Corner Room 2:30 Painting with Shannon in the Corner Room 3:30 Walking Program with Shannon in the Sun Room 7:00 Quizmania with Nadja in the Corner Room	15 10:00 Exercise with Colleen in The Dining Room 10:30 Group Crossword with Kara in the Corner Room 1:15 ***Yoga & Current Events with Kelly in the Corner Room*** 2:30 Flower Arranging With Dining Staff in The Small Dining Room 3:00 Unsolved Mysteries with Shannon in the TV Room 6:30 Bingo with Shannon in the Sunroom	16 10:00 Exercise with Shannon in The Dining Room 11:00 ***Protestant Church Service in The RHCF Terrace Room*** 1:15 Reminiscing with Shannon in the TV Room **2:00 *Resident Council in the TV Room*** 3:00 Happy Hour in The Small Dining Room	17 9:30 Trivia Time with Shannon in the Sunroom 10:00 Exercise with Shannon in the Dining Room 10:30 Gestures with Shannon in the Corner Room 1:30 Motor Racing with Shannon in the Sun Room 2:30 ***Shabbat with Rabbi Fellman in the Corner Room*** 3:30 Massages & Manicures in the Corner Room 7:00 ***Nottingales Concert in the IL TV/Meeting Room***	18 9:45 Exercise with Shannon in the Dining Room 1:15 Crafts with Shannon in the Sunroom 4:00 ***Catholic Mass with Father Heagarty in the RHCF Library*** 6:00 Resident Run Bridge in the Fish Room
19 1:45 Movie Matinee in The TV Room "***Victoria & Abdul***" Starring Judi Dench & Ali Fazal. Drama 2017 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room	20 10:00 Zumba with Dr. Ann in The Dining Room 10:30 ***Bible Study in the RHCF Terrace Room*** 10:45 Total Recall with Shannon in the Corner Room 1:15 Card Emblem Card Game with Shannon in the Corner Room 2:30 Stretching with Dr. Ann in the Corner Room 3:30 ***Entertainment with The Tweedlers in the RHCF Family Room***	21 9:30 Brain Teasers with Shannon in the Sun-room 10:00 Exercise with Shannon in the Dining Room 10:30 Horse Shoes with Shannon in the Sun Room 1:30 ***Pet Visits with "PAWS" in the Fish & TV Room*** 3:15 ***Entertainment with Lori Ann in the Dining Room*** 7:00 Trivial Pursuit with Nadja in the Corner Room	22 10:00 Exercise with Kara in The Dining Room 10:30 Musical Memories in the Corner Room with Kara 1:15 Movie Matinee in the TV Room ***2:00 Name that Tune Outing Please sign up with Shannon if interested!*** 2:30 Flower Arranging With Dining Staff in The Small Dining Room	23 10:00 Exercise with Colleen in The Dining Room 11:00 ***Protestant Church Service in The RHCF Terrace Room*** 2:00 May in History with Kara in the Corner Room 3:00 Happy Hour in The Small Dining Room	24 10:00 Exercise with Shannon in the TV Room 10:30 What War Was It? With Shannon in the Corner Room 1:15 Road Trip Trivia & Military Songs with Shannon in the TV Room 3:15 House Warming Welcome with Shannon in the Small Dining Room	25 9:45 Exercise with Donna in the Dining Room 1:15 Movie Matinee in the TV Room "***The Greatest Showman***" Starring Hugh Jackman & Zac Efron. Musical. 2017 4:00 ***Catholic Mass with Father Heagarty in the RHCF Library*** 6:00 Resident Run Bridge in the Fish Room
26 1:45 Movie Matinee in The TV Room "***Wonder Woman***". Starring Gal Gadot. Action. 2017 3:30 Listening to The Oldies in The Sunroom 6:00 Resident Run Bridge Game in The Fish Room	27 ***Happy Memorial Day!*** 1:30 Afternoon Matinee in the TV Room 2:30 Ice Cream Social in the TV Room	28 10:30 Exercise with Donna in the Sun Room 1:30 Conversation Ball with Colleen in the Corner Room 3:30 Balloon Volleyball with Kara in the Sun Room 7:00 Millionaire Trivia with Nadja in the Sun Room	29 10:00 Exercise with Shannon in The Dining Room 11:00 ***Protestant Church Service in The RHCF Terrace Room*** 1:15 Drawing a Blank with Shannon in the TV Room 2:30 Flower Arranging With Dining Staff in The	30 10:00 Exercise with Shannon in The Dining Room 10:30 ***Travel to Australia with Kara Conley from Dewitt Library in the TV Room*** **2:30 *Drum Circle with Jimbo in the Sun Room*** 3:30 Banana Split Social with Shannon in the Small Dining Room	31 9:30 Daily Chronicles with Shannon in the Sunroom 10:00 Exercise with Shannon in the Dining Room 10:30 Junk Drawer Detective in the TV Room **1:15 *Outing to the Rose Garden*** ***If Interested please sign up with Shannon!*** **3:30 *Older American's Month Social in the RHCF Family Room***	