

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Bus Trips**

Be sure to sign up at the front desk for any bus trips you plan on attending. The Lakeshore Bus runs Tuesdays, Thursdays, and Fridays for independent bus trips. Group outings will be primarily on Wednesdays, but please check your calendar regularly for all upcoming trips. All bus trips will be in red on the calendar. If you have any idea of places to go please let wellness staff know at any time – we are always looking for new and fun ideas!



# May 2021

## Wellness Calendar



**Key for Rooms:**  
LC = Lakeshore Chapel  
AS = Art Studio MT = Movie Theater  
V = The View GR = Game Room  
DR = Dining Room Café = Lakeshore Café  
LL = Lakeshore Library FR = Fitness Room  
**RED = BUS TRIP (BT)**  
**BLUE = Fitness Classes**  
**GREEN – Craft Groups that Require Sign Up in Café**

10AM Morning Fitness with Kim DR **1**  
10:30AM Brain Games DR  
11AM Walk in the Park BT   
2:15PM Free Kentucky Derby BINGO DR   
4PM-6PM Cocktail Hour V  
7PM Movie MT  
7PM Mexican Train Dominoes (2nd floor lounge)

10AM Mass on TV MT **2**  
1PM Documentary –  
*Our Plant: Jungles* MT  
2PM Menu Chat with Chef Kory DR

10AM Sit and Stretch DR **3**  
10:30AM Random Trivia DR  
1PM Belsono Hearing Services\* AS  
1PM-2PM Matter of Balance Workshop - Fall Prevention  
Zoom Video Series –Week 1 GR  
2PM Movie – First Showing MT  
2PM Bingo DR  
3PM Pinochle V  
7PM Movie – Second Showing MT

10AM Upper Body Dumbbell Exercises DR **4**  
10:30AM Trivia DR  
11AM BUNCO V  
1PM Educational Video Series MT  
2PM Movie –First Showing MT  
2PM Teachers Seminar DR  
3PM Tech Help with Rae GR  
*Reserve Specific Appointment Time in Sign-up Binder in Café*  
7PM Movie –Second Showing MT

10AM Sitter-cise DR **5**  
10AM Nino Salvaggio's BT   
10:30AM Name 10 Word Game DR  
11:30AM Mass at St. Lucy's Catholic Church BT   
2PM Movie –First Showing MT  
2PM Piñata Fun & Margaritas DR  
3PM CARD BINGO V  
7PM Movie –Second Showing MT  
**Cinco De Mayo**

10AM Leg Strengthening Workout DR **6**  
10:30AM Jeopardy Trivia DR  
11AM Banking Trips BT   
2PM Movie - First Showing MT  
2PM Nutritionist Talk: Real Carbs V  
3PM Rosary with Rona\* DR  
3:30PM Group Trivia V  
7PM Movie –Second Showing MT

10AM Sitting Exercise DR **7**  
10:30AM Cranium Crunches DR  
11AM DIY Spring Scarf AS  
*Please sign up in the binder in the café*  
1PM Gardening Club Café  
2PM Movie –First Showing MT  
2PM Mother's Day Tea & Scones DR  
*Classy Tea Time Attire Encouraged*  
3PM Door to Door Cart: Scones  
3PM-4PM Happy Hour V  
7PM Movie – Second Showing MT

10AM Morning Fitness with Kim DR **8**  
10:30AM Brain Games DR   
11AM Walk in the Park BT   
2:15PM BINGO DR  
4PM-6PM Cocktail Hour V  
7PM Movie MT  
7PM Mexican Train Dominoes (2nd floor lounge)

10AM Mass on TV MT **9**  
11AM Mother's Day Memories Wall in Café  
1PM Virtual Concert MT  
2PM Menu Chat with Chef Kory DR  
  
**Mother's Day**

10AM Sit and Stretch DR **10**  
10:30AM Random Trivia DR  
1PM Belsono Hearing Services\* AS  
1PM-2PM Matter of Balance Workshop - Fall Prevention  
Zoom Video Series –Week 1 GR  
2PM Movie – First Showing MT  
2PM Bingo DR  
3PM Pinochle V  
7PM Movie – Second Showing MT

