

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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“Every moment is a fresh beginning.” – T.S. Eliot

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| | | | | | 1 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 2:00 Virtual Vacation – Auditorium | 2 9:30 HASfit TV Exercise – Channel 11.1 |
| 3 9:30 Protestant Service – SNF Chapel/ Channel 23.1 10:30 Catholic Mass – Towers Chapel/ Channel 19.1 | 4 10:00 Strength & Balance Exercise – Auditorium | 5 Cinco De Mayo 9:30 HASfit TV Exercise – Channel 11.1 1:00 Resident Council – Hobby Room 3:00 Cinco de Mayo Happy Hour – Rochester Room | 6 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Activity Room 1:45 Hy-Vee 37 th Groceries – Lobby 2:00 Hand Massages – Fireside Room 2:00 500 Card Game – Rochester Room | 7 9:00 Assisted Living Manicures – 2 nd Floor Activity Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:00 New Resident Welcome – L.L. Family Room 10:30 Common Thread – Lobby 1:30 Ladies' Special Tea with music by Gary Froiland – Auditorium 4:00 Dementia Caregiver Support Group – Auditorium | 8 10:00 Strength & Balance Exercise – Rochester Room 11:00 Bingo – Rochester Room 11:00 Plant Sale & Cook Out – Auditorium | 9 9:30 HASfit TV Exercise – Channel 11.1 |
| 10 Mother's Day 9:30 Protestant Service – SNF Chapel/ Channel 23.1 10:30 Catholic Mass – Towers Chapel/ Channel 19.1 | 11 10:00 Strength & Balance Exercise – Auditorium | 12 9:30 HASfit TV Exercise – Channel 11.1 10:30 Town Hall Meeting – Auditorium Channel 73.1 2:00 Live magic of Isaiah – Auditorium | 13 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Activity Room 1:45 Trader Joe's Groceries – Lobby 2:00 Hand Massages – Fireside Room 2:00 500 Card Game – Rochester Room | 14 9:00 Assisted Living Manicures – 2 nd Floor Activity Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread – Lobby 1:00 May Birthdays Celebration with music by The Elderly Brothers – Auditorium 3:00 Happy Hour – Rochester Room | 15 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Rochester Room | 16 9:30 HASfit TV Exercise – Channel 11.1 |
| 17 9:30 Protestant Service – SNF Chapel/ Channel 23.1 10:30 Catholic Mass – Towers Chapel/ Channel 19.1 | 18 10:00 Strength & Balance Exercise – Auditorium | 19 9:30 HASfit TV Exercise – Channel 11.1 10:30 What's for Dinner Meeting – Dining Room | 20 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Activity Room 1:45 Hy-Vee 37 th Groceries – Lobby 2:00 Hand Massages – Fireside Room 2:00 500 Card Game – Rochester Room 3:00 Painted Tote Bags – Hobby Room | 21 9:00 Assisted Living Manicures – 2 nd Floor Activity Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread – Lobby 1:00 Movie Matinee: The Odd Couple Movie – L.L. Family Room 2:00 Live music by Colby Tushaus – Dining Room 3:00 Happy Hour – Rochester Room | 22 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:00 Outing to Sargent's Garden & Café AQUI – Lobby | 23 9:30 HASfit TV Exercise – Channel 11.1 |
| 24 9:30 Protestant Service – SNF Chapel/ Channel 23.1 10:30 Catholic Mass – Towers Chapel/ Channel 19.1 | 25 Memorial Day 10:00 Strength & Balance Exercise – Auditorium | 26 9:30 HASfit TV Exercise – Channel 11.1 11:30 Taco Luncheon – Rochester Room | 27 10:00 Strength & Balance Exercise – Auditorium 10:00 Rochester Athletic Club – Lobby 1:30 Bingo – 2 nd Floor Activity Room 1:45 Target North Groceries – Lobby 2:00 Hand Massages – Fireside Room 2:00 500 Card Game – Rochester Room | 28 9:00 Assisted Living Manicures – 2 nd Floor Activity Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread – Lobby 1:00 Live music by Troy Flemming – Auditorium 2:00 Trivia – 2 nd Floor Activity Room 3:00 Happy Hour – Rochester Room | 29 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:30 Ice-cream Shake Social – Patio of Auditorium | 30 9:30 HASfit TV Exercise – Channel 11.1 |

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| 31 9:30 Protestant Service – SNF Chapel/ Channel 23.1 10:30 Catholic Mass – Towers Chapel/ Channel 19.1 |
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**Sign up for activities and programs in the white Activity Binder located in the Lobby.
 Contact Collin Volkman, Wellness Director, at (507)-206-2364 with any questions.**