



# Morningside Activities Calendar

## May 2024

SUN	MON	TUES	WED	THURS	FRI	SAT
<p><b>Programs subject to change please use the daily sheets for updates!</b></p>	<p><b>BIRTHDAYS MONTH</b> <b>5/24 Faith</b></p> <p><u>National Nurse's Week</u> <u>May 5<sup>th</sup></u></p> <p><u>Haitian Heritage Month</u></p> <p><u>Overnight Caregivers Month</u></p> <p><u>Waitstaff Month</u></p>	<p><u>Spiritual Support</u> <u>Creative Expression</u> <u>Physical Fitness</u> <u>Brain Fitness</u></p> <p><u>Entertainers/Instructors</u> <u>Music</u></p>	<p>1 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game 10:30 Morning Stretch &amp; Ball Exercise 11:15 Daily Chronicle 1:00 Creative Expression 2:00 Cooking Group (Chocolate Parfaits) 3:30 Virtual Concert – YouTube Piano Concerts from DW Classical Music 6:00 Action Movie</p>	<p>2 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game 10:30 Morning Stretch &amp; Ball Exercise 11:15 Daily Chronicle 2:00 Joel &amp; Dan Musicals 3:30 Board &amp; Card Games 6:00 Comedy Movie</p>	<p>3 <b>Garden Meditation Day</b> 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game 10:30 Morning Stretch &amp; Ball Exercise 11:15 Daily Chronicle 1:00 Book Group 2:00 Trivia 3:00 Mindfulness 3:30 Games 6:00 Classic Show</p>	<p>4 Kentucky Derby 9:30 Walk Group Lobby 10:00 Word Game 10:15 Daily Chronicle 10:30 Morning Stretch &amp; Ball Exercise 1:00 Easy Listening - Sinatra 2:00 Creative Expression 3:00 Armchair Travel - Rick Steve's Great Outdoors 6:00 Resident Choice</p>
<p>5 <b>Cinco de Mayo</b> 9:00 Spiritual Time 10:00 Folk Music 11:15 Daily Chronicle 1:00 Manicures 2:00 Walk Group 3:00 Puzzles 3:00 Sweet Readers Prg w/BBN School 6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p>6 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game/Trivia 10:30 Chaboom 11:15 Daily Chronicle 1:00 BINGO w/Prizes 2:00 Writing Group 3:00 Lifelong Learners 3:30 Sing-along Songs 6:00 Musical Movie</p>	<p>7 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game/Trivia 10:30 Morning Stretch &amp; Ball Exercise 11:15 Daily Chronicle 1:00 Lincoln Center – At the Atrium “Mother Kofi” 1:00 Resident Social 2:00 Jeopardy 2:30 Green City Gardening 3:00 Classical Music 6:00 Hollywood Classics</p>	<p>8 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game 10:30 Morning Stretch &amp; Ball Exercise 11:15 Daily Chronicle 1:00 Creative Expression 2:00 Cooking Group (sugar-free snacks) 2:30 Tunefoolery Music 3:30 Virtual Concert – YouTube Piano Concerts from DW Classical Music 6:00 Action Movie</p>	<p>9 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game 10:30 Morning Stretch &amp; Ball Exercise 11:15 Daily Chronicle 1:00 Karaoke 2:30 Board &amp; Card Games 3:00 Brain Games 6:00 Comedy Movie</p>	<p>10 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game 10:30 Morning Stretch &amp; Ball Exercise 11:15 Daily Chronicle 1:00 Book Group 2:00 Trivia 2:30 NEC Students Live Classical Music 3:00 Mindfulness 6:00 Classic Show</p>	<p>11 9:30 Walk Group Lobby 10:00 Word Game 10:15 Daily Chronicle 10:30 Morning Stretch &amp; Ball Exercise 1:00 Easy Listening - Sinatra 2:00 Creative Expression 3:00 Armchair Travel - Rick Steve's Great Outdoors 6:00 Resident Choice</p>
<p>12 <b>Mother's Day</b> 9:00 Spiritual Time 10:00 Folk Music 11:15 Daily Chronicle 1:00 Manicures 2:00 Walk Group 3:00 Puzzles 3:00 Sweet Readers Prg w/BBN School 6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p>13 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game/Trivia 10:30 Chaboom 11:15 Daily Chronicle 1:00 BINGO w/Prizes 2:00 Writing Group 3:00 Lifelong Learners 3:30 Sing-along Songs 6:00 Musical Movie</p>	<p>14 9:00 Morning Check In 9:30 Walk Group 10:00 Word Game/Trivia 10:30 Morning Stretch &amp; Ball Exercise 11:15 Daily Chronicle 1:00 Resident Social 2:00 Jeopardy 2:30 Green City Gardening 3:00 Classical Music 6:00 Hollywood Classics</p>	<p>15 Activity Center Closed 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game 10:30 Morning Stretch &amp; Ball Exercise 11:15 Daily Chronicle 1:00 Creative Expression 2:00 Cooking Group (Sliders) 3:30 Virtual Concert – YouTube Piano Concerts from DW Classical Music 6:00 Action Movie</p>	<p>16 National BBQ Day 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game 10:30 Morning Stretch &amp; Ball Exercise 11:15 Daily Chronicle 1:00 Karaoke 2:30 Board &amp; Card Games 3:00 Brain Games 6:00 Comedy Movie</p>	<p>17 9:00 Morning Check In 9:30 Walk Group Lobby 10:00 Word Game 10:30 Ballroom Dancing 11:15 Daily Chronicle 1:00 Book Group 2:30 Live Jazz w/Elan 3:00 Trivia 3:30 Brain Games 6:00 Classic Show</p>	<p>18 <b>Armed Forces Day</b> 9:30 Walk Group Lobby 10:00 Word Game 10:15 Daily Chronicle 10:30 Morning Stretch &amp; Ball Exercise 1:00 Easy Listening - Sinatra 2:00 Creative Expression 3:00 Armchair Travel - Rick Steve's Great Outdoors 6:00 Resident Choice</p>



