

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

Exercise Room 128 – Monday thru Friday (10 am to 4:00pm) Local Shopping – Tuesday at 1:30 pm
Hair Salon Hours – Tuesday thru Saturday (details at Front Desk/ Ashley Brayman)

<p>10:00 Tile Rummy/SR 5 2:00 Sunday Worship/CH</p> <p>Cinco de Mayo</p>	<p>TM Appreciation Week Sports Day! 6 9:00 Exercise/CH 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 1:30 Church Council / SR 1:30 Bingo / NAV 3:00 Yahtzee / SR</p>	<p>TM Appreciation Week Western/ Cowboy Day! 7 9:00 Exercise/CH 10:00 Sing-Along w/ Eve/ CH 11:30 Music & Movement w/ Rachel/ NAV 1:00 Pet Therapy w/ Astro / FR 1:30 Tile Rummy/ SR 2:00-4:00 Team Member Appreciation Ice Cream Social / HC Patio 4:00 The Chosen S3E6 (Netflix)</p>	<p>TM Appreciation Week Disney Day! 8 9:00 Exercise/CH 10:00 Solheim Walking Club Eagle Rock Plaza 10:30 Yahtzee / SR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service / CH</p> <p>May Day</p>	<p>TM Appreciation Week Decade Day! 9 9:00 Exercise/CH 10:00 Program Planners w/ Ashley Brayman / FR 11:30 Catholic Mass w/ Father Frances / CH 12:00 May Birthday Lunch / RDR 2:00 Hymn Sing-along / CH 3:00 Smoothie Social / SP</p>	<p>TM Appreciation Week Wear a Solheim T-shirt Day! 10 9:00 Exercise/CH 10:30 Adventures w/ Doug Cloud's Rest / NAV 1:30 Bingo/ NAV 3:00 Happy Hour / SP</p>	<p>9:00 Exercise Class/CH 11 9:30 Morning Walk / BW 10:00 Canvas Painting/ FR 1:30 Movie & Popcorn My Octopus Teacher / FR 3:15 Kentucky Deby Social Horse Race Starts at 3:57pm/ RDR</p>
<p>10:00 Tile Rummy/SR 12 12:00 Mother's Day Special Lunch / RDR 2:00 Sunday Worship/CH</p> <p>Mother's Day National Skilled Nursing Care Week</p>	<p>9:00 Exercise/CH 13 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 1:30 Bingo / NAV 3:00 Hand & Foot / SR</p>	<p>9:00 Exercise/CH 14 10:00 Resident Council Meeting/CH 11:30 Music & Movement w/ Rachel/NAV 1:00 Pet Therapy w/ Astro / FR 1:30 Tile Rummy / SR 1:30 Spa Day / FR 3:00 Afternoon Concert w/ Steve Ormond / CH 4:00 The Chosen S3E7 (Netflix) /FR</p>	<p>9:00 Exercise/CH 15 10:00 Solheim Walking Club 10:30 Yahtzee / SR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service / CH</p>	<p>9:00 Exercise/CH 16 10:00 Resident Townhall / CH Outing to Lunch at Astros 1:30 Brain Games w/ Barbara / NAV 3:00 Lawn Games / BW</p>	<p>Syttende Mai 17 9:00 Exercise/CH 10:00 Playing "7's" 11:00 Mobility Class w/ Barbara/ CH 1:30 Bingo/NAV 3:00 Norwegian Constitution Day Celebration / RDR</p>	<p>Happy Birthday Bobbi W. 18 9:00 Exercise Class/CH 9:30 Morning Walk / BW 10:00 Crafter's Corner DIY Bookmarks / FR 1:30 Movie & Popcorn Free Solo / FR</p> <p>Armed Forces Day</p>
<p>Happy Birthday Astrid A. 19 10:00 Tile Rummy/SR 2:00 Sunday Worship/CH</p>	<p>9:00 Exercise/CH 20 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 2:00 Verdugo Hills Women's Chorus Perform / RDR 3:00 Bingo / NAV</p> <p>Victoria Day (Canada)</p>	<p>USC Tuesday OT Students Start 21 9:00 Exercise/CH 10:00 Sing-Along w/ Eve/ CH 11:30 Music & Movement w/ Rachel/NAV 1:00 Pet Therapy w/ Astro / FR 1:30 Library Committee Meeting / PD 1:30 Tile Rummy/ SR 3:00 Tea Party in the SP 4:00 The Chosen S3E8 (Netflix) /FR</p>	<p>9:00 Exercise/CH 22 10:00 Solheim Walking Club Outside of the Rose Bowl 10:30 Yahtzee / SR 11:00 Chair Yoga w/ Rosalie /CH 1:30 Super Bingo/NAV 3:30 Prayer Service / CH</p>	<p>USC Thursday OT Students Start 23 9:00 Exercise/CH 10:00 Technology Q & A w/ Spenser 11:00 Chair Volleyball / BW 1:30 Painting Club w/ Carmen/ BW 3:00 Afternoon Margaritas / SP</p>	<p>9:00 Exercise/CH 24 10:00 Playing "7's" 1:30 Bingo/NAV 3:00 Happy Hour w/ Live music Marty Hillmans Trio/</p>	<p>9:00 Exercise Class/CH 25 9:30 Morning Walk / BW 10:30 Solheim Book Club Discussing A Woman of No Important by Sonia Purnell /NAV 1:30 Movie & Popcorn Gatsby / FR</p>
<p>10:00 Tile Rummy/SR 26 2:00 Sunday Worship/CH</p>	<p>9:00 Exercise/CH 27 9:30 Solheim Walking Club/BW 10:00 Bible Study / CH 11:00 Word Games / FR 1:30 Bingo / NAV 3:00 Patriotic Music w/ Bob Brandzel / CH</p> <p>Memorial Day</p>	<p>9:00 Exercise/CH 28 10:00 Yahtzee / FR 11:30 Music & Movement w/ Rachel/NAV 1:00 Pet Therapy w/ Astro / FR 1:30 Tile Rummy/ SR 1:30 Bible Trivia / FR 3:00 Meet & Greet the Tuesday USC Students / SP 4:00 The Chosen S4E1(Netflix) /FR</p>	<p>9:00 Exercise/CH 29 10:00 Solheim Walking Club 10:30 Yahtzee / SR 11:00 Chair Yoga w/ Rosalie /CH Outing to be Announced 1:30 Super Bingo/NAV 3:30 Prayer Service / CH</p>	<p>9:00 Exercise/CH 30 10:00 Therapeutic Gardening / SP 11:00 Specialty Coffee Club! / SP 1:30 Crafter's Corner Decorating Tote Bags 3:00 Meet & Greet the Thursday USC Students / SP</p>	<p>Happy Birthday Eileen O. 31 9:00 Exercise/CH 10:00 Playing "7's" 1:30 Bingo/NAV 3:00 Happy Hour w/ Live music Rich Cohen</p>	<p>Location Guide: CH- Chapel SR- Sun Room SP- Sensory Patio BW- Breezeway HCP-Health Center Patio NAV- Navigage Room FR-Fountain Room WC- Wellness Room Alcove is in the RDR Fitness Room 128</p>