



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**BC-Bethesda**  
**Crossings**  
**CC-Center Court**  
**DR-Dakota Room**  
**\*-View on VC TV**  
**Channel 98**

**1**  
 \*9:30a Rosary  
 10a 1:1 Visits  
 \*2p BINGO-BC  
 3:15p Dips & Sips  
 4p Bible Study  
 May Day

**2**  
 \*9:30a Catholic Mass-BC  
 10:15a Wheelchair Yoga  
 2p Craft Time

**3**  
 9a 1:1 Visits  
 10:15a Wheelchair Yoga  
 2p Nail Painting  
 3p Party Planning  
 with Coffee & Cookies

**4**  
*AM Care Conferences*  
 1:30p *Quality of Life Meeting*  
 \*2p BINGO-BC  
 3:15p Apps & Taps

**5**  
 8:30a Bake Bday Cake  
 \*9:30a Worship  
 Service-BC  
 10:15a Music w/ Lindsey  
 2p Cinco de Mayo Party  
 3p Bday Party for David  
 3:30p Chimes-DR  
**HAPPY BIRTHDAY**  
**DAVID KOOPMAN**  
 Cinco de Mayo

**6**  
 9a 1:1 Visits  
 10a Therapy Dog  
 Visits-CC  
 2p Movie & Popcorn-DR  
 "A League of Their Own"  
 ('92)

**7**  
 9a 1:1 Visits  
 \*10a Worship Service  
 (Replay from Friday)  
 2p Games-DR  
 3p 1:1 Visits

**8**  
 9:30-10:30a  
*Community Culture*  
 \*9:30a Rosary  
 10:30a 1:1 Visits  
 1:30-3p *Nurses Week*  
*Treats-CC*  
 \*2p BINGO-BC  
 3:15p Nail Painting  
 4p Bible Study

**9**  
 \*9:30a Catholic Mass-BC  
 10:15a Wheelchair Yoga  
 1:30-3p *Nurses Week*  
*Treats-CC*  
 1:30p Shopping-RSVP

**10**  
 9a 1:1 Visits  
 10a Choir-BC  
 1:30-3p *Nurses Week*  
*Treats-CC*  
 2p Making Summer Hats

**11**  
*AM Care Conferences*  
 1:30-3p *Nurses Week*  
*Treats-CC*  
 \*2p BINGO-BC  
 3:15p Apps & Taps

**12**  
 \*9:30a Worship  
 Service-BC  
 10:15a Music w/ Lindsey  
 1:30-3p *Nurses Week*  
*Treats-CC*  
 1:30p Scenic Strolls  
 (Weather Permitting)  
 3:30p Chimes-DR

**13**  
 9:30a News Update-DR  
 1:1 Visits  
 2p Movie & Popcorn-DR  
 "Pillow Talk" ('59)

**14**  
 9a 1:1 Visits  
 \*10a Worship Service  
 (Replay from Friday)  
 2p Games-DR  
 3p 1:1 Visits  
 Mother's Day  
 National Skilled Nursing Week

**15**  
 \*9:30a Rosary  
 10a 1:1 Visits  
 \*2p BINGO-BC  
 3:15p Dips & Sips  
 4p Bible Study  
**-HAT DAY-**

**16**  
 \*9:30a Catholic Mass-BC  
 10:15a Wheelchair Yoga  
 1:30p Shopping-RSVP  
**-PAJAMA DAY-**

**17**  
 9:30a Kelly Elem.3<sup>rd</sup>  
 Grade Talent Show-BC  
 1:15p 1:1 Visits  
 2p Resident Council-DR  
 3:15p Choir-BC  
**-TIE-DYE DAY-**

**18**  
*AM Care Conferences*  
 \*2p BINGO-BC  
 3:15p Apps & Taps  
**-CLASH DAY-**

**19**  
 \*9:30a Worship  
 Service-BC  
 10:15a Music w/ Lindsey  
 1:30p Scenic Strolls  
 (Weather Permitting)  
 2:30p Going Away Party  
 3:30p Chimes-DR  
**-SPORTS DAY-**

**20**  
 9:30a News Update-DR  
 1:1 Visits  
 2p Movie & Popcorn-DR  
 "80 for Brady" ('23)  
 Armed Forces Day

**21**  
 9a 1:1 Visits  
 \*10a Worship Service  
 (Replay from Friday)  
 2p Games-DR  
 3p 1:1 Visits

**22**  
 9:30-10:30a  
*Community Culture*  
 \*9:30a Rosary  
 10:30a 1:1 Visits  
 \*2p BINGO-BC  
 3:15p Nail Painting  
 4p Bible Study  
 Victoria Day (Canada)

**23**  
 \*9:30a Catholic Mass-BC  
 10:15a Wheelchair Yoga  
 1:30p Scenic Drive-RSVP

**24**  
 10a GF Library  
 Activity-BC  
 1:30-2:30p *Rec. Dept.*  
*@ Meeting*  
 3p Choir-BC  
 3:45p 1:1 Visits

**25**  
*AM Care Conferences*  
 \*2p BINGO-BC  
 3:15p Apps & Taps  
 Shavuot Begins

**26**  
 \*9:30a Worship  
 Service-BC  
 10:15a Music w/ Lindsey  
 1:30p Scenic Strolls  
 (Weather Permitting)  
 3:30p Chimes-DR

**27**  
 9:30a News Update-DR  
 1:1 Visits  
 2p Movie & Popcorn-DR  
 "A Man Called Otto" (23)

**28**  
 9a 1:1 Visits  
 \*10a Worship Service  
 (Replay from Friday)  
 2p Games-DR  
 3p 1:1 Visits

**29**  
 \*9:30a Rosary  
 2p Memorial Day Treats  
 Memorial Day

**30**  
 \*9:30a Catholic Mass-BC  
 10:15a Wheelchair Yoga  
 1:30p Flower Shopping  
 @ All Season's-RSVP

**31**  
 9a Baking Bday Cake  
 Planting in the  
 Courtyards  
 2p Bday Party for Joan  
 3p Choir-BC  
**HAPPY BIRTHDAY**  
**JOAN BRISTOL**

# May 2023

## Lanark

Interested in volunteering? Visit [valleyseniorliving.org](http://valleyseniorliving.org) or contact Terri Heggie at 701.787.7989.