

## May 2019 The Hughes Center Activities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>(1)  <b>10:00 Devotion</b>  <b>10:15 Parachute/</b>  <b>Kickball/Ball Toss/</b>  <b>Music Therapy</b>  <b>2:15 Snack Time/24</b>  <b>Pieces Jigsaw Puzzle</b>  <b>3:00 Bingo</b>  <b>4:00 Chair Exercises</b>  <b>(DVD)/ Lets Walk/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(2)  <b>Destination Stations:</b>  <b>10:15 Devotion/Exercise/</b>  <b>A Mother- Daughter Tea</b>  <b>(Reading) /Lets Go</b>  <b>Walking</b>  <b>2:15 Snack Time/ Item</b>  <b>Locator/TV Westerns</b>  <b>3:00 Hands and Nails</b>  <b>Care (Kathy Briner-</b>  <b>Compassus Hospice and</b>  <b>Pallative Care)</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy/ Dice</b>  <b>Trivia</b>  <b>6:30 TV Westerns</b></p>	<p>(3)  <b>10:00 Devotion</b>  <b>10:15 Pre Cinco De</b>  <b>Mayo Social</b>  <b>2:15 Snack Time/</b>  <b>Words Related to the</b>  <b>Month of May</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)/</b>  <b>Bible Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(4)  <b>10:00 Devotion/</b>  <b>Unit Games</b>  <b>11:00 Lets Walk</b>  <b>1:00 Rest and</b>  <b>Relaxation</b>  <b>2:00 Popcorn Social</b>  <b>3:00 Bingo</b>  <b>4:00 Stretching</b>  <b>Exercises</b>  <b>6:30 TV Westerns</b></p>

<p>(5)  <b>10:00 TV Church</b>  <b>10:30 Family</b>  <b>Worship Service</b>  <b>(Atrium)</b>  <b>11:00 Lg. Group:</b>  <b>Flexibility</b>  <b>Exercises/ Current</b>  <b>Events</b>  <b>2:00 Snack Time</b>  <b>3:00 Unit Games</b>  <b>4:00 Aerobic</b>  <b>Exercises</b>  <b>6:00 TV News</b></p>	<p>(6)  <b>10:00 Devotion</b>  <b>10:15 Mother's</b>  <b>Flower Painting (Art</b>  <b>Therapy)</b>  <b>2:00 Snack Time/</b>  <b>Red Moon Road</b>  <b>(Reading Club)</b>  <b>3:00 Balloon</b>  <b>Volleyball and</b>  <b>Music Therapy</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(7)  <b>10:15 Devotion/</b>  <b>Exercise Ball/ Dear</b>  <b>Abby/ The Monthly</b>  <b>Gazette</b>  <b>11:00 Hymns with</b>  <b>Nancy and Friends</b>  <b>(Vickie Hightower,</b>  <b>Sitters, LLC)</b>  <b>2:15 Snack Time/</b>  <b>Paint By Number</b>  <b>3:00 The Gaither's</b>  <b>Musical (DVD)</b>  <b>4:00 Upper Limbs</b>  <b>Extremities</b>  <b>Exercises/Music</b>  <b>Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p>	<p>(8)  <b>9:45 Devotion</b>  <b>10:00 Master's</b>  <b>Gardener Program</b>  <b>10:30 Chair Exercise</b>  <b>(DVD)</b>  <b>2:15 Snack Time/</b>  <b>Mom's Word Search</b>  <b>Puzzle</b>  <b>3:00 Wine and Cheese</b>  <b>Social</b>  <b>4:00 Chair Exercises</b>  <b>(DVD)/ Lets Walk/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(9)  <b>10:00 Devotion</b>  <b>10:15 Cooking with</b>  <b>Sharon</b>  <b>11:00-11:30 Pet Therapy</b>  <b>with Bella</b>  <b>2:15 Snack Time/ TV</b>  <b>Westerns/ Spelling</b>  <b>Mother's Day /Momisms</b>  <b>Cognitive Stimulation</b>  <b>Activities</b>  <b>3:00 Hands and Nails</b>  <b>Care</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p>(10)  <b>9:45 Devotion</b>  <b>10:15 Mother's Day</b>  <b>Social/Poems</b>  <b>2:15 Root Beer Float</b>  <b>Social</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(11)  <b>10:00 Devotion/</b>  <b>Unit Games</b>  <b>11:00 Lets Walk</b>  <b>1:00 Rest and</b>  <b>Relaxation</b>  <b>2:00 Popcorn Social</b>  <b>3:00 Reminiscence</b>  <b>Activity</b>  <b>4:00 Stretching</b>  <b>Exercises</b>  <b>6:30 TV Westerns</b></p>
