



- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

- Location Keys**
- Activity Room
 - Chapel/Library
 - Dining Room
 - Exercise Room
 - Lobby
 - Mesa Store
 - Outing
 - Outside
 - Third Floor
- AR
 - CH/L
 - DR
 - E
 - LOB
 - MS
 - BUS
 - OUT
 - T

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday										
<p style="text-align: center; font-size: 2em; font-weight: bold;">5</p> <p>10:00 Walking Club [OUT]</p> <p>12:00 Who, What, When, Where [AR]</p> <p>12:30 Cinco de Mayo [DR]</p> <p>2:00 Water Color Painting [AR]</p> <p>2:30 Spot the Differences Contest [AR]</p> <p>3:00 Root Beer Floats [AR]</p> <p>4:00 Nondenominational Church Service [CH/L]</p> <p>4:30 Finish the Saying Game [AR]</p> <p>6:30 Uno Card Game [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">6</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Pinochle [T]</p> <p>12:00 Picture Find [AR]</p> <p>2:00 Bible Study [CH/L]</p> <p>2:30 Pokeno [AR]</p> <p>4:30 Aggravation Game [AR]</p> <p>6:30 Bingo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">7</p> <p>Trip to the Movies: Time TBA</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Knitting & Crocheting for the VA and St. Mary's [AR]</p> <p>10:30 Kings In the Corner [AR]</p> <p>12:00 Word Searches [AR]</p> <p>2:00 Wii Golf [E]</p> <p>3:00 Mexican Train Dominoes [AR]</p> <p>4:30 Easy Chair Yoga Poses [CH/L]</p> <p>6:30 Rummikub [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">8</p> <p>Bus Transportation for Shopping</p> <p>Dottie's Clothing Solution</p> <p>9:20 Catholic Communion [CH/L]</p> <p>9:30 Exercise: Strengthening [E]</p> <p>11:00 Wii Bowling League [E]</p> <p>12:30 Friendship Lunch [DR]</p> <p>1:30 Mesa Store [MS]</p> <p>2:00 Kindred Vital Checks [AR]</p> <p>3:00 Bridge Club [AR]</p> <p>4:30 Current Events Club [AR]</p> <p>6:30 Skip-Bo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">9</p> <p>Bus Transportation for Medical Appointments</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Chat with Jackie (Executive Director) and Coffee and Doughnuts [AR]</p> <p>10:30 Creative Coloring [AR]</p> <p>12:30 Dress In Blue Day [DR]</p> <p>2:00 Let's Learn with First Light: Hygiene [AR]</p> <p>2:30 Grand Mesa Medical [AR]</p> <p>4:30 Crossword Puzzles [E]</p> <p>6:30 Bingo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">10</p> <p>9:30 Exercise: Cardio [E]</p> <p>10:30 Making Bird Feeders [AR]</p> <p>12:30 Dining Room Trivia [DR]</p> <p>2:00 Bean Bag Baseball [E]</p> <p>3:00 Food for Thought with Chef Travis [AR]</p> <p>4:00 Happy Hour with Houle [LOB]</p> <p>4:30 Sudoku Puzzles [AR]</p> <p>6:30 Late Cinco de Mayo Party! [AR]</p> <p>6:30 Movie Night [E]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">11</p> <p>9:30 Exercise: Stretching [E]</p> <p>10:00 Scrabble [AR]</p> <p>10:30 Coffee & Doughnuts [AR]</p> <p>10:30 Music with Ty and Nat [LOB]</p> <p>11:30 Mother's Day Tea [AR]</p> <p>12:30 Name Tag & Great Call Alerts [DR]</p> <p>3:00 Mexican Train Dominoes [AR]</p> <p>4:30 Phase 10 [AR]</p> <p>6:30 Rummikub [AR]</p>										
<p style="text-align: center; font-size: 2em; font-weight: bold;">12</p> <p>Mother's Day</p> <p>10:00 Walking Club [OUT]</p> <p>12:00 Who, What, When, Where [AR]</p> <p>2:00 History of Mother's Day PowerPoint [AR]</p> <p>2:30 Card Game [AR]</p> <p>3:00 Ice Cream Social [AR]</p> <p>4:30 Card Game: War [AR]</p> <p>4:30 Mother's Day Guessing Game [AR]</p> <p>6:30 Uno Card Game [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">13</p> <p>9:00 Foot C's [CH/L]</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Avon Representative [LOB]</p> <p>10:00 Pinochle [T]</p> <p>12:00 Picture Find [AR]</p> <p>2:00 Bible Study [CH/L]</p> <p>2:30 Pokeno [AR]</p> <p>4:30 Aggravation Game [AR]</p> <p>6:30 