10AM Upper Body Dumbbell Exercises DR **11**  
10:30AM Trivia DR  
11AM Bridge V  
11:15AM New Resident Luncheon with Shannon DR  
1PM Educational Video Series MT  
2PM Entertainment: James Rand DR  
3PM Tech Help with Rae GR  
*Reserve Specific Appointment Time in Sign-up Binder in Café*  
7PM Movie MT

10AM Free Blood Pressure Checks by Balanced Homecare\* V **12**  
10AM Sitter-cise DR   
10AM Village Market BT   
10:30AM Name 10 Word Game DR  
11:30AM Mass at St. Lucy's Catholic Church BT   
1PM Detroit River Walk BT   
2PM Movie –First Showing MT  
3PM CARD BINGO V  
7PM Movie –Second Showing MT

10AM Leg Strengthening Workout DR **13**  
10:30AM Jeopardy Trivia DR  
130PM Banking Trips BT   
2PM Movie - First Showing MT  
3PM Rosary with Rona\* DR  
3:30PM Group Trivia V  
7PM Movie –Second Showing MT

10AM Sitting Exercise DR **14**  
10:30AM Cranium Crunches DR  
11AM Decoupage Birdhouses AS  
*Please sign up in the binder in the café*  
1PM Gardening Club Café  
2PM Movie –First Showing MT  
2:30PM Door to Door Cart: Chips & Guacamole  
3PM-4PM Happy Hour V  
7PM Movie – Second Showing MT

10AM Morning Fitness with Kim DR **15**  
10:30AM Brain Games DR   
11AM Walk in the Park BT   
2:15PM BINGO DR  
4PM-6PM Cocktail Hour V  
7PM Movie MT  
7PM Mexican Train Dominoes (2nd floor lounge)  
**Armed Forces Day**

10AM Mass on TV MT **16**  
1PM Documentary –  
*Our Plant: Coastal Seas* MT  
2PM Menu Chat with Chef Kory DR

10AM Sit and Stretch DR **17**  
10:30AM Random Trivia DR  
1PM-2PM Matter of Balance Workshop - Fall Prevention  
Zoom Video Series –Week 1 GR  
2PM Movie – First Showing MT  
2PM Bingo DR  
3PM Activity Committee Meeting AS  
3PM Pinochle V  
7PM Movie – Second Showing MT

10AM Upper Body Dumbbell Exercises DR **18**  
10:30AM Trivia DR  
11AM BUNCO V  
1PM Educational Video Series MT  
2PM Entertainment: Timeless Talks Musical Duo DR  
3PM Tech Help with Rae GR  
*Reserve Specific Appointment Time in Sign-up Binder in Café*  
7PM Movie MT

10AM Sitter-cise DR **19**  
10AM Trader Joes BT   
10:30AM Name 10 Word Game DR  
11:30AM Lunch Out: Pegasus BT   
2PM Movie –First Showing MT  
2PM Catholic Mass w/ Father Jim DR  
3PM CARD BINGO V  
7PM Movie –Second Showing MT

10AM Leg Strengthening Workout DR **20**  
10:30AM Jeopardy Trivia DR  
11AM Banking Trips BT   
2PM Movie - First Showing MT  
2PM Lick Em Up Ice Cream BT   
3PM Rosary with Rona\* DR  
3:30PM Group Trivia V  
7PM Movie –Second Showing MT

10AM Sitting Exercise DR **21**  
10:30AM Cranium Crunches DR  
11AM Cake-in-a-Cup: Brownies AS  
*Please sign up in the binder in the café*  
1PM Gardening Club Café  
2PM Movie –First Showing MT  
2:30PM Ice Cream Social on Front Patio  
3PM-4PM Happy Hour V  
7PM Movie – Second Showing MT

10AM Morning Fitness with Kim DR **22**  
10:30AM Brain Games DR   
11AM Walk in the Park BT   
2:15PM BINGO DR  
4PM-6PM Cocktail Hour V  
7PM Movie MT  
7PM Mexican Train Dominoes (2nd floor lounge)

