

ALF Activities: 05/03/21-05/09/21

Date	Day	Time(s)	Activity	Description
05/03	Monday	10:00am 10:30am 11:00 am 2:00-3:30 pm 3:30-4:30	Sit and Stretch Exercise Cornhole Reminisce Bingo Coffee and Chat	A great activity to increase flexibility & reduce falls Help with range of motion Open conversation Residents play Bingo in activity room Aspires laughter and smiles **CUTS WITH MR. JEFF**
05/04	Tuesday	10:00am 10:30am 11:00am 2:00pm	Sit and Stretch Exercise Bean Bag Toss Thankful Tuesday Resident Council	A great activity to increase flexibility & reduce falls Help with range of motion Talk about the good things in life Group discussions about concerns and needs
05/05	Wednesday	10:00am 10:30am 2-3:30pm 3:30-4:430	Sit and Stretch Exercise Horse Race Bingo Sip and Chat	A great activity to increase flexibility & reduce falls Game that creates anticipations and laughter Residents play Bingo in Activity room Encourage laughter and smiles
05/06	Thursday	10:00am 10:30am 11:00am 2:00 pm	Sit and Stretch Exercise Ring toss Trivia Let's Make A Deal	A great activity to increase flexibility & reduce falls Help with range of motion Mind stimulation Quick thinking and anticipation **CUTS WITH MR. JEFF**
05/07	Friday	10:00pm 10:30am 2:00-3:30pm 3:30-4:30pm	Exercise Craft Bingo Classic TV	A great activity to increase flexibility & reduce falls Aspires creativity Resident play Bingo in Activity room Aspires smiles
05/08	Saturday	11:00am 1:00pm 3-5pm	Classic Jams Music Trivia Window Bird Watching	70's music played on the halls Trivia questions regarding Music Count or identify birds outside window
05/09	Sunday	11:00am 1:00pm 3-5pm	Praise and Worship Crosswords puzzles Bird Watching	Residents can make requests Puzzles are provided in their room Residents enjoy birds at the birds feeders **HAPPY MOTHER'S DAY**