Bingo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">14</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Knitting & Crocheting for the VA and St. Mary's [AR]</p> <p>10:30 Kings In the Corner [AR]</p> <p>11:30 Trip to the Lake and Picnic [BUS]</p> <p>12:00 Word Searches [AR]</p> <p>2:00 Balloon Volleyball [LOB]</p> <p>2:30 Mountain Man Candy [LOB]</p> <p>3:00 Mexican Train Dominoes [AR]</p> <p>4:30 Aromatherapy-Relaxation [CH/L]</p> <p>6:30 Rummikub [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">15</p> <p>Bus Transportation for Shopping</p> <p>9:20 Catholic Communion [CH/L]</p> <p>9:30 Exercise: Strengthening [E]</p> <p>11:00 Wii Bowling League [E]</p> <p>12:30 Friendship Lunch [DR]</p> <p>12:30 New Resident Luncheon [LOB]</p> <p>1:30 AAA Hearing [AR]</p> <p>1:30 Mesa Store [MS]</p> <p>3:00 Bridge Club [AR]</p> <p>4:30 Current Events Club [AR]</p> <p>6:30 Skip-Bo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">16</p> <p>Bus Transportation for Medical Appointments</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:15 Ambassador Meeting [E]</p> <p>12:30 Dress In Stripes Day [DR]</p> <p>2:00 Shuffleboard [E]</p> <p>3:30 Game Night! Balderdash [AR]</p> <p>4:30 Crossword Puzzles [E]</p> <p>6:30 Bingo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">17</p> <p>6:30 National Police Week Breakfast [BUS]</p> <p>9:30 Exercise: Cardio [E]</p> <p>10:30 Scrapbooking [AR]</p> <p>12:30 Dining Room Trivia [DR]</p> <p>2:00 Bean Bag Baseball with the Caprock Kids [E]</p> <p>3:00 Card Game-Kings In the Corner [AR]</p> <p>3:30 Pictionary [AR]</p> <p>4:00 Music with Rick and Teresa [LOB]</p> <p>4:30 Sudoku Puzzles [AR]</p> <p>6:30 Movie Night [E]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">18</p> <p>9:30 Exercise: Stretching [E]</p> <p>10:00 Scrabble [AR]</p> <p>10:30 Coffee & Doughnuts [AR]</p> <p>12:30 Name Tag & Great Call Alerts [DR]</p> <p>2:00 Gold Key Club [AR]</p> <p>3:00 Mexican Train Dominoes [AR]</p> <p>4:30 Phase 10 [AR]</p> <p>6:30 Rummikub [AR]</p>										
<p style="text-align: center; font-size: 2em; font-weight: bold;">19</p> <p>10:00 Walking Club [OUT]</p> <p>12:00 Who, What, When, Where [AR]</p> <p>2:00 Creative Writing Club [AR]</p> <p>2:00 Puzzle Time [AR]</p> <p>2:30 Jar of Sweets Contest [AR]</p> <p>3:00 Root Beer Floats [AR]</p> <p>4:00 Nondenominational Church Service [CH/L]</p> <p>4:30 Mini Golf [E]</p> <p>6:30 Uno Card Game [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">20</p> <p>Caring Transitions</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Pinochle [T]</p> <p>12:00 Picture Find [AR]</p> <p>12:30 Caregivers Appreciation Lunch [DR]</p> <p>2:00 Bible Study [CH/L]</p> <p>2:30 Pokeno [AR]</p> <p>4:30 Aggravation Game [AR]</p> <p>6:30 Bingo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">21</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Knitting & Crocheting for the VA and St. Mary's [AR]</p> <p>10:30 Kings In the Corner [AR]</p> <p>12:00 Word Searches [AR]</p> <p>12:30 Lunch at Outback [BUS]</p> <p>2:00 Mesa View Auction! [LOB]</p> <p>3:00 Mexican Train Dominoes [AR]</p> <p>4:30 Essential Oil Hand Massage [CH/L]</p> <p>6:30 Rummikub [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">22</p> <p>Bus Transportation for Shopping</p> <p>9:20 Catholic Communion [CH/L]</p> <p>9:30 Exercise: Strengthening [E]</p> <p>11:00 Wii Bowling League [E]</p> <p>12:30 Friendship Lunch [DR]</p> <p>1:30 Mesa Store [MS]</p> <p>2:00 Abode Presentation [LOB]</p> <p>3:00 Book Club [CH/L]</p> <p>3:00 Bridge Club [AR]</p> <p>4:30 Current Events Club [AR]</p> <p>6:30 Skip-Bo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">23</p> <p>Bus Transportation for Medical Appointments</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:30 Creative Coloring [AR]</p> <p>12:30 