10AM Mass on TV MT **23**  
1PM Virtual Concert MT  
2PM Menu Chat with Chef Kory DR

8:30AM Breakfast in the Park **24**  
10AM Sit and Stretch DR  
10:30AM Random Trivia DR  
1PM-2PM Matter of Balance Workshop - Fall Prevention  
Zoom Video Series –Week 1 GR  
2PM Movie – First Showing MT  
2PM Bingo DR  
3PM Pinochle V  
7PM Movie – Second Showing MT

10AM Upper Body Dumbbell Exercises DR **25**  
10:30AM Trivia DR  
11AM Bridge V  
1PM Educational Video Series MT  
2PM Entertainment with Jeff C. DR  
3PM Resident Council DR  
4PM Tech Help with Rae GR  
*Reserve Specific Appointment Time in Sign-up Binder in Café*  
7PM Movie MT

10AM Sitter-cise DR **26**  
10AM Dollar Tree BT   
10:30AM Name 10 Word Game DR  
11:30AM Mass at St. Lucy's Catholic Church BT   
1PM Sea Life Aquarium and Dinner at Rainforest Café   
2PM Movie –First Showing MT  
3PM CARD BINGO V  
7PM Movie –Second Showing MT

10AM Leg Strengthening Workout DR **27**  
10:30AM Jeopardy Trivia DR  
11AM Banking Trips BT   
2PM Movie - First Showing MT  
2PM Horse Races DR  
3PM Rosary with Rona\* DR  
3:30PM Group Trivia V  
7PM Movie –Second Showing MT

10AM Sitting Exercise DR **28**  
10:30AM Cranium Crunches DR  
11AM Pinwheel Bouquet AS  
*Please sign up in the binder in the café*  
1PM Gardening Club Café  
2PM Movie –First Showing MT  
2:30PM Door to Door Cart: Birthday Cupcakes  
3PM-4PM Happy Hour V  
7PM Movie – Second Showing MT

10AM Morning Fitness with Kim DR **29**  
10:30AM Brain Games DR   
11AM Walk in the Park BT   
2:15PM BINGO DR  
4PM-6PM Cocktail Hour V  
7PM Movie MT  
7PM Mexican Train Dominoes (2nd floor lounge)

10AM Mass on TV MT **30**  
1PM Documentary –  
*Our Plant: From Deserts to Grasslands* MT  
2PM Menu Chat with Chef Kory DR

10AM Sit and Stretch DR **31**  
10:30AM Random Trivia DR  
11AM Memorial Day Memories Table In first floor main hall  
2PM Movie – First Showing MT  
2PM Free Memorial Day Bingo DR  
3PM Pinochle V  
7PM Movie – Second Showing MT  
**Memorial Day**

**Upcoming Special Events of May 2021:**  
5/5 – Cinco De Mayo – Piñata Fun & Margaritas – 2PM – We will have a piñata for all residents to step up and give it their best swing, as well as, delicious margaritas to celebrate the day!  
5/6 – Nutritional Talk – 2PM - Come meet with a nutritionist to hear about the topic of Carbohydrates. She will be available for discussion and questions following the presentation.  
5/7 – Mother's Day Tea & Scones – 2PM – We would like to invite all residents who are mothers, or mother-like figures, to join us for tea and scones. We ask that your dress in your tea-time classy attire and bring your favorite tea cup with you to add to the fun. If you do not have a tea cup, one will be provided for you.  
5/12 – Detroit River Walk – 1PM - Hop on the bus for a trip the scenic and newly remodeled Detroit river walk! We will be stopping for a surprise treat following our walk.  
5/17 – Activity Committee Meeting – 3PM - Come chat with fellow neighbors and Rae about what YOU want to see on the wellness calendar for the month!  
5/31 – Memorial Day Memories Table – 11AM - Feel free to bring an item of remembrance for a loved one who served in the military on this day to lay out for others to see and show their respect to. We will also have a Board of Honor to sign for those who prefer to recognize their loved ones in that way.