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SUN	MON	TUES	WED	THURS	FRI	SAT
<p>19</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:15 Daily Chronicle</p> <p>1:00 Manicures</p> <p>2:00 Walk Group</p> <p>3:00 Puzzles</p> <p>3:00 Sweet Readers Prg w/BBN School</p> <p>6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p>20</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Chaboom</p> <p>11:15 Daily Chronicle</p> <p>1:00 BINGO w/Prizes</p> <p>2:00 Writing Group</p> <p>3:00 Lifelong Learners</p> <p>3:30 Sing-along Songs</p> <p>6:00 Musical Movie</p>	<p>21</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Resident Social</p> <p>2:00 Jeopardy</p> <p>2:30 Green City Gardening</p> <p>3:00 Classical Music</p> <p>6:00 Hollywood Classics</p>	<p>22</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Creative Expression</p> <p>2:00 Cooking Group (Herbed Butter Garlic Bread)</p> <p>2:30 Tunefoolery Music</p> <p>3:30 Virtual Concert – YouTube Piano Concerts from DW Classical Music</p> <p>6:00 Action Movie</p>	<p>23</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Karaoke</p> <p>2:30 Board &amp; Card Games</p> <p>3:00 Brain Games</p> <p>6:00 Comedy Movie</p>	<p>24</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Book Group</p> <p>2:00 Trivia</p> <p>3:00 Mindfulness</p> <p>3:30 Brain Games</p> <p>6:00 Classic Show</p>	<p>25</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:15 Daily Chronicle</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>1:00 Easy Listening - Sinatra</p> <p>2:00 Creative Expression</p> <p>3:00 Armchair Travel - Rick Steve's Great Outdoors</p> <p>6:00 Resident Choice</p>
<p>26</p> <p>9:00 Spiritual Time</p> <p>10:00 Folk Music</p> <p>11:15 Daily Chronicle</p> <p>1:00 Manicures</p> <p>2:00 Walk Group</p> <p>3:00 Puzzles</p> <p>3:00 Sweet Readers Prg w/BBN School</p> <p>6:00 Resident Choice</p> <p>YouTube Spiritual Show @SpiritualEldercare</p>	<p>27 MEMORIAL DAY</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 BINGO w/Prizes</p> <p>2:00 Writing Group</p> <p>3:00 Lifelong Learners</p> <p>3:30 Sing-along Songs</p> <p>6:00 Musical Movie</p>	<p>28</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group</p> <p>10:00 Word Game/Trivia</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Resident Social</p> <p>2:00 Jeopardy</p> <p>2:30 Green City Gardening</p> <p>3:00 Classical Music</p> <p>6:00 Hollywood Classics</p>	<p>29</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Creative Expression</p> <p>2:00 Cooking Group (Biscuits)</p> <p>3:30 Virtual Concert – YouTube Piano Concerts from DW Classical Music</p> <p>6:00 Action Movie</p>	<p>30</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Karaoke</p> <p>2:30 Board &amp; Card Games</p> <p>3:00 Brain Games</p> <p>6:00 Comedy Movie</p>	<p>31</p> <p>9:00 Morning Check In</p> <p>9:30 Walk Group Lobby</p> <p>10:00 Word Game</p> <p>10:30 Morning Stretch &amp; Ball Exercise</p> <p>11:15 Daily Chronicle</p> <p>1:00 Book Group</p> <p>2:00 Trivia</p> <p>3:00 Mindfulness</p> <p>3:30 Brain Games</p> <p>6:00 Classic Show</p>	<p><u>National Nurse's Week</u> May 5<sup>th</sup></p> <p><u>Haitian Heritage Month</u></p> <p><u>Overnight Caregivers Month</u></p> <p><u>ALF Waitstaff Month</u></p>