

MAY 2021

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Sterling Heights, Michigan 48314
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Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
CO - Cognitive CR - Creative E - Emotional PY - Physical PR - Purposeful SE - Sensory SO - Social SP - Spiritual												1	May Day
												CO PY SP CR SO CO SP	9:00 Whats Happening Today 10:00 Chair Exercise 10:30 Margaret's Walking Club 11:00 Non-Denominational Church 2:00 Adult Coloring 3:00 Snack & Chat 3:00 Word Games 4:00 Catholic Church Service IN2L
2		3		4		5	Cinco de Mayo	6		7		8	
CO PY SP PY SO PR CO SP	9:00 Whats Happening Today 10:00 Chair Exercise 11:00 Catholic Church Service IN2L 2:00 Let's get Physical! 3:00 Snack & Chat 3:30 Travel around the World IN2L 6:00 Sunday Night Movie 7:00 Evening Prayers	CO PY CO E SO CO CO	9:00 Whats Happening Today 10:30 Sit &Stretch 11:00 Family Feud In2L 2:00 Pamper Yourself 3:00 Snack & Chat 3:30 Piggy Bankers 6:00 How Much Was it?	CO PY PR CO SO SE CO	9:00 Whats Happening Today 10:30 Rise & Shine Fitness 11:00 Flower Arranging 2:00 Bingo 3:00 Snack & Chat 3:15 Hand Massages 6:00 The Matching Game	CO PY SP E SO CO CO	9:00 Whats Happening Today 10:15 Arthritis Relief Exercise 11:00 Rosary with Dee 2:30 Tom Birchler Performs 3:00 Snack & Chat 3:30 Name that Sound 6:00 Casino Night	CO PY PY CO SO SO CR	9:00 Whats Happening Today 10:30 Sit & Be Fit 11:00 Floor Hockey 11:30 1960's Music Trivia 2:30 Mothers Day Tea 3:00 Snack & Chat 6:00 Adult Coloring	CO PY CO CR SO SO F	9:00 Whats Happening Today 10:30 Chair Exercise 11:30 Crossword Puzzle 2:30 Tender Hearts Crafts & Games 3:00 Happy Hour 3:00 Snack & Chat 6:00 Friday Night Musical	CO PY PY SP CR SO CO SP	9:00 Whats Happening Today 10:00 Chair Exercise 10:30 Margaret's Walking Club 11:00 Non-Denominational Church 2:00 Adult Coloring 3:00 Snack & Chat 3:00 Word Games 4:00 Catholic Church Service IN2L
9	Mother's Day	10		11		12		13		14		15	Armed Forces Day
CO PY SP PY SO PR CO SP	9:00 Whats Happening Today 10:00 Chair Exercise 11:00 Catholic Church Service IN2L 2:00 Let's get Physical! 3:00 Snack & Chat 3:30 Travel around the World IN2L 6:00 Sunday Night Movie 7:00 Evening Prayers	CO PY CO E SO CO CO	9:00 Whats Happening Today 10:30 Sit &Stretch 11:00 The Price is Right 2:00 Pamper Yourself 3:00 Snack & Chat 3:30 Snakes and Ladders Game 6:00 How Much Was it?	CO PY PR CO SO SE CO	9:00 Whats Happening Today 10:30 Rise & Shine Fitness 11:00 Flower Arranging 2:00 Bingo 3:00 Snack & Chat 3:30 Hand Massages 6:00 The Matching Game	CO PY SP E SO SE CO	9:00 Whats Happening Today 10:15 Arthritis Relief Exercise 11:00 Rosary with Dee 2:30 Dan Beaubien Performs 3:00 Ice Cream Social 3:00 Snack & Chat 3:30 Name that Sound 6:00 Casino Night	CO PY CO PY SE SO CR CR	9:00 Whats Happening Today 10:30 Sit & Be Fit 11:00 Math Trivia 11:30 Balloon Toss 1:30 Drive to the Country 3:00 Snack & Chat 3:30 Water Painting 6:00 Adult Coloring	CO PY CR SO SO E	9:00 Whats Happening Today 10:30 Chair Exercise 2:30 Tender Hearts Crafts & Games 3:00 Happy Hour 3:00 Snack & Chat 6:00 Friday Night Musical	CO PY PY SP CR SO SO SP	9:00 Whats Happening Today 10:00 Chair Exercise 10:30 Margaret's Walking Club 11:00 Non-Denominational Church 2:00 Adult Coloring 3:00 Snack & Chat 3:00 Word Games 4:00 Catholic Church Service IN2L
