

| Life Enrichment Activities May 27 - June 2, 2024 | | | | | |
|--|---------|-----------|----------|--------|----------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|--|---|---|
| May 27, 2024 | May 28, 2024 | May 29, 2024 | May 30, 2024 | May 31, 2024 | June 1, 2024 | June 2, 2024 |
| 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast | 7:30 Breakfast |
| 9:00 - 4:30 Hydration Station open | 9:00 - 4:30 Hydration Station open | 9:00 - 4:30 Hydration Station open | 9:00 - 4:30 Hydration Station open | 9:00 - 4:30 Hydration Station open |  Visit the Activities Center (coloring, puzzles, crosswords, wordsearches, scrabble and more!) | 9:00 Church Service in the Chapel  |
| 9:15 "History of Memorial Day" video & Calendar Review, Exercise Room | Resident led coffee & tea social Coffee Shop | 9:15 "World Otter Day" video, pastries & Calendar Review, Coffee Shop  | "National Creativity Day" Video of Artist Jody Steel  And Auri visits! | 9:15 "1960's Trivia" & Calendar Review with Janice, Coffee Shop | |  |
| 10:00-11:00 ZUMBA with Kathi, Exercise Room TLC with Kay (room to room visits)  | 10:00 - 11:00 ZUMBA with Kathi Exercise Room | 10:00 Movement with Michelle Exercise Room | 8:30 - 11:00 Hair Salon is open | 10:00 Chair Yoga with Jim! Exercise Room  | | |
| 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch | 11:30 Lunch |
| 12:30 AL Ice Cream Social, Dining Room  | 12:30 Painting Rocks for Flower Gardens Activities Center  | 12:30 Worship in the Chapel  | 12:30 Painting Rocks for Flower Gardens, continued Activities Center | 12:30 Mocha the sheepadoodle therapy dog, and his dad playing guitar! Sunshine Room  |  Patios are looking nice, go soak up some sun!  | 12:15 Documentaries and discussion with Joan, Coffee Shop  |
| 1:30 MC Ice Cream Social, MC Dining Room | 1:00 Love from Winston the Therapy Dog! Sunshine Room  | 1:30 Jigsaw Puzzles with Ray & Peggy Dining Room  | 2:30 TLC with Kay in Memory Care | 2:00 - 3:00 Bus to City Market | | Rest, Read, Relax  |
| 2:30 - 4:00 BINGO Dining Room  | 2:30 Group Cross Word Puzzle with Eric (large print on personal papers!) Activities Center | 3:00 Chair Yoga with Jim Exercise Room  | 3:00 HOT TOPICS with Jessica Come join a monthly class/discussion about a variety of issues affecting the elderly. Today: "Coping with Grief & Loss" Exercise Room | 2:30-3:15 Sing-A-Long with Duane playing the Banjo |  | Rest, Read, Relax  |
| Cornhole and Balloon batting will now be held every other week  | | | 4:30 Dinner | 4:30 Dinner | | |

Week 1 Regular/NAS

Cornerstone Spring Summer 2024

Week At A Glance

| M | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------|---|--|--|--|---|---|--|
| B F S T | CHOICE OF JUICE CHOICE OF CEREAL EGG:____ DANISH MILK | CHOICE OF JUICE CHOICE OF CEREAL EGG:____ BACON TOAST MARGARINE/JELLY MILK | CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE PATTY PANCAKES/SYRUP MILK | CHOICE OF JUICE CHOICE OF CEREAL EGG BAKE TOAST MARGARINE/JELLY MILK | CHOICE OF JUICE CHOICE OF CEREAL EGG:____ SCONES MARGARINE/JELLY MILK | CHOICE OF JUICE CHOICE OF CEREAL EGG:____ TOAST BREAKFAST TACO MARGARINE/JELLY MILK | CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE GRAVY BISCUIT MILK |
| N O O N | CREAMY SWISS STEAK GARLIC PARMESAN SCALLOPED POTATOES ASPARAGUS W/ BACON ROLL/MARG PIE MILK | FRIED CHICKEN MASHED POTATOES COUNTRY GRAVY CARROTS BREAD/MARG DESSERT IS ICE CREAM SOCIAL! MILK | HAM LOAF WITH PINEAPPLE SAUCE POTATO FEATURE BROCCOLI BREAD/MARG ICE CREAM SANDWICH MILK | LASAGNA WITH RED MEAT SAUCE GREEN BEANS GARLIC BREADSTICKS BERRY GELATIN MILK | BBQ CHICKEN POTATO SALAD BAKED BEANS BREAD/MARG AMBROSIA CAKE MILK | GLAZED SALMON FILET BAKED POTATOES CREAMED PEAS BREAD/MARG S'MORES CHEESECAKE FLUFF MILK | SMOKED SAUSAGE FRIED POTATOES VEGETABLE BLEND BREAD/MARG STRAWBERRY ANGEL CAKE MILK |
| E V E | CHILI MAC TOSS SALAD/ DRESSING BREADSTICK PEARS MILK | GARDEN VEGETABLE SOUP CRACKERS GRILLED TURKEY AND SWISS CHEESE SANDWICH POTATO CHIPS SEASONAL FRESH FRUIT MILK | GRILLED CHICKEN SALAD ROLL/MARG BREAD PUDDING MILK | GRILLED BRATWURST IN BUN TATER TOTS SALAD MANDARIN ORANGES MILK | TACOS SHREDDED LETTUCE/ TOMATO SHREDDED CHEESE REFRIED BEANS RICE KRISPIE SQUARE MILK | BURGER ON BUN PASTA SALAD CORN COOKIE MILK | TUNA CASSEROLE BREAD/MARG TOMATO SPOON SALAD FRUIT CUP MILK |
| H S | CHOICE OF SNACK | CHOICE OF SNACK | CHOICE OF SNACK | CHOICE OF SNACK | CHOICE OF SNACK | CHOICE OF SNACK | CHOICE OF SNACK |

Menus Approved By:



05/12/24, 06/16/24, 07/21/24, 08/25/24, 09/29/24

Notes:

MC ACTIVITIES CALENDAR MAY 27 - June 02

[illegible]