

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Strong Bones-A <b>1</b> 11:00 Bingo-2CA <b>1:00 Shari Sarazin Harp Music-A</b> 3:00 Pet Visit-BB 4:00 BYOB Happy Hour-BB/CL* <small>May Day</small>	10:00 Men @ Ten-CL <b>2</b> 10:00 Knitting-AS* 1:00 Euchre-CL* 3:00 Movie: <i>The Soloist</i> -T	9:00 Strong Bones-A <b>3</b> 9:30 Bible Study w/ Pastor Dennis-BB 2:00 Church-A 3:30 Knitting-BB*	10:00 Bible Study w/ Pastor Mumm-CL* <b>4</b> 2:00 <i>Heartland Series</i> -T 3:00 Jeopardy-3CA	9:30 Chair Yoga-A <b>5</b> 11:00 Bingo-CL 1:00 Bridge-BB* 2:00 Pastor Chats w/ Linda-Bistro <small>Cinco de Mayo</small>	Cinco De Mayo Word Pairs Puzzle-Building 1 Library <b>6</b>
Take a walk outside today; weather permitting! Enjoy the sunshine! <b>7</b>	10:00 Catholic Mass-A <b>8</b> 11:00 Bingo-2CA 3:00 Pet Visit-BB <b>3:30 Cinco de Mayo Happy Hour-BB</b>	10:00 Knitting-AS* <b>9</b> <b>11:00 Geography Game-A</b> 1:00 Euchre-CL* <b>2:00 Line Dancing-A</b> 3:00 Movie: <i>Brigadoon</i> -T	9:00 Strong Bones-A <b>10</b> 9:30 Bible Study w/ Pastor Dennis-BB 2:00 Church-A <b>3:00 Sing-Along-CR*</b> 3:30 Knitting-BB*	10:00 Bible Study w/ Pastor Mumm-CL* <b>11</b> <b>1:30 Bunco-BB*</b> 2:00 <i>Heartland Series</i> -T 3:00 Jeopardy-3CA	<b>No Chair Yoga Today!</b> <b>12</b> 11:00 Bingo-BB 1:00 Bridge-BB* 2:00 Pastor Chats w/ Linda-Bistro	Classic "Momisms" Crossword Puzzle-Building 1 Library <b>13</b>
<b>Happy Mother's Day!</b> <b>14</b> Reminisce with a friend about memories shared with your mom! <small>Mother's Day National Skilled Nursing Care Week</small>	9:30 Strong Bones-A <b>15</b> 11:00 Bingo-2CA 3:00 Pet Visit-BB 4:00 BYOB Happy Hour-BB/CL*	10:00 Knitting-AS* <b>16</b> 1:00 Euchre-CL* 3:00 Movie: <i>The Book Thief</i> -T <b>6:00 Book Club Meeting-CL</b>	9:00 Strong Bones-A <b>17</b> 9:30 Bible Study w/ Pastor Dennis-BB 2:00 Church-A 3:30 Knitting-BB*	10:00 Bible Study w/ Pastor Mumm-CL* <b>18</b> 1:00 Jeopardy-3CA <b>2:00 Tea @ Two-A</b> 3:00 <i>Heartland Series</i> w/ Popcorn-T	9:30 Chair Yoga-A <b>19</b> 11:00 Bingo-CL 1:00 Bridge-BB* 2:00 Pastor Chats w/ Linda-Bistro <b>2:30 Ryan Herman Music-A</b>	Armed Forces Word Search Puzzle-Building 1 Library <b>20</b> <small>Armed Forces</small>
<b>1:30 Living Word Church Hymnal Sing-Along-A</b> <b>21</b>	<b>(LE @ Alzheimer Conference today)</b> <b>22</b> No Strong Bones! 3:00 Pet Visit-BB 4:00 BYOB Happy Hour-BB/CL* <small>Victoria Day (Canada)</small>	10:00 Knitting-AS* <b>23</b> 1:00 Euchre-CL* <b>2:00 Line Dancing-A</b> 3:00 Movie: <i>Three Men &amp; a Baby</i> w/ Popcorn-T	9:00 Strong Bones-A <b>24</b> 9:30 Bible Study w/ Pastor Dennis-BB 2:00 Church-A 3:30 Knitting-BB*	10:00 Bible Study w/ Pastor Mumm-CL* <b>25</b> <b>11:00 Crafting w/ Mallorie-AS</b> 2:00 <i>Heartland Series</i> -T 3:00 Jeopardy-3CA <small>Shavuot Begins</small>	9:30 Chair Yoga-A <b>26</b> <b>11:00 Bingo-BB</b> 1:00 Bridge-BB* 2:00 Pastor Chats w/ Linda-Bistro	Memorial Day Secret Message Puzzle-Building 1 Library <b>27</b>
<b>Take N Make: Pico De Gallo</b> (Delivered Tuesday 4/30 between 3-5pm) <b>28</b>	<b>HAPPY MEMORIAL DAY!</b> <b>29</b> 3:00 Pet Visit-BB 4:00 BYOB Happy Hour-BB/CL* <small>Memorial Day</small>	10:00 Knitting-AS* <b>30</b> 1:00 Euchre-CL* <b>2:00 Jeopardy VS. EC North-A</b> 3:00 Movie: <i>Downton Abbey</i> -T	9:00 Strong Bones-A <b>31</b> 9:30 Bible Study w/ Pastor Dennis-BB 2:00 Church-A 3:30 Knitting-BB*	 <b>May 2023</b> AL/IL/SL Activity Calendar		

Please turn over for additional information & location keys for programs →

## **STRONG BONES EXERCISE/CHAIR YOGA IN AUDITORIUM OR VIA ZOOM:**

- No Sign-up required! Please wear your mask the entire time of the program.
- Chairs must stay where they are; Please do not move them!

### · How to access Strong Bones via zoom:

- Download Zoom to your electronic device of choice and create an account (if you have not already)
  - Join our Zoom meeting by entering in the meeting ID: 79785075740
  - Please, note that it will ask for a password. The password is **eaglecrest**

-Activities will start at the designated time. Please be sure you are connected before the activity begins.

## **INDEPENDENTLY LED GROUPS (IN HOUSE**

### **TELEPHONE CONTACT):**

- Men at Ten – Bob B. 12308
- Tea at Two – Marlie B. 12308
- Bible Study with Pastor Mumm – Wyonne R. 12018
  - Bunco – Mary G. 12105
- Welcome to La Crosse! Newcomers Group – Shirley D. 15005
  - Euchre-Jim P. 12302
- Facebook: Friends of Eagle Crest South-Dan M. 14000
- Sing-Along – Darlene L. 12010
- Bridge—Barb Quillin 12109

## **ACTIVITY LOCATIONS:**

- AS: Art Studio (ECS 2, 1st floor)
- A: Auditorium (ECS 1, 2nd floor)
  - B: Bistro (ECS 1, 1st floor)
- BB: Blarney Bar (ECS 1, 1st floor)
- CL: Club Lounge (ECS 2, 1st floor)
- CR: Community Room (ECS 2, 1st floor)
  - T: Theater (ECS 1, 2nd floor)
  - L: Library (ECS 1, 2nd floor)
    - AL: Assisted Living
- 2CA: Assisted Living 2<sup>nd</sup> Floor Common Area
- 3CA: Assisted Living 3<sup>rd</sup> Floor Common Area

All underlined activities indicate that a sign-up is required!

Please call Mallorie Trautsch, Life Enrichment Coordinator, at (608)791-2737 or #12737 if you have any questions or concerns.

Thank You!

