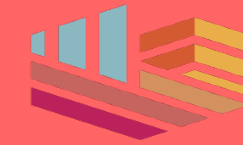












Powder Springs Center for Nursing & Healing



MAY 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HAPPY MAY BIRTHDAY'S!! 	 All New Residents!		Nursing Home Week- May 9th -15th National Nurses week-May 6th - 12th	If you have any questions or concerns or suggestions, please see Margalie in Activities or ask a staff member to locate a member of Activities! Be Aware: All Group Activities are performed according to CDC social Distancing Rule.... (6 Ft Apart)	Fresh Air & Games in the Courtyard daily if weather is permitted.	1 National Science Fiction Day 10:15- Morning Stretch Exercise(E/W) 10:30- Arts & Crafts (E/W) 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00 Bingo Time -(E/W) MAY DAY
2- National Nurses Week Begins 10:15- Church Service-(W) Hallway 10:30- Coordination Exercise (W) H 11:15-Church Service-(E) 11:30-Spiritual Hymns-(E) 1:00- Fun Leisure Table/Face Time 3:00- Sunday's Bingo (E/W)	3) 10:15- Sit and Be Fit (E/W) 10:30- Word Search(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00 Movie Classic(E/W) Walmart Shopping	4 10:15" Simon Says " Exercise-(H) 10:30-Brain Quest(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E) 3:00- Bingo Tuesday H(E) 4:00- Bingo Tuesday H(W) Orange Juice Day	5 Cinco De Mayo (Fiesta) 10:15- Strengthen your upper Body- Hallway(E) 10:30- Trivia - How well do you know your Bible(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Cinco De Mayo Fiesta 3:00- Cinco De Mayo Fiesta 	6 10:15- Strengthen you lower Body(E/W) 1030- Complimentary Manicures (E/W) 11:00- 1:1 In Room Activities 1:00-Face Time W Family(E/W) 3:00- Bingo Time -H(E/W) 	7 Cosmopolitan Day 10:15-Dance & Be Fit in Your Seat 10:30 Fun Wheel & current Events Biography of Lincoln 11:00-1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00 Happy Hour	8 10:15- Morning Stretch Exercise(E/W) 10:30- Arts & Crafts (E/W) 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00- Bingo Time -(E/W) W/Gifts prizes
9 Happy Mother's Day 10:15- Church Service-(W) Hallway 10:30- Coordination Exercise (W) H Spiritual Hymns (W) Hallway 11:15-Church Service-(E-(E) 1:00- Mother's Day Parade (E/W) 3:00- Mother's Day Parade (E/W) Mom's Wear your Sunday's best! 	10 Sports Day (Spirit Day) 10:15- Sit and Be Fit (E/W) 10:30- Wear your Sports team Jersey. 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00 Movie Classic(E/W) Walmart Shopping	11 Dress Tacky Day/50s, 60s, or 70s) 10:15" Simon Says " Exercise (H) 10:30-Brain Quest(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family 3:00- Bingo Tuesday H(E) 4:00- Bingo Tuesday H(W) Twilight Zone Day 	12 National Nurses Day/Hat Day 10:15- Strengthen your upper Body- Hallway(W/E) 10:30- Trivia - How well do you know your Bible(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00 - Nurses Recognition 3:00- Wind Down Wednesday	13 International Culture Day-Dress in your Country's clothing 10:00 Strengthen your lower Body 1030- Complimentary Manicures (E/W) 1100 -1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 3:00- Bingo Time -H(E/W) National Apple Pie Day	14-Cookout Day (Dress in your Hawaiian style Clothing 10:15 Dance & Be Fit in Your Seat (E/W) 10:30-Fun Wheel & Current Events 11:00-1:1 in Room Activities(E/W) 1:00- Face Time W/Family(E/W) 3:00- Happy Hour Dance Like a Chicken Day	15 Armed Forces Day 10:15- Morning Stretch Exercise(E/W) 10:30- Arts & Crafts (E/W) 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00- Bingo Time -(E/W) 
