

MAY WELLNESS WEDNESDAY

May 7th, 2025

- 10am: Exercise (WC)
- 11am: Meet the Rehab Team (MP)
- 11am: Walking Club (Lobby)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 12:30pm: Let's Shoot Hoops (WC)
- 2:30pm Bocci Ball (WC)

May 14th, 2025

- 9:30am: Spring Planting (Lobby)
- 10am: Exercise (WC)
- 11am: Walking Club (Lobby)
- 11am: Why is it Hard to Break Bad Habits? (T)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 2pm: Chef Demo (MDR)
- 2:30pm: Bocci Ball (WC)

May 21st, 2025

- 10am: Exercise (WC)
- 10:30am: Field Museum: Fashion Exhibit (Lobby)
- 10:30am: Craft & Treat (Oak)
- 11am: Walking Club (Lobby)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 12:30pm: Crochet w/Lisa (Art)
- 2pm: Superfood of the Month w/Maureen (Oak)
- 2:30pm: Bocci Ball (WC)

May 28th, 2025

- 10am: Exercise (WC)
- 11am: Walking Club (Lobby)
- 11:15am: Wii Bowling (GR)
- 12pm: Lunch (MP)
- 12:30pm: Flower Arrangement Making (Oak)
- 2pm: Fall Prevention/Testing (WC)
- 2:30pm: Bocci Ball (WC)
- 3pm: Story of 21 Seeds w/ Tasting by Marti (Oak)

CH: Community Hall, WC: Wellness Center 1st Floor, OR: Oak Room Pub, MP: Marketplace

GR: Game Room 3rd Floor, T: Theater 4th Floor, ART: Arts & Craft Room 2nd Floor, MDR: Main Dining