




2021

Underlined programs will be group activities in the location specified in parentheses.

All other programming will be shown on channel 2.1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>After a Fall: What happens when you fall and push your emergency pendant button? Amberly Arndt, registered nurse with Comfort Health, will go through the process they take to assist the resident and talk about follow up care. Join us on Wednesday, May 19 at 2:00pm in the Activity Room.</p>						1
2	3	4	5	6	7	8
Work on the puzzle located in Activity Room.	<p>10:00 Posture & Balance w/Weights</p> <p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 Movie: "Amadeus"</p> <p>3:30 Chair Yoga</p>	<p>10:00 <u>Cookies & Coffee (Fireside Lounge)</u></p> <p>2:00 <u>Let's Color (Fireside Lounge)</u></p> <p>3:00 St. Pius Sunday Service</p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>10:20 <u>Catholic Communion (Fireside Lounge)</u></p> <p>2:00 <u>Clay Art Day 1 (Activity Room)</u></p>	<p>10:00 Tai Ji/ Meditation</p> <p>1:00 Life in Color w/ David Attenborough Ep.1</p> <p>2:00 <u>Bingo! (Activity Room)</u></p> <p>3:00 <u>Lemonade Social (Activity Room)</u></p> <p>3:00 Trinity Lutheran Sunday Service</p>	<p>10:00 Posture & Balance w/Balls</p> <p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 Season 3: <i>The Crown</i> Ep.8</p> <p>2:00 <u>WWII Picture w/Clyde (Activity Room)</u></p> <p>3:00 Christ United Methodist Sunday Service</p>	Check out a book or two in the Library on the 1st floor.
9	10	11	12	13	14	15
	<p>10:00 Posture & Balance w/Weights</p> <p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 Movie: "News of the World"</p> <p>3:30 Chair Yoga</p> <p>6:30 Power of Attorney Presentation: Replay</p>	<p>10:00 <u>Food Forum (Fireside Lounge)</u></p> <p>10:00 <u>Cookies & Coffee (Fireside Lounge)</u></p> <p>2:00 <u>Seed Packet Wreath (Activity Room)</u></p> <p>3:00 St. Pius Sunday Service</p>	<p>8:30 <u>Hearing Aid Clinic (Library)</u></p> <p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>10:20 <u>Catholic Communion (Fireside Lounge)</u></p> <p>2:00 <u>Clay Art Day 2 (Activity Room)</u></p> <p>3:00 Zumbro Lutheran Sunday Service</p>	<p>10:00 Tai Ji/ Meditation</p> <p>1:00 Life in Color w/ David Attenborough Ep.2</p> <p>2:00 <u>Bingo! (Activity Room)</u></p> <p>3:00 <u>Lemonade Social (Activity Room)</u></p> <p>3:00 Trinity Lutheran Sunday Service</p>	<p>10:00 Posture & Balance w/Balls</p> <p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 Season 3: <i>The Crown</i> Ep.9</p> <p>2:00 <u>Cribbage (Activity Room)</u></p> <p>3:00 Christ United Methodist Sunday Service</p>	Sit outside today and get some fresh air.
16	17	18	19	20	21	22
Turn your television to channel 2.1 to listen to music and watch the kittens play!	<p>10:00 Posture & Balance w/Weights</p> <p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>2:00 <u>Gardening (Front Patio)</u></p> <p>3:30 Chair Yoga</p>	<p>10:00 <u>Cookies & Coffee (Fireside Lounge)</u></p> <p>2:00 <u>Gardening (Back Patio)</u></p> <p>3:00 St. Pius Sunday Service</p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>10:20 <u>Catholic Communion (Fireside Lounge)</u></p> <p>2:00 <u>After a Fall w/ Amberly (Activity Room)</u></p> <p>3:00 Zumbro Lutheran Sunday Service</p>	<p>10:00 Tai Ji/ Meditation</p> <p>1:00 Life in Color w/ David Attenborough Ep.3</p> <p>2:00 <u>Bingo! (Activity Room)</u></p> <p>3:00 <u>Lemonade Social (Activity Room)</u></p> <p>3:00 Trinity Lutheran Sunday Service</p>	<p>10:00 Posture & Balance w/Balls</p> <p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>11:30 <u>Pizza Party Lunch (Dining Room)</u></p> <p>1:00 Season 3: <i>The Crown</i> Ep.10</p> <p>1:00 <u>Live Music w/ Colby T. (Fireside Lounge)</u></p> <p>3:00 Christ United Methodist Sunday Service</p>	Enjoy coloring in the Fireside Lounge. Books and pencils provided.
23	24	25	26	27	28	29
Sit with your neighbors in the Fireside Lounge for a nice chat.	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 <u>Picture Day 1 (3rd Floor Parlor)</u></p> <p>1:00 Movie: "Little Boy"</p> <p>3:30 Chair Yoga</p>	<p>10:00 <u>Picture Day 2 (3rd Floor Parlor)</u></p> <p>10:00 <u>Cookies & Coffee (Fireside Lounge)</u></p> <p>2:00 <u>Quarry Hill (Front Patio)</u></p> <p>3:00 St. Pius Sunday Service</p>	<p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>10:20 <u>Catholic Communion (Fireside Lounge)</u></p> <p>2:00 <u>Scenic Drive</u></p> <p>3:00 Zumbro Lutheran Sunday Service</p>	<p>10:00 Tai Ji/ Meditation</p> <p>2:00 <u>Bingo! (Activity Room)</u></p> <p>3:00 <u>Lemonade Social (Activity Room)</u></p> <p>3:00 Trinity Lutheran Sunday Service</p>	<p>10:00 Posture & Balance w/Balls</p> <p>10:00 <u>Functional Fitness (Activity Room)</u></p> <p>1:00 Season 4: <i>The Crown</i> Ep.1</p> <p>2:00 <u>Cribbage (Activity Room)</u></p> <p>3:00 Christ United Methodist Sunday Service</p>	We always have cards and games available in the Activity Room.
30	NO SHUTTLE 31					
						



