





















Western Hills Retirement Village Independent



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
CALENDAR IS SUBJECT TO CHANGE			1 9:30 Exercise (A) 10:00 Wii Bowling (A)  2:30 Stay Well Home Health presents: Music & Depression (A)	2 9:30 Exercise (A) 10:00 Walk It Out Club - at Fernbank Park 2:00 Rosary (CH) 2:30 Cover All (L)	3 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:15 Cinco de Mayo Happy Hour (A) 	4 9:30 Exercise (A) 2:00 Bingo (A)	
	5 10:30 Mass (A)  1:45 Movie (A)	6 9:30 Exercise (A) 10:00 Wii Bowling (A) 10:00 Kroger Trip  2:00 Bingo (A) 3:15 Happy Hour (A)	7 9:30 Exercise (A)  10:00 Blood Pressure Check by Stay Well (L) 11:00 Lunch Out - Olive Garden 2:00 Movie & Popcorn (A)	8 9:30 Exercise (A) 10:00 Wii Bowling (A) 10:30 Manicures (A) 2:30 Mystery Ride - Bus Trip	9 9:30 Exercise (A) 10:00 Walk It Out Club - at Fernbank Park 2:00 Rosary (CH) 2:30 Horse Racing with Sandra (L) 	10 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:15 Happy Hour (A)	11 9:30 Exercise (A) 2:00 Bingo(A)
	12 10:30 Mass (A) 1:45 Movie (A)	13 9:30 Exercise (A) 10:00 Wii Bowling (A) 10:00 Kroger Trip 10:30 Mimosa's and Bagel's (A) 2:00 Bingo (A) 3:15 Happy Hour (A) NATIONAL	14 9:30 Exercise (A) 10:00 Blood Pressure Check By StayWell (L) 11:00 Lunch Out - Camp Washington Chili 1:30 Movie & Popcorn NURSING	15 9:30 Exercise (A) 10:00 Wii Bowling (A) 3:00 Root Beer Floats Celebrating National Nursing Home Week (A)  HOME	16 9:30 Exercise (A) 10:00 Walk It Out Club - at Fernbank Park 2:00 Rosary (CH) 2:00 Dunham Chloraler's (A)  WEEK	17 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:00 Bingo (A) 3:00 Petting Zoo & Laurel Ramblers View (music)	18 9:30 Exercise (A) 2:00 Bingo (A)
	19 10:30 Mass (A) Sunday Bunch (DR) Residents Only  1:45 Movie(A) 2:00 Bible (L)	20 9:30 Exercise (A) 10:00 Wii Bowling (A)  10:00 Kroger Trip 2:00 Bingo (A) 3:15 Happy Hour (A)	21 9:30 Exercise (A) 10:00 Blood Pressure Check 11:00 Lunch Out - Christine's 2:30 Cover All (L) 3:30 Resident Council (A) 6:30 Evening Music by Wild Carrot 	22 9:30 Exercise (A) 10:00 Wii Bowling (A) 10:30 Manicures (A) 2:30 Creating with Stay Well (A) 	23 9:30 Exercise (A) 2:00 Rosary (CH) 2:30 Root Beer Stand 	24 9:30 Exercise (A) 10:00 Wii Bowling (A) 1:30 Bingo (A) 3:00 Birthday Celebration Happy Hour (A) Music by John Simpson 	25 9:30 Exercise (A) 2:00 Bingo (A) 
	26 10:30 Mass (A) 1:45 Movie (A)	27 9:30 Exercise (A) 10:00 Wii Bowling (A) 10:00 Kroger Trip  2:00 Bingo (A) 3:15 Happy Hour (A)	28 9:30 Exercise (A) 10:00 Blood Pressure Check by Stay Well (L) 11:00 Lunch Out Cabanna  2:00 Movie & Popcorn (A)	29 9:30 Exercise (A) 10:00 Wii Bowling (A) 2:30 Museum center Present: The Golden Age of Television (A) 	30 9:30 Exercise (A) 10:00 Walk It Out Club - at Fernbank Park  2:00 Rosary (CH) 2:30 Craft (A)	31 9:30 Exercise (A) 10:00 Wii Bowling (A)  2:00 Bingo (A) 3:15 Happy Hour (A)	CALENDAR IS SUBJECT TO CHANGE

