

# The Lodge Wellness Calendar



# May 2019



Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Morning Walk	Morning Walk	Morning Walk	Morning Walk	Rosary Group (9:30)-CH	Morning Walk Hymn Sing (9:30)-CH	Morning Walk (Nursing)
10:00	Worship- CH	Group Exercise W/ Jess	Catholic Church Service- CH	Worship- CH	Group Exercise	Worship with Pastor Richard	Magazines, Coloring, and Puzzles (Nursing)
10:30	Sing-a-long	Current Events	Group Exercise	Group Exercise	Current Events	Group Exercise	Sing-a-long (Nursing)
11:00-12:45	Lunch	Oshibori/Lunch	Oshibori/Lunch	Oshibori/Lunch	Oshibori/Lunch	Oshibori/Lunch	Lunch
12:45	Fancy Nails	Sing-a-long	1:1 Visits	1:1 Visits	1:1 Visits	Reminiscing	Fancy Nails
1:30	Magazines, Coloring, and Puzzles	Bible Study with Pastor Richard—CH	Sing-a-long	Sing-a-long	Reminiscing	Afternoon Movie	Fancy Nails
2:00	Movie Viewing	Short Stories	Nature Documentary	Gardening Group	Bingo—1st floor DR	Afternoon Movie	Trivia
3:15	Movie Viewing	Outdoor Visits	Outdoor Visits	Outdoor Visits	Outdoor Visits	Outdoor Visits	Snack & Chat/ Music
4:15	Sensory Boxes (Nursing)	Cardio Biking	Cardio Biking	Cardio Biking	Cardio Biking	Cardio Biking	Sensory Boxes
5:00-6:00	Dinner	Oshibori/Dinner	Oshibori/Dinner	Oshibori/Dinner	Oshibori/Dinner	Oshibori/Dinner	Dinner
6:00	Comedy Show (Nursing)	Sing-A-Long	Music & Memory	Evening Movie	Sing-A-Long	Nature Documentary	Movie Viewing (Nursing)
7:00	Snack & Chat/ Relaxing Music (Nursing)	Snack & Chat/ Relaxing Music (Nursing)	Snack & Chat/ Relaxing Music (Nursing)	Snack & Chat/ Relaxing Music (Nursing)	Snack & Chat/ Relaxing Music (Nursing)	Snack & Chat/ Relaxing Music (Nursing)	Movie Viewing (Nursing)