<p>(12)  <b>10:00 TV Church</b>  <b>10:30 Family</b>  <b>Worship Service</b>  <b>(Atrium)</b>  <b>11:00 Lg. Group:</b>  <b>Flexibility</b>  <b>Exercises/ Current</b>  <b>Events</b>  <b>2:00 Snack Time/</b>  <b>The Steel</b>  <b>Magnolias (Movie</b>  <b>and Popcorn</b>  <b>3:00 Unit Games/</b>  <b>Art Therapy</b>  <b>4:00 Aerobic</b>  <b>Exercises</b>  <b>6:00 TV News</b></p> <p style="text-align: center;"><b>Happy Mother's</b> <b>Day</b></p>	<p>(13)  <b>10:00 Devotion</b>  <b>10:15 Spring's</b>  <b>Fashion Show</b>  <b>2:00 Cooking with</b>  <b>Cathi</b>  <b>3:00 Mother's Mad</b>  <b>Lib Cognitive</b>  <b>Stimulation</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(14)  <b>10:15 Devotion/</b>  <b>Exercise Ball/ May's</b>  <b>Cross Off the</b>  <b>Word/ Art Therapy</b>  <b>11:00 Hymns with</b>  <b>Nancy and Friends</b>  <b>(Vickie Hightower,</b>  <b>Sitters, LLC)</b>  <b>2:15 Snack Time/</b>  <b>Hand Massage</b>  <b>Therapy</b>  <b>3:00 Worship</b>  <b>Service/Book of</b>  <b>Genesis Chapter 18</b>  <b>Bible Discussion</b>  <b>4:00 Upper Limbs</b>  <b>Extremities</b>  <b>Exercises/Music</b>  <b>Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p>	<p>(15)  <b>10:00 Devotion</b>  <b>10:15 Mother's Day</b>  <b>Bingo (Andrea Lorenz-</b>  <b>Compassus Hospice</b>  <b>and Pallative Care)</b>  <b>2:15 Snack Time/ 24</b>  <b>Pieces Jigsaw Puzzle</b>  <b>3:00 Snow Cone</b>  <b>Social/Patio Hour</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(16)  <b>10:00 Devotion</b>  <b>10:15 Large Cross Word</b>  <b>Search Puzzle (Atrium)</b>  <b>10:30 Men Social (Art</b>  <b>and Craft Room)</b>  <b>2:15 Snack Time/ Cross</b>  <b>Off The Word</b>  <b>3:00 Hands and Nails</b>  <b>Care (Kathy Briner-</b>  <b>Compassus Hospice and</b>  <b>Pallative Care)</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p>(17)  <b>9:45 Devotion</b>  <b>10:00 The Quilting</b>  <b>Club (Lindsey</b>  <b>Leggett, Kindred</b>  <b>Hospice)</b>  <b>2:15 Snack Time/TV</b>  <b>Oldies Hour/ Easy</b>  <b>Does It Trivia</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p>(18)  <b>10:00 Devotion/</b>  <b>Unit Games</b>  <b>11:00 Lets Walk</b>  <b>1:00 Rest and</b>  <b>Relaxation</b>  <b>2:00 Popcorn Social</b>  <b>3:00 Bingo</b>  <b>4:00 Stretching</b>  <b>Exercises</b>  <b>6:30 TV Westerns</b></p>

<p>(19)  <b>10:00 TV Church</b>  <b>10:30 Family</b>  <b>Worship Service</b>  <b>(Atrium)</b>  <b>11:00 Lg. Group:</b>  <b>Flexibility</b>  <b>Exercises/ Current</b>  <b>Events</b>  <b>2:00 Snack Time/</b>  <b>3:00 Unit Games</b>  <b>4:00 Aerobic</b>  <b>Exercises</b>  <b>6:00 TV News</b></p>	<p>(20)  <b>10:00 Devotion</b>  <b>10:15 Jeopardy</b>  <b>2:00 Garden Party</b>  <b>with Mrs. Sue Berry</b>  <b>3:00 Balloon</b>  <b>Volleyball and</b>  <b>Music Therapy</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(21)  <b>10:15 Devotion/</b>  <b>Exercise Ball/Give</b>  <b>Me Five /Name</b>  <b>Words that Start</b>  <b>with each letter of</b>  <b>each Alphabet</b>  <b>Cognitive</b>  <b>Stimulation Activity</b>  <b>11:00 Hymns with</b>  <b>Nancy and Friends</b>  <b>2:15 Snack Time/</b>  <b>Addition Paint By</b>  <b>Number</b>  <b>3:00 The Gaither's</b>  <b>Musical (DVD)</b>  <b>4:00 Upper Limbs</b>  <b>Extremities</b>  <b>Exercises/Music</b>  <b>Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p>	<p>(22)  <b>10:00 Devotion</b>  <b>10:15 May's