


Our Island Home: May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 AM: Menu Check/ Coffee 9:00 AM : Morning Music 10:30 AM: Exercise/ Movement 11:30 AM: Mindful Meditation 1:00 PM: Bingo 3:00 PM: Manicures 3:30 PM: Trivia 4:20 PM: Happy Hour	2 9:00 AM: Menu Check/ coffee, morning music 10:00 AM: Stretching 10:30 AM: Arts & Crafts 3:00 PM: Pet Therapy Book Club 4:00 PM: Photos with Fran- Educational Lecture	3 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:45 AM : Exercise /aerobics 10:30 AM: Story & music with Reverend Snell 1:00PM: Bingo 3:00 PM: Guided Imagery 4:00 PM: Live Classical Guitar performance	4 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:30AM: Current Events 10:30 AM : Arts and Crafts 1:00 PM: Movie Time 3:30 PM: Knitting Club 4:00 PM: Trivia 4:20 PM: Happy Hour	5 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:45 AM: Yoga 10:30 AM: Floral Arranging 1:00 PM: Van Rides 3:00 PM: Book Club / Pet Therapy 4:00 PM: Seed Starters/ Gardening	6 AM: Menu Check/ coffee 9:00 AM : Morning Music 10:30 AM: 1:1 Independent activities 3:00 PM: Games/ Independent activities 4:20 PM: Happy Hour
	7 9:00AM: Coffee social, menu check 9:30 AM: Morning Music 10:30AM: Religious Services with Reverend Snell 1:00PM: Bingo 3:00PM 1:1 4:00 PM: Games/1:1	8 AM: Menu Check/ Coffee 9:00 AM : Morning Music 10:30 AM: Exercise/ Movement 11:30 AM: Mindful Meditation 1:00 PM: Bingo 3:30 PM: Trivia 4:20 PM: Happy Hour	9 9:00 AM: Menu Check/ coffee, morning music 10:00 AM: Stretching 10:30 AM: Arts & Crafts 2:00PM: Mass 3:00 PM: Pet Therapy/ Book Club 4:00 PM: Photos with Fran	10 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:45 AM : Exercise /aerobics 10:30 AM: Story & music with Reverend Snell 1:00PM: Bingo w/ Marylou 3:00 PM: Guided Imagery 6:00 PM: Live Classical Guitar	11 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:30AM: Current Events 10:30 AM : Arts and Crafts 1:00 PM: Movie Time 3:30 PM: Knitting Club 4:00 PM: Trivia 4:20 PM: Happy Hour	12 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:45 AM: Yoga 10:30 AM: Floral Arranging 1:00 PM: Van Rides 3:00 PM: Book Club / Pet Therapy 4:20 PM: Happy Hour
14 Happy Mother's Day 9:00AM: Coffee social, menu check 9:30 AM: Morning Music 10:30AM: Religious Services with Reverend Snell 2:00PM: Live Concert Pianist in the dining room. 3:00PM 1:1 4:00 PM: Games/1:1	15 AM: Menu Check/ Coffee 9:00 AM : Morning Music 10:30 AM: Exercise/ Movement 11:30 AM: Mindful Meditation 1:00 PM: Bingo 3:30 PM: Music with Susan Berman 4:20 PM: Happy Hour	16 9:00 AM: Menu Check/ coffee, morning music 10:00 AM: Stretching/ 10:30 AM: Arts & Crafts 3:00 PM: Pet Therapy/ Book Club 4:00 PM: Photos with Fran	17 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:45 AM : Exercise /aerobics 10:30 AM: Story & music with Reverend Snell 1:00PM: Bingo 3:00 PM: Guided Imagery 4:00 PM: Live Classical Guitar	18 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:30AM: Current Events 10:30 AM : Arts and Crafts 1:00 PM: Movie Time 3:30 PM: Knitting Club 4:00 PM: Trivia 4:20 PM: Happy Hour	19 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:30AM: Current Events 10:30 AM : Arts and Crafts 1:00 PM: Movie Time 3:30 PM: Knitting Club 4:00 PM: Trivia 4:20 PM: Happy Hour	20 AM: Menu Check/ coffee 9:00 AM : Morning Music 10:00 AM: 1:1 Independent activities 3:00 PM: Games/ Independent activities 4:20 PM: Happy Hour
21 9:00AM: Coffee social, menu check 9:30 AM: Morning Music 10:30AM: Religious Services with Reverend Snell 1:00PM: Bingo 3:00PM 1:1 4:00 PM: Games/1:1	22 AM: Menu Check/ Coffee 9:00 AM : Morning Music 10:30 AM: Exercise/ Movement 10:30 AM: Registrars will be here to assist with town elections 11:30 AM: Mindful Meditation 1:00 PM: Bingo 3:30 PM: Trivia 4:20 PM: Happy Hour	23 9:00 AM: Menu Check/ coffee, morning music 10:00 AM: Stretching 10:30 AM: Arts & Crafts 3:00 PM: Pet Therapy/ Book Club 4:00 PM: Photos with Fran 6:00 PM: Live Piano Performance	24 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:45 AM : Exercise /aerobics 10:30 AM: Story & music with Reverend Snell 1:00PM: Bingo 3:00 PM: Guided Imagery 4:00 PM: Live Classical Guitar	25 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:30AM: Current Events 10:30 AM : Arts and Crafts 1:00 PM: Movie Time 3:00 PM: Nanpuppets-outside 3:30 PM: Knitting Club 4:00 PM: Trivia	26 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:30AM: Current Events 10:30 AM : Arts and Crafts 2:00 PM: B-Day Celebration-Live Musical Performance 3:30 PM: Knitting Club 4:00 PM: Trivia 4:20 PM: Happy Hour	27 AM: Menu Check/ coffee 9:00 AM : Morning Music 10:00 AM: 1:1 Independent activities 1:00 PM: Hair with Sallyanne 3:00 PM: Games/ Independent activities 4:20 PM: Happy Hour
28 9:00AM: Coffee social, menu check 9:30 AM: Morning Music 10:30AM: Religious Services with Reverend Snell 1:00PM: Bingo 3:00PM 1:1 4:00 PM: Games/1:1	29 Happy Memorial Day AM: Menu Check/ Coffee 9:00 AM : Morning Music 10:30 AM: Exercise/ Movement 1:00 PM: Bingo 3:30 PM: Plant outdoors 4:20 PM: Happy Hour	30 RESIDENT COUNCIL @ 1:30 PM!!! 9:00 AM: Menu Check/ coffee, morning music 10:00 AM: Stretching 10:30 AM: Arts & Crafts 1:30PM: Resident Council 3:00 PM: Pet Therapy/ Book Club 4:00 PM: Photos with Fran	31 AM: Menu Check/ coffee 9:00 AM : Morning Music 9:45 AM : Exercise /aerobics 10:30 AM: Story & music with Reverend Snell 1:00PM: Bingo 3:30 PM: Nantucket Ballet "Alice in Wonderland" 4:00 PM: Live Classical Guitar performance	Family Council will be on May 17th at 5PM. A zoom link will be sent to families. Activities are subject to change. All changes will be announced!	Activities Options Available Daily: - Coloring Pages - Puzzles - Word search or trivia sheets - Phone calls to family - Old ACK Picture Books - Independent knitting / art - Knitting - VAN RIDES!	Activities Options Available Daily (cont.): - Letters from Nantucket community members and loved ones - Independent bible study - 1:1 time with staff for