

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2021

The Heights Assisted Living



Health Bingo Begins 1
 10:30 AM—EXERCISE
 11 AM—PLANT FLOWER SEEDS
 5:30 PM-Kentucky Derby
May Day

<p>2 9:00 am-HOLMEN LUTHERAN CHURCH SERVICE—PUB TV 2 PM—MOVIE: SECRETARIAT</p>	<p>3 10:30 AM—EXERCISE 1 PM—BINGO IN DINING ROOM</p>	<p>4 BEAUTY SHOP 10 am—PET THERAPY 2 PM-MOVIE: THREE AMIGOS</p>	<p>5 10:30 AM—EXERCISE NOON—CINCO DE MAYO LUNCH 2 PM-HISTORY OF CINCO DE MAYO <small>Cinco de Mayo</small></p>	<p>6 1:15 PM—CHURCH 2:00 PM-COFFEE CLATCH 4:00—ZOOM CALLS</p>	<p>7 10:30 AM—EXERCISE 2 PM—MOTHER'S DAY TEA 4 PM-HAPPY HOUR</p>	<p>8 10:30 AM—EXERCISE 2 PM MOVIE: MAMMA MIA</p>
<p>9 Happy Mother's Day! 9:00 am-HOLMEN LUTHERAN CHURCH SERVICE—PUB TV 2 PM- MOVIE: SEABISCUIT <small>Mother's Day</small></p>	<p>10 10:30 AM—EXERCISE 1:15 PM-HEIGHTS HORSE RACES</p>	<p>11 BEAUTY SHOP 10 am—PET THERAPY WORD PUZZLES</p>	<p>12 NUTTY FUDGE DAY! 10:30 AM--EXERCISE 2:00 PM—I LOVE LUCY (WITH NUTTY BARS)</p>	<p>13 1:15 PM—CHURCH 2:00 PM-COFFEE CLATCH</p>	<p>14 10:30 AM--EXERCISE 1:15 PM-SPRING CRAFT 4 PM-HAPPY HOUR</p>	<p>15 10:30 AM—EXERCISE 2 PM-MOVIE: 50 TO 1 5:30 PM--The Preakness Horse Race <small>Armed Forces Day</small></p>
<p>16 9:00 am-HOLMEN LUTHERAN CHURCH SERVICE—PUB TV 2 PM-MOVIE: COME FOLLOW ME (ABOUT JESUS & PETER) <small>Shavuot Begins</small></p>	<p>17 WELLNESS WEEK 10:30 AM—EXERCISE 1 PM—BINGO IN DINING ROOM</p>	<p>18 BEAUTY SHOP 10 am—PET THERAPY 1 PM-WII WHEEL OF FORTUNE</p>	<p>19 8:00 AM-BREAKFAST IN THE PUB 10:30 AM—EXERCISE 2 PM—Wii BOWLING</p>	<p>20 1:15 PM—CHURCH 2:00 PM-COFFEE CLATCH 4:00—ZOOM CALLS</p>	<p>21 DOUBLE TROUBLE DAY 10:30 AM--EXERCISE 1:15 PM—PATRIOTIC CRAFT 4 PM-HAPPY HOUR</p>	<p>22 10:30 AM--EXERCISE 2 PM- ICE CREAM SOCIAL</p>
<p>23 9:00 am-HOLMEN LUTHERAN CHURCH SERVICE—PUB TV 2 PM-BINGO IN THE DINING ROOM 5 PM--COOKOUT</p>	<p>24 10:30 AM—EXERCISE 1 PM-Wii Wheel of Fortune <small>Victoria Day (Canada)</small></p>	<p>25 BEAUTY SHOP 10 am—PET THERAPY 1 PM—PLANT FLOWERS OUTSIDE</p>	<p>26 8:30 AM—EXERCISE NOON-PIZZA PARTY JOHN WAYNE MOVIE MARATHON: 10 AM, 2 PM & 6 PM</p>	<p>27 1:15 PM—CHURCH 2:00 PM-COFFEE CLATCH</p>	<p>28 10:30 AM--EXERCISE 2:00 PM-MOVIE 4 PM-HAPPY HOUR</p>	<p>29 10:30 AM—EXERCISE THANKS FOR THE MEMORIES DAY—BOB HOPE TV MARATHON</p>
<p>30 9:00 am-HOLMEN LUTHERAN CHURCH SERVICE—PUB TV WORD PUZZLES</p>	<p>31 Happy Memorial Day! 10:30 AM—EXERCISE 2:00 PM—PATRIOTIC MUSIC—PUB TV <small>Memorial Day</small></p>					