Resident</b>  <b>Birthday Party</b>  <b>(Bridget Rochelle,</b>  <b>Home Instead Senior</b>  <b>Care)</b>  <b>2:00 Snack Time/</b>  <b>Garden Item Locator</b>  <b>3:00 Karaoke</b>  <b>4:00 Chair Exercises</b>  <b>(DVD)/Lets Walk</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(23)  <b>Destination Station:</b>  <b>10:15 Devotion/ Exercise/</b>  <b>The Road to Holland</b>  <b>(Reading)/Rhyme Time/</b>  <b>Lets Go Walking</b>  <b>2:15 Snack Time/ May's</b>  <b>Cross Off the Word</b>  <b>3:00 Hands and Nails</b>  <b>Care</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p>(24)  <b>9:45 Devotion</b>  <b>10:15 The Sound of</b>  <b>Music (Movie and</b>  <b>Popcorn)</b>  <b>2:15 Snack Time/ TV</b>  <b>Westerns/Which</b>  <b>Word Does Not</b>  <b>Belongs</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(25)  <b>10-11:30</b>  <b>Devotion /</b>  <b>Cognitive- Trivia</b>  <b>and Table Games</b>  <b>1:00 TV Sports/</b>  <b>Rest &amp; Relaxation</b>  <b>2:00 Reminiscence</b>  <b>Activity</b>  <b>3:00 Bible Jingo</b>  <b>4:00 Stretching</b>  <b>Exercises</b>  <b>6:30 TV Westerns</b></p>
<p>(26)  <b>10:00 TV Church</b>  <b>10:30 Family</b>  <b>Worship Service</b>  <b>(Atrium)</b>  <b>11:00 Lg. Group:</b>  <b>Flexibility</b>  <b>Exercises/ Current</b>  <b>Events</b>  <b>2:00 Snack Time</b>  <b>3:00 Unit Games</b>  <b>4:00 Aerobic</b>  <b>Exercises</b>  <b>6:00 TV News</b></p>	<p>(27)  <b>9:45 Devotion</b>  <b>10:00 Chaminade's</b>  <b>Musical</b>  <b>Performance</b>  <b>12:30 Memorial Day</b>  <b>Cookout</b>  <b>2:00 Snack Time/</b>  <b>Reading Club/</b>  <b>Memorial Day Art</b>  <b>Therapy</b>  <b>3:00 Memorial Day</b>  <b>Facts/ Trivia</b>  <b>Questions/Word</b>  <b>Search Puzzle</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p> <p><b>Memorial Day</b></p>	<p>(28)  <b>10:15 Devotion/</b>  <b>Exercise Ball/</b>  <b>Spelling Bee</b>  <b>11:00 Hymns with</b>  <b>Nancy and</b>  <b>Friends(Vickie</b>  <b>Hightower, Sitters</b>  <b>LLC)</b>  <b>2:15 Snack Time/</b>  <b>Hand Massage</b>  <b>Therapy</b>  <b>3:00 Worship</b>  <b>Service/Book of</b>  <b>Genesis Chapter 19</b>  <b>Bible Discussion</b>  <b>4:00 Upper Limbs</b>  <b>Extremities</b>  <b>Exercises/Music</b>  <b>Therapy/ Trivia</b>  <b>6:30 TV Westerns</b></p>	<p>(29)  <b>10:00 Devotion</b>  <b>10:15 Snow Cone</b>  <b>Social/Patio Hour</b>  <b>2:15 Snack Time/ 24</b>  <b>Pieces Jigsaw Puzzle</b>  <b>3:00 Parachute/</b>  <b>Kickball/Ball Toss/</b>  <b>Music Therapy</b>  <b>4:00 Chair Exercises</b>  <b>(DVD)/Lets Walk</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	<p>(30)  <b>10:00 Devotion</b>  <b>10:15 Fun Fitness with</b>  <b>Terry</b>  <b>2:15 Rest and Relaxation</b>  <b>3:00 Hands and Nails</b>  <b>Care (Kathy Briner-</b>  <b>Compassus Hospice and</b>  <b>Pallative Care)</b>  <b>4:00 Lower Limbs</b>  <b>Extremities Exercises/</b>  <b>Music Therapy</b>  <b>6:30 TV Westerns</b></p>	<p>(31)  <b>9:45 Devotion</b>  <b>10:00 The Quilting</b>  <b>Club (Lindsey</b>  <b>Leggett, Kindred</b>  <b>Hospice)</b>  <b>2:15 Snack Time/TV</b>  <b>Oldies Hour/ Cross</b>  <b>Off The Words</b>  <b>3:00 Relaxing Foot</b>  <b>Care</b>  <b>4:00 Lets Walk</b>  <b>(Aerobic Exercise)/</b>  <b>Trivia</b>  <b>6:30 Music Therapy</b>  <b>and Relaxation</b></p>	

**\*\*\*\* Our schedule is flexible and subject to change. Therefore, activities may occasionally be different than those scheduled.**