Movies:

(Channel 2.1)

Amadeus: the life, success and troubles of Wolfgang Amadeus Mozart, as told by Antonio Salieri, the contemporaneous composer who was insanely jealous of Mozart/s talent and claimed to have murdered him. **Runtime: 2h 40m Rated: R**

News of the World: A civil War veteran agrees to deliver a girl, taken by the Kiowa people years ago, to her aunt and uncle, against her will. They travel hundreds of miles and face grave dangers as they search for a place that either can call home. **Runtime: 1h 58m Rated: PG-13**

Little Boy: An eight-year-old boy is willing to do whatever it takes to end World War II so he can bring his father home. The story reveals the indescribable love a father has for his little boy and the love a son has for his father. **Runtime: 1h 46m Rated: PG-13**

Series: Fridays @ 1:00pm
(Channel 2.1)

(The Crown - Season 3 (Netflix Original Series)

This drama follows the political rivalries and romance of Queen Elizabeth II's reign and the events that shaped the second half of the 20th century.

(Ep.8) Dangling Man - Charles visits the exiled Duke of Windsor in his Paris chateau, only to find him very ill. But will the Queen make peace with her uncle before he dies? **Runtime: 47m**

(Ep.9) Imbrolio - While Princess Anne dates her elder brother's polo rival Andrew Parker Bowles, Prince Charles falls deeply in love with Camilla Shand causing the Queen Mother and Lord Mountbatten to interfere. **Runtime: 47m**

(Ep.10) Coeur - As her marriage falls apart, Princess Margaret finds solace in the arms of a much younger landscape gardener. The Queen and the nation celebrate Elizabeth II's Silver Jubilee. **Runtime: 59m**

(Season 4 Ep.1) Gold Stick - As Elizabeth welcomes Britain's first woman prime minister and Charles meets a young Diana Spencer, an IRA attack brings tragedy to the royal family. **Runtime: 54m**

Life In Color w/David Attenborough Thursdays @ 1:00pm

(Channel 2.1)

Using innovative technology, this docuseries explores nature from a fresh perspective as animals use color to survive and thrive in the wild.

(Ep.1) Seeing in Color - A mandrill flaunts his hues as birds and butterflies offer dazzling displays. A rainbow mantis shrimp packs a punch while red frogs battle it out. **Runtime: 49m**

(Ep.2) Hiding in Color - Some hide, some flaunt, and others trick and deceive. These masters of disguise transform themselves to hide from hunters or secure their next meal. **Runtime: 49m**

(Ep.3) Chasing Color - the crew shares how they captured views of a hidden world across various habitats and challenging conditions using a pioneering camera system. **Runtime: 43m**