16		17		18		19		20		21		22	
CO PY SP PY SO PR CO SP	9:00 Whats Happening Today 10:00 Chair Exercise 11:00 Catholic Church Service IN2L 2:00 Let's get Physical! 3:00 Snack & Chat 3:30 Travel around the World IN2L 6:00 Sunday Night Movie 7:00 Evening Prayers	CO PY CO E SO PY CO	9:00 Whats Happening Today 10:30 Sit &Stretch 11:00 Family Feud In2L 2:00 Pamper Yourself 3:00 Snack & Chat 3:15 Courtyard Games 6:00 How Much Was it?	CO PY CO CO SO SE CO	9:00 Whats Happening Today 10:30 Rise & Shine Fitness 11:00 Flower Arranging 2:00 Bingo 3:00 Snack & Chat 3:15 Hand Massages 6:00 The Matching Game	CO PY SP SE SO CR CO	9:00 Whats Happening Today 10:15 Arthritis Relief Exercise 11:00 Rosary with Dee 2:30 Kenny Lang Performs 3:00 Snack & Chat 3:30 Can you build it? 6:00 Casino Night	CO PY PY PR SO CO CR	9:00 Whats Happening Today 10:30 Sit & Be Fit 11:00 Floor Hockey 2:00 Driving Around Town outing 3:00 Snack & Chat 3:30 Puzzle Fun 6:00 Adult Coloring	CO PY CO CR SO SO F	9:00 Whats Happening Today 10:30 Chair Exercise 11:15 Brain Games 2:30 Tender Hearts Crafts & Games 3:00 Happy Hour 3:00 Snack & Chat 6:00 Friday Night Musical	CO PY PY SP CR SO CO SP	9:00 Whats Happening Today 10:00 Chair Exercise 10:30 Margaret's Walking Club 11:00 Non-Denominational Church 2:00 Adult Coloring 3:00 Snack & Chat 3:00 Word Games 4:00 Catholic Church Service IN2L
23		24		25		26		27		28		29	
CO PY SP PY SO PR CO SP	9:00 Whats Happening Today 10:00 Chair Exercise 11:00 Catholic Church Service IN2L 2:00 Let's get Physical! 3:00 Snack & Chat 3:30 Travel around the World IN2L 6:00 Sunday Night Movie 7:00 Evening Prayers	CO PY CO E SO CO CO	9:00 Whats Happening Today 10:30 Sit &Stretch 11:00 The Price is Right 2:00 Pamper Yourself 3:00 Snack & Chat 3:30 Music in the Courtyard 6:00 How Much Was it?	CO PY PR CO SO PY CO	9:00 Whats Happening Today 10:30 Rise & Shine Fitness 11:00 Flower Arranging 2:00 Bingo 3:00 Snack & Chat 3:15 Balloon Toss 6:00 The Matching Game	CO PY SP SO SO CO CO	9:00 Whats Happening Today 10:15 Arthritis Relief Exercise 11:00 Rosary with Dee 2:30 Marie Kravitz Performs 3:00 Snack & Chat 3:30 Name that Sound 6:00 Casino Night	CO PY PY CO E SO CR	9:00 Whats Happening Today 10:30 Sit & Be Fit 11:00 Bean Bag Twister 11:30 Memorial Day Trivia 1:30 Metro Beach Drive 3:00 Snack & Chat 6:00 Adult Coloring	CO PY CO CR SO SO F	9:00 Whats Happening Today 10:30 Chair Exercise 11:15 Crossword Puzzle 2:30 Tender Hearts Crafts & Games 3:00 Happy Hour 3:00 Snack & Chat 6:00 Friday Night Musical	CO PY PY SP CR SO CO SP	9:00 Whats Happening Today 10:00 Chair Exercise 10:30 Margaret's Walking Club 11:00 Non-Denominational Church 2:00 Adult Coloring 3:00 Snack & Chat 3:00 Word Games 4:00 Catholic Church Service IN2L
30		31	Memorial Day										
CO PY SP PY SO PR CO SP	9:00 Whats Happening Today 10:00 Chair Exercise 11:00 Catholic Church Service IN2L 2:00 Let's get Physical! 3:00 Snack & Chat 3:30 Travel around the World IN2L 6:00 Sunday Night Movie	CO PY CO E SO CO CO	9:00 Whats Happening Today 10:30 Sit &Stretch 11:00 Family Feud In2L 2:00 Pamper Yourself 3:00 Snack & Chat 3:30 Puzzle Fun 6:00 How Much Was it?										

Events are Subject to Change.