16 Love a Tree Day 10:15- Church Service-(W) Hallway 10:30- Coordination Exercise (W) H Spiritual Hymns (W) Hallway 11:15-Church Service-(E) 11:30-Spiritual Hymns-(E) 1:00- Fun Leisure Table/Face Time 3:00- Sunday's Bingo (E/W)	17 Walnut Day 10:15- Sit and Be Fit (E/W) 10:30-Word Search(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00 Movie Classic(E/W) Walmart Shopping	18 10:15" Simon Says " Exercise (H) 10:30-Brain Quest(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E) 3:00- Bingo Tuesday H(E) 3:00- Bingo Tuesday H(W)	19 Boys Club Day 10:15-Strengthen your upper Body- H(W/E) 10:30- Trivia - How well do you know your Bible(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00 -Face Time W Family(E/W) 3:00- Wind Down Wednesday	20 11:00 Resident Council Meeting in Room 10:15 - Strengthen your lower Body(E/W) 1030- Complimentary Manicures (E/W) 11:00 -1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 3:00- Bingo Time -H(E/W) Be a Millionaire Day	21 Wait Staff Day 10:15- Dance & Be Fit in Your Seat 10:30- Fun Wheel & Current Events 11:00-1:1 In Room Activities 1:00-Face Time W/Family 3:00- Happy Hour (E/W)	22 10:15- Morning Stretch Exercise(E/W) 10:30- Arts & Crafts (E/W) 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00- Bingo Time -(E/W)
23 Lucky Penny Day 10:15- Church Service-(W) Hallway 10:30- Coordination Exercise (W) H 11:15-Church Service-(E) 11:30-Spiritual Hymns-(E) 1:00- Fun Leisure Table/Face Time(E/W) 3:00- Sunday's Bingo (E/W)	24 Escargot Day 10:15- Sit and Be Fit (E/W) 10:30-Word Search(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00 Movie Classic(E/W) Walmart Shopping	25 10:15" Simon Says " Exercise (H) 10:30-Brain Quest(E/W) 11:00-1:1 In Room Activities(E/W) 1:00- Face Time W/Family(E) 3:00- Bingo Tuesday H(E) 3:00- Bingo Tuesday H(w) Wine Day	26 10:15- Strengthen your upper Body- Hallway(W/E) 10:30- Trivia - How well do you know your Bible(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00 - Face Time W Family(E/W) 3:00- Wind Down Wednesday	27 10:15 - Strengthen you lower Body(E/W) 1030 Complimentary Manicures (E/W) 11:00 -1:1 In Room Activities (E/w) 1:00-Face Time W Family(E/W) 2:00- Powder Springs Bucks Store is open for business 3:00- Bingo Time -H(E/W)	28 Hamburger Day 10:15- Dance & Be Fit in Your Seat 10:30- Current Events 11:00- In Room Activities 1:00-Face Time W/Famil 3:00- Happy Hour (E/W) 	29 Paper Clip Day 10:15- Morning Stretch Exercise(E/W) 10:30- Arts & Crafts (E/W) 1:00-1:1 In Room Activities(E/W) 1:30- Face Time W/Family(E/W) 3:00- Bingo Time -(E/W)
30 Water a Flower Day 10:15- Church Service-(W) Hallway 10:30- Coordination Exercise (W) H 11:15-Church Service-(E) 11:30-Spiritual Hymns-(E) 1:00- Fun Leisure Table/Face Time 3:00- Sunday's Bingo (E/W)	31 Memorial Day (BBQ) 10:15- Sit and Be Fit (E/W) 10:30-Word Search(E/W) 11:00- 1:1 In Room Activities(E/W) 1:00- Face time W/ Family(E/W) 3:00 Movie Classic(E/W) Walmart Shopping	Motorcycle Awareness Month 				

Activity Locations: (DR)= Dining Room (CH) = Chapel (L) = Lobby (E) = East Wing (W) = West Wing
 Margalie Cherenfant (Activities Director) MCherenfant@powderspringsnursing.com (770) 439-9199 ext 219

* Activities Are Subject To Change