May 2024



Shelter Points

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p align="center">Calendar Subject to Change</p>	<p align="center"><i>9:00 Good Morning Chats</i> <i>Mail Delivery</i> <i>1:1's Throughout Day</i></p>		<p align="center">1</p> <p>Morning Morning Stretches Sing—Long Afternoon 1:30 Ice Cream Bingo Evenings Golden Girls</p>	<p align="center">2</p> <p>Morning Morning Stretches Tabletop Bowling Afternoon Music with Joshua Evening TV Games Shows</p>	<p align="center">3</p> <p>Morning Morning Stretches Reminiscing Bucket Afternoon Happy Hour Evening Hand Massages</p>	<p align="center">4</p> <p>Morning Morning Stretches Bingo Afternoon Movie & Snacks Evening Lawrence Welk</p>	
	<p align="center">5</p> <p>Morning Rosary/Hymns Afternoon Bingo Evening Hand Massages</p>	<p align="center">6</p> <p>Morning Morning Stretches Beauty Spot Afternoon Table Top Bowling Bingo Evening TV Game Shows</p>	<p align="center">7</p> <p>Morning Morning Stretches Coffee Clutch Trivia Afternoon Noodle Ball Evenings I Love Lucy</p>	<p align="center">8</p> <p>Morning Morning Stretches Sing—Long Afternoon 1:30 Ice Cream Craft Corner Evenings Golden Girls</p>	<p align="center">9</p> <p>Morning Morning Stretches Tabletop Bowling Afternoon Craft Conner Evening TV Games Shows</p>	<p align="center">10</p> <p>Morning Morning Stretches Reminiscing Bucket Afternoon Happy Hour Evening Hand Massages</p>	<p align="center">11</p> <p>Morning Morning Stretches Bingo Afternoon Movie & Snacks Evening Lawrence Welk</p>
	<p align="center">12</p> <p>Morning Rosary/Hymns Afternoon Bingo Evening Hand Massages</p>	<p align="center">13</p> <p>Morning Morning Stretches Beauty Spot Afternoon Visit With Rosie Red After Dinner TV Game Shows</p>	<p align="center">14</p> <p>Morning Morning Stretches Coffee Clutch Donuts (Provided by South Western Hospice Trivia Afternoon Noodle Ball Evenings I Love Lucy</p>	<p align="center">15</p> <p>Morning Morning Stretches Sing—Long Afternoon Root Beer Floats Bingo Evenings Golden Girls</p>	<p align="center">16</p> <p>Morning Morning Stretches Tabletop Bowling Afternoon Craft Conner Evening TV Games Shows</p>	<p align="center">17</p> <p>Morning Morning Stretches Reminiscing Bucket Afternoon Petting Zoo and Music by the Laurelview Ramblers Evening Hand Massages</p>	<p align="center">18</p> <p>Morning Morning Stretches Bingo Afternoon Evening Lawrence Welk</p>
	<p align="center">19</p> <p>Morning Rosary/Hymns Afternoon Bingo Evening Hand Massages</p>	<p>NATIONAL</p>	<p>NURSING</p>	<p>HOME</p>	<p>WEEK</p>		
	<p align="center">20</p> <p>Morning Morning Stretches Beauty Spot Afternoon Table Top Bowling Bingo Evening TV Game Shows</p>	<p align="center">21</p> <p>Morning Morning Stretches Coffee Clutch Trivia Afternoon Noodle Ball Evenings I Love Lucy</p>	<p align="center">22</p> <p>Morning Morning Stretches Sing—Long Afternoon 1:30 Ice Cream Evenings Golden Girls</p>	<p align="center">23</p> <p>Morning Morning Stretches Tabletop Bowling Afternoon Craft Conner Evening TV Games Shows</p>	<p align="center">24</p> <p>Morning Morning Stretches Reminiscing Bucket Afternoon Happy Hour Evening Hand Massages</p>	<p align="center">25</p> <p>Morning Morning Stretches Bingo Afternoon Movie and Snacks Evening Lawrence Welk</p>	
<p align="center">26</p> <p>Morning Rosary/Hymns Afternoon Bingo Evening Hand Massages</p>	<p align="center">27</p> <p>Morning Morning Stretches Beauty Spot Afternoon Table Top Bowling Bingo After Dinner TV Game Shows</p>	<p align="center">28</p> <p>Morning Morning Stretches Coffee Clutch Trivia Afternoon Noodle Ball Evenings I Love Lucy</p>	<p align="center">29</p> <p>Morning Morning Stretches Sing—Long Afternoon 1:30 Ice Cream Bingo Evenings Golden Girls</p>	<p align="center">30</p> <p>Morning Morning Stretches Tabletop Bowling Afternoon Craft Conner Evening TV Games Shows</p>	<p align="center">31</p> <p>Morning Morning Stretches Reminiscing Bucket Afternoon Happy Hour Evening Hand Massages</p>		

May 2024



Shelter Points

Activity supplies are on hand for our night owls and early risers to enjoy with night shift staff



