

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**1**  
 Rise & Shine Daily Devotional  
 Exercise – Dumbbell  
 Daily News / Weather Report  
 Praise & Worship  
 Fellowship / Snack  
 Rest & Rejuvenation  
 Puzzle (For those not resting)  
 Exercise  
 Table Games  
 Sundae Social  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club  
 May Day

**2**  
 Rise & Shine Daily Devotional  
 Exercise – YOGA  
 Daily News / Weather Report  
 Music Therapy  
 BINGO  
 Rest & Rejuvenation  
 Exercise  
 Arts & Crafts  
 Rest & Rejuvenation  
 Brain Builder  
 Fine Motor Movement

**3**  
 Rise & Shine Devotional  
 Exercise – Thera-Bands  
 Daily News / Weather Report  
 10:15 - Music Therapy with  
 Amanda Casper  
 Morning Movie  
 Rest & Rejuvenation  
 Exercise  
 Sensory  
 Kitchen Creation  
 Rest & Rejuvenation  
 Brain Builder

**4**  
 Rise & Shine Devotional  
 Exercise – Dumbbells  
 Daily News / Weather Report  
 Music Therapy  
 Experiment  
 Rest & Rejuvenation  
 Exercise  
 Bible Study  
 3:00 – Ice cream sandwich social  
 BINGO  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club

**5**  
 Rise & Shine Daily Devotional  
 Exercise – Lower Body  
 Daily News /Weather Report  
 Nail Bar / MYND VR  
 Arts & Crafts  
 Rest & Rejuvenation  
 Exercise  
 Rest & Rejuvenation  
 Nail Bar/ MYND VR  
 Brain Builder  
 Table Games  
 Cinco de Mayo

**6**  
 Rise & Shine Daily Devotional  
 Exercise – YOGA  
 Daily News / Weather Report  
 Music Therapy  
 Rest & Rejuvenation  
 Exercise  
 Sensory  
 Kitchen Creation  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club

**7**  
 Rise & Shine Devotional  
 Exercise – Standing  
 Daily News / Weather Report  
 Table Games  
 Rest & Rejuvenation  
 Exercise  
 Movie Matinee  
 Rest & Rejuvenation  
 Brain Builder  
 Sing & Dance

**8**  
 Rise & Shine Daily Devotional  
 Exercise – Dumbbell  
 Daily News / Weather Report  
 Praise & Worship  
 Fellowship / Snack  
 Rest & Rejuvenation  
 Puzzle (For those not resting)  
 Exercise  
 Table Games  
 Sundae Social  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club  
 Mother's Day

**9**  
 Rise & Shine Daily Devotional  
 Exercise – YOGA  
 Daily News / Weather Report  
 Music Therapy  
 BINGO  
 Rest & Rejuvenation  
 Exercise  
 Arts & Crafts  
 Rest & Rejuvenation  
 Brain Builder  
 Fine Motor Movement

**10**  
 Rise & Shine Devotional  
 Exercise – Thera-Bands  
 Daily News / Weather Report  
 Morning Movie  
 Rest & Rejuvenation  
 Exercise  
 Sensory  
 Kitchen Creation  
 Rest & Rejuvenation  
 Brain Builder

**11**  
 Rise & Shine Devotional  
 Exercise – Dumbbells  
 Daily News / Weather Report  
 Music Therapy  
 Experiment  
 Rest & Rejuvenation  
 Exercise  
 Bible Study  
 BINGO  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club

**12**  
 Rise & Shine Daily Devotional  
 Exercise – Lower Body  
 Daily News /Weather Report  
 Nail Bar / MYND VR  
 Arts & Crafts  
 Rest & Rejuvenation  
 Exercise  
 Rest & Rejuvenation  
 Nail Bar/ MYND VR  
 Brain Builder  
 Table Games

**13**  
 Rise & Shine Daily Devotional  
 Exercise – YOGA  
 Daily News / Weather Report  
 9:30 - Music Therapy with Amanda  
 Casper  
 Rest & Rejuvenation  
 Exercise  
 Sensory  
 Kitchen Creation  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club

**14**  
 Rise & Shine Devotional  
 Exercise – Standing  
 Daily News / Weather Report  
 Table Games  
 Rest & Rejuvenation  
 Exercise  
 Movie Matinee  
 Rest & Rejuvenation  
 Brain Builder  
 Sing & Dance

**15**  
 Rise & Shine Daily Devotional  
 Exercise – Dumbbell  
 Daily News / Weather Report  
 Praise & Worship  
 Fellowship / Snack  
 Rest & Rejuvenation  
 Puzzle (For those not resting)  
 Exercise  
 Table Games  
 Sundae Social  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club

**16**  
 Rise & Shine Daily Devotional  
 Exercise – YOGA  
 Daily News / Weather Report  
 Music Therapy  
 BINGO  
 Rest & Rejuvenation  
 Exercise  
 Arts & Crafts  
 Rest & Rejuvenation  
 Brain Builder  
 Fine Motor Movement