Wear a hat Day [DR]</p> <p>2:00 Let's Learn with First Light: Strokes and Seizures [AR]</p> <p>2:30 Grand Mesa Medical Walker and Wheelchair Clinic [AR]</p> <p>4:30 Crossword Puzzles [E]</p> <p>6:30 Bingo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">24</p> <p>9:30 Exercise: Cardio [E]</p> <p>10:30 Tie-Dying T-Shirts [AR]</p> <p>12:30 Dining Room Trivia [DR]</p> <p>2:00 Bean Bag Baseball [E]</p> <p>3:00 Photography Club [AR]</p> <p>4:00 Happy Hour with Hugh [LOB]</p> <p>4:30 Sudoku Puzzles [AR] Movie</p> <p>6:30 Night [E]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">25</p> <p>9:30 Exercise: Stretching [E]</p> <p>10:00 Scrabble [AR]</p> <p>10:30 Coffee & Doughnuts [AR]</p> <p>12:30 Name Tag & Great Call Alerts [DR]</p> <p>3:00 Mexican Train Dominoes [AR]</p> <p>4:30 Phase 10 [AR]</p> <p>6:30 Rummikub [AR]</p>										
<p style="text-align: center; font-size: 2em; font-weight: bold;">26</p> <p>10:00 Walking Club [OUT]</p> <p>12:00 Who, What, When, Where [AR]</p> <p>2:00 Puzzle Time [AR]</p> <p>2:30 Card Game [AR]</p> <p>3:00 Ice Cream Social [AR]</p> <p>4:00 Nondenominational Church Service [CH/L]</p> <p>4:30 Conversation Card Group [AR]</p> <p>6:30 Uno Card Game [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">27</p> <p>Memorial Day</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Pinochle [T]</p> <p>12:00 Picture Find [AR]</p> <p>12:30 Memorial Day BBQ [OUT]</p> <p>2:00 Bible Study [CH/L]</p> <p>2:30 Pokeno [AR]</p> <p>4:30 Aggravation Game [AR]</p> <p>6:30 Bingo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">28</p> <p>8:30 Breakfast at Randy's [BUS]</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:00 Knitting & Crocheting for the VA and St. Mary's [AR]</p> <p>10:30 Kings In the Corner [AR]</p> <p>12:00 Word Searches [AR]</p> <p>2:00 May Birthday Party! [AR]</p> <p>2:30 Mountain Man Candy [LOB]</p> <p>3:00 Mexican Train Dominoes [AR]</p> <p>4:30 Mindfulness Exercises [CH/L]</p> <p>6:30 Rummikub [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">29</p> <p>Bus Transportation for Shopping</p> <p>9:20 Catholic Communion [CH/L]</p> <p>9:30 Exercise: Strengthening [E]</p> <p>11:00 Wii Bowling League [E]</p> <p>12:30 Friendship Lunch [DR]</p> <p>1:30 Mesa Store [MS]</p> <p>3:00 Bridge Club [AR]</p> <p>4:30 Current Events Club [AR]</p> <p>6:30 Skip-Bo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">30</p> <p>Bus Transportation for Medical Appointments</p> <p>9:30 Exercise: Sit and Be Fit [E]</p> <p>10:30 Creative Coloring [E]</p> <p>12:30 Dress In Pink Day [DR]</p> <p>2:30 Let's Learn about the History of Coca-Cola [AR]</p> <p>3:30 Trivia Games [AR]</p> <p>4:30 Crossword Puzzles [E]</p> <p>6:30 Bingo [AR]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">31</p> <p>9:30 Exercise: Cardio [E]</p> <p>10:30 Jewelry Making [AR]</p> <p>12:30 Dining Room Trivia [DR]</p> <p>2:00 Bean Bag Baseball [E]</p> <p>3:00 Stories out of a Bag [AR]</p> <p>4:00 Happy Hour with Rosewood and Ivory [LOB]</p> <p>4:30 Sudoku Puzzles [AR] Movie</p> <p>6:30 Night [E]</p>	<p style="text-align: center; font-size: 2em; font-weight: bold;">Resident Birthdays</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 80%;">Douglas J.</td> <td style="width: 20%; text-align: right;">5/1</td> </tr> <tr> <td>Edith T.</td> <td style="text-align: right;">5/11</td> </tr> <tr> <td>Helen N.</td> <td style="text-align: right;">5/22</td> </tr> <tr> <td>Judy L.</td> <td style="text-align: right;">5/23</td> </tr> <tr> <td>Dorothy M.</td> <td style="text-align: right;">5/30</td> </tr> </table>	Douglas J.	5/1	Edith T.	5/11	Helen N.	5/22	Judy L.	5/23	Dorothy M.	5/30
Douglas J.	5/1															
Edith T.	5/11															
Helen N.	5/22															
Judy L.	5/23															
Dorothy M.	5/30															