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: center;">CALENDAR IS SUBJECT TO CHANGE</p>	<p>Pet Visits when available *** Snack Cart Everyday @ 1:30 *** Activity Cart every Tuesday & Friday@11:00</p>	<p style="text-align: center;">Happy Mothers Day</p>	<p>1</p> <p>10:30 Mass 11:00 What's in a Word Snack Cart 2:30 Stretches w/ Kristin 3:30 Ice Cream Social / Twenty One</p>	<p>2</p> <p>10:30 Coffee Clutch 11:00 Heads Up Activity Cart 2:30 Museum Center Present: Cincinnati Inclines 3:30 Bingo 6:30 Bingo</p>	<p>3</p> <p>10:30 Table Top Bowling Activity Cart 2:30 Cinco de Mayo Happy Hour 3:30 Patio Time (Weather Permitting) Finish Lines</p>	<p>4</p> <p>Morning Activity Aide's choice Afternoon Snack Cart Sing-a-Long</p>	
	<p>5</p> <p>Morning Rosary Afternoon Snack Cart Hymns & Inspiring stories</p>	<p>6</p> <p>10:30 Communion in Rooms 11:00 Sensory Snack Cart 2:30 Name That Tune 3:30 Bingo</p>	<p>7</p> <p>10:30 Manicures Activity Cart 2:30 Movie</p>	<p>8</p> <p>10:30 Mass 11:00 Hangman Snack Cart 2:30 Stretches w/ Kristin 3:30 Ice Cream Social /Reminiscing Bucket</p>	<p>9</p> <p>10:30 Coffee Clutch 11:00 Coloring Club Activity Cart 2:30 Trivia 3:30 Bingo 6:30 Bingo </p>	<p>10</p> <p>10:30 Cover All Activity Cart 2:30 Music with John Simpson 3:30 What' in a Word</p>	<p>11</p> <p>Morning Activity Aide's Choice Snack Cart Afternoon Sing-a-Longs</p>
	<p>12</p> <p>Morning 2nd Rosary Afternoon Snack Cart 1st Hymns & Inspiring Stories</p> <p style="text-align: center;">Mother's Day</p>	<p>13</p> <p>10:30 Communion in Rooms 11:00 Sensory Snack Cart 2:30 Visit with Rosie Red </p>	<p>14</p> <p>10:30 Resident Council 10:30 Donuts (provided by Southwest Hospice) 11:00 Trivia Activity Cart 2:30 Movie</p> <p style="text-align: center;">National</p>	<p>15</p> <p>10:30 Mass 11:00 What's in a Word Snack Cart 2:30 Stretches w/ Kristin 3:30 Root Beer Floats </p> <p style="text-align: center;">Nursing</p>	<p>16</p> <p>10:30 Marathon Bingo Activity Cart 2:30 Marathon Bingo 3:30 Marathon Bingo</p> <p style="text-align: center;">Home</p>	<p>17</p> <p>10:30 Bingo Activity Cart 2:30 Petting Zoo 3:00 Rambling View </p> <p style="text-align: center;">Week</p>	<p>18</p> <p>Morning Activity Aide's choice Snack Cart Afternoon Sing-a-Long</p>
	<p>19</p> <p>Morning Rosary Afternoon Snack Cart Hymns & Inspiring Stories</p> <p style="text-align: center;"></p>	<p>20</p> <p>10:30 Communion in Rooms 11:00 Name That Tune Snack Cart 2:30 Noodle Ball 3:30 Bingo </p>	<p>21</p> <p>10:30 Card Shark Activity Cart 2:30 Movie </p>	<p>22</p> <p>10:30 Mass 11:00 Hangman Snack Cart 2:30 Stretches w/ Kristin 3:30 Ice Cream Social/Reminiscing Bucket</p>	<p>23</p> <p>10:30 Coffee Clutch 11:00 Noodle Ball Activity Cart 2:30 Trivia 3:30 Bingo 6:30 Bingo</p>	<p>24</p> <p>10:30 Cover All Activity Cart 2:30 Happy Hour 3:30 Patio Time (Weather Permitting) Trivia</p>	<p>25</p> <p>Morning Activity Aide's choice Snack Cart Afternoon Sing-a-Long</p>
	<p>26</p> <p>Morning Rosary Afternoon Snack Cart Hymns & Inspiring Stories</p>	<p>27</p> <p>10:30 Communion in Rooms 11:00 Crafts Snack Cart 2:30 Noodle Ball 3:30 Bingo</p> <p style="text-align: center;">MEMORIAL DAY </p>	<p>28</p> <p>10:30 Manicures Activity Cart 2:30 Movie</p>	<p>29</p> <p>10:30 Mass 11:00 What's in a Word Snack Cart 2:30 Stretches w/ Kristin 3:30 Ice Cream Social / Twenty One</p>	<p>30</p> <p>10:30 Coffee Clutch 11:00 Noodle Ball Activity Cart 2:30 Trivia 3:30 Bingo 6:30 Bingo</p>	<p>31</p> <p>10:30 Cover All Activity Cart 3:30 Patio Time (Weather Permitting) Finish Lines</p>	<p style="text-align: center;"> Memorial DAY</p>

Western Hills Retirement



Care Center May 2024