**17**  
 Rise & Shine Devotional  
 Exercise – Thera-Bands  
 Daily News / Weather Report  
 10:15 – Music Therapy with  
 Amanda Casper  
 Morning Movie  
 Rest & Rejuvenation  
 Exercise  
 Sensory  
 Kitchen Creation  
 Rest & Rejuvenation  
 Brain Builder

**18**  
 Rise & Shine Devotional  
 Exercise – Dumbbells  
 Daily News / Weather Report  
 Music Therapy  
 Experiment  
 Rest & Rejuvenation  
 Exercise  
 Bible Study  
 BINGO  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club

**19**  
 Rise & Shine Daily Devotional  
 Exercise – Lower Body  
 Daily News /Weather Report  
 Nail Bar / MYND VR  
 Arts & Crafts  
 Rest & Rejuvenation  
 Exercise  
 Rest & Rejuvenation  
 Nail Bar/ MYND VR  
 Brain Builder  
 Table Games

**20**  
 Rise & Shine Daily Devotional  
 Exercise – YOGA  
 Daily News / Weather Report  
 Music Therapy  
 Rest & Rejuvenation  
 Exercise  
 Sensory  
 Kitchen Creation  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club  
 Armed Forces Day

**21**  
 Rise & Shine Devotional  
 Exercise – Standing  
 Daily News / Weather Report  
 Table Games  
 Rest & Rejuvenation  
 Exercise  
 Movie Matinee  
 Rest & Rejuvenation  
 Brain Builder  
 Sing & Dance

**22**  
 Rise & Shine Daily Devotional  
 Exercise – Dumbbell  
 Daily News / Weather Report  
 Praise & Worship  
 Fellowship / Snack  
 Rest & Rejuvenation  
 Puzzle (For those not resting)  
 Exercise  
 Table Games  
 Sundae Social  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club

**23**  
 Rise & Shine Daily Devotional  
 Exercise – YOGA  
 Daily News / Weather Report  
 Music Therapy  
 BINGO  
 Rest & Rejuvenation  
 Exercise  
 Arts & Crafts  
 Rest & Rejuvenation  
 Brain Builder  
 Fine Motor Movement  
 Victoria Day (Canada)

**24**  
 Rise & Shine Devotional  
 Exercise – Thera-Bands  
 Daily News / Weather Report  
 Morning Movie  
 Rest & Rejuvenation  
 Exercise  
 Sensory  
 Kitchen Creation  
 Rest & Rejuvenation  
 Brain Builder

**25**  
 Rise & Shine Devotional  
 Exercise – Dumbbells  
 Daily News / Weather Report  
 Music Therapy  
 Experiment  
 Rest & Rejuvenation  
 Exercise  
 Bible Study  
 BINGO  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club

**26**  
 Rise & Shine Daily Devotional  
 Exercise – Lower Body  
 Daily News /Weather Report  
 Nail Bar / MYND VR  
 Arts & Crafts  
 Rest & Rejuvenation  
 Exercise  
 Rest & Rejuvenation  
 Nail Bar/ MYND VR  
 Brain Builder  
 Table Games

**27**  
 Rise & Shine Daily Devotional  
 Exercise – YOGA  
 Daily News / Weather Report  
 9:30 - Music Therapy with Amanda  
 Casper  
 Rest & Rejuvenation  
 Exercise  
 Sensory  
 Kitchen Creation  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club

**28**  
 Rise & Shine Devotional  
 Exercise – Standing  
 Daily News / Weather Report  
 Table Games  
 Rest & Rejuvenation  
 Exercise  
 Movie Matinee  
 Rest & Rejuvenation  
 Brain Builder  
 Sing & Dance

**29**  
 Rise & Shine Daily Devotional  
 Exercise – Dumbbell  
 Daily News / Weather Report  
 Praise & Worship  
 Fellowship / Snack  
 Rest & Rejuvenation  
 Puzzle (For those not resting)  
 Exercise  
 Table Games  
 Sundae Social  
 Rest & Rejuvenation  
 Brain Builder  
 Book Club

**30**  
 Rise & Shine Daily Devotional  
 Exercise – YOGA  
 Daily News / Weather Report  
 Music Therapy  
 BINGO  
 Rest & Rejuvenation  
 Exercise  
 Arts & Crafts  
 Rest & Rejuvenation  
 Brain Builder  
 Fine Motor Movement  
 Memorial Day

**31**  
 Rise & Shine Devotional  
 Exercise – Thera-Bands  
 Daily News / Weather Report  
 Morning Movie  
 Rest & Rejuvenation  
 Exercise  
 Sensory  
 Kitchen Creation  
 Rest & Rejuvenation  
 Brain Builder

# May 2022

Memory Haven