

All activities will be in the dining room unless otherwise noted.

Valley View Heights May 2019

Daily Meal Times
 Continental Breakfast 7:00-9:00 am
 Dinner 11:30-12:30 pm
 Coffee Time 2:30 pm
 Supper 5:00 - 6:00pm

Note: MSLCC = Missouri Slope Lutheran Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			1 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Derby Tunes with Darrell Brackel – 2:00	2 Shopping: Target - 9:00 Special Kentucky Derby Meal with Kentucky Hot Browns – 11:30 Horse Races & Mint Juleps – 2:00	3 Shopping: Dan's - 9:00 Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Cards & Games – 2:00	4 Movie: Seabiscuit – 2:00 Watch Kentucky Derby – 5:30
5 Catholic Communion – 9:15 Chapel Ecumenical Worship with Holy Communion – 1:30 Chapel Echoes of Easter Concert at Trinity Lutheran Church – 2:00	6 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Lemonade Social – 2:00 Door 14 Patio	7 Scheduled Transportation Bible Study – 10:00 Activity Room Wellness Checks – 1:00-2:00 Med Room Bingo – 2:00 Eugene	8 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Nails – 2:00 Activity Room	9 Shopping: Kmart - 9:00 Country Drive – 2:00	10 Shopping: Dan's - 9:00 Exercise – 10:00 Exercise Area ASPIRE Exercise Class - 1:30 Cards & Games – 2:00	11 Music with Victor Schwahn – 2:00
12 Happy Mother's Day! Catholic Communion – 9:15 Chapel Ecumenical Worship – 1:30 Chapel	13 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Tea Party – 2:00 Bingo – 6:15	14 Scheduled Transportation Bible Study – 10:00 Activity Room You Be the Judge – 2:00 Door 14 Patio	15 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Taste and Tour of Norway – 2:00	16 Shopping: Walmart - 9:00 Coffee with Kaitlyn – 10:00 Activity Room Bus Trip to Baldwin Nursery & Greenhouse – 1:30 Marge K.	17 Shopping: Dan's - 9:00 Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Cards & Games – 2:00	18 Movie: "The Music Man" – 2:00
19 Catholic Communion – 9:15 Chapel Ecumenical Worship – 1:30 Chapel	20 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 All Tenant Meeting – 2:00 Men's Outing – 2:30	21 Scheduled Transportation Bible Study – 10:00 Activity Room Bingo – 2:00	22 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Memorial Service – 2:30	23 Shopping: Target – 9:00 Monthly Birthday Party with Special Guest Dolly Parton – 2:00	24 Shopping: Dan's - 9:00 Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Cards & Games - 2:00	25 Music with Bernie Neibauer – 2:00
26 Catholic Communion – 9:15 Chapel Ecumenical Worship – 1:30 Chapel Larry & Ethel Thompson's 60 th Anniversary Party- 1:30-3:00 Wilma	27 Scheduled Transportation Happy Memorial Day!	28 Scheduled Transportation Bible Study – 10:00 Activity Room Program: Women Behind the Plow— Contributions of Women to ND Agriculture Before Electricity – 2:00	29 Scheduled Transportation Exercise – 10:00 Exercise Area ASPIRE Exercise Class – 1:30 Who's Who with Pastor Larry - 2:00	30 Shopping: Kmart - 9:30 Documentary: The Old Red Trail – 2:00	31 Shopping: Dan's - 9:00 Exercise – 10:00 Exercise Area ASPIRE Exercise Class- 1:30 Cards & Games - 2:00	Catholic Services are available at Missouri Slope Chapel each Thursday: 9:30 Rosary 10:00 Mass