

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

Champlain Valley Senior Community
Assisted Living & Memory Care

<p>10am: Seated Exercises (2B) 5 11:15am: River Walk (1) 1:30pm: Christian Service (1) 3:30pm: Cinco De Mayo Party (2) 6pm: Sitcom Sunday (2B:TV)</p> <p>Cinco de Mayo</p>	<p>10am: Seated Exercises (2B) 6 11:00am: Coffee & Word Search (2) 1:30pm: Live Music (2B) 3:30pm: Games/Social (2) 6pm: Musical Monday (2B:TV)</p>	<p>10am: Seated Exercises (2B) 7 11:00am: Dollar General Trip (1) 1:30pm: Canvas Painting (2) 3:30pm: Bingo (2) 6pm: Documentary (2B:TV)</p>	<p>10am: Seated Exercises (2B) 8 11:15am: Scenic Drive (1) 1:30pm: Arts & Crafts (2) 3:30pm: Wine Down Wednesday (2B:TV) 6pm: Western Movie (2B:TV)</p>	<p>10am: Seated Exercises (2B) 2 11:00am: Catholic Service (1) 1:30pm: Crochet Club (1) 3:30pm: Bingo (2) 6pm: Throwback Movie (2B:TV)</p> <p>Hair Day! Happy Birthday Arlene Bigelow!</p>	<p>10am: Seated Exercises (2B) 3 11:15am: Scenic Drive (1) 1:30pm: Library Visit (1) 3:30pm: Wine Down (2B:TV) 6pm: Comedy Movie (2B:TV)</p> <p>Happy Birthday Elaine Chang!</p>	<p>10am: Seated Exercises (2B) 4 10:30am: Coffee & Crosswords (1) 12pm: Diner Outing (1) 1:30pm: Ice Cream Social (1) 3:30pm: Nail Painting (2B:TV) 6pm: Action Movie (2B:TV)</p>
<p>10am: Seated Exercises (2B) 12 11:15am: Scenic Drive (1) 1:30pm: Mother's Day Tea Party (2) 3:30pm: Bingo (2) 6pm: Sitcom Sunday (2B:TV)</p> <p>Mother's Day National Skilled Nursing Care Week</p>	<p>10am: Seated Exercises (2B) 13 11:00am: Coffee & Word Search (2) 1:30pm: Flower Arranging (2) 3:30pm: Games/Social (2) 6pm: Musical Monday (2B:TV)</p>	<p>10am: Seated Exercises (2B) 14 11:00am: Dollar General Trip (1) 1:30pm: Live Music (2B) 3:30pm: Bingo (2) 6pm: Documentary (2B:TV)</p> <p>Happy Birthday Phyllis Miner!</p>	<p>10am: Resident Council Meeting (2B) 15 11:00am: Protestant Service (1) Meeting Day! 6pm: Western Movie (2B:TV)</p>	<p>10am: Seated Exercises (2B) 9 11:00am: Crochet Club (1) 1:30pm: Bingo (2) 3:30pm: Catholic Mass (1) 6pm: Throwback Movie (2B:TV)</p> <p>Happy Birthday Rosemary Rathbun!</p>	<p>10am: Seated Exercises (2B) 10 11:15am: Scenic Drive (1) 1:30pm: Library Visit (1) 3:30pm: Wine Down (2B:TV) 6pm: Comedy Movie (2B:TV)</p>	<p>10am: Seated Exercises (2B) 11 10:30am: Coffee & Crosswords (1) 12pm: Plattsburgh Trip (1) 1:30pm: Ice Cream Social (1) 3:30pm: Nail Painting (2B:TV) 6pm: Action Movie (2B:TV)</p>
<p>10am: Seated Exercises (2B) 19 11:15am: River Walk/Scenic Drive (1) 1:30pm: Christian Service (1) 3:30pm: Bingo (2) 6pm: Sitcom Sunday (2B:TV)</p> <p>Happy Birthday Roger Peets!</p>	<p>10am: Seated Exercises (2B) 20 11:00am: Coffee & Word Search (2) 1:30pm: Live Music (2B) 3:30pm: Games/Social (2) 6pm: Musical Monday (2B:TV)</p>	<p>10am: Seated Exercises (2B) 21 11:00am: Dollar General Trip (1) 1:30pm: Canvas Painting (2) 3:30pm: Bingo (2) 6pm: Documentary (2B:TV)</p>	<p>10am: Seated Exercises (2B) 22 11:15am: River Walk/Scenic Drive (1) 1:30pm: Arts & Crafts (2) 3:30pm: Wine Down Wednesday (2B:TV) 6pm: Western Movie (2B:TV)</p>	<p>10am: Seated Exercises (2B) 16 11:00am: Catholic Service (1) 1:30pm: Crochet Club (1) 3:30pm: Bingo (2) 6pm: Throwback Movie (2B:TV)</p> <p>Hair Day!</p>	<p>10am: Seated Exercises (2B) 17 11:15am: Scenic Drive (1) 1:30pm: Live Music (1) 3:30pm: Wine Down (2B:TV) 6pm: Comedy Movie (2B:TV)</p>	<p>10am: Seated Exercises (2B) 18 10:30am: Coffee & Crosswords (1) 12pm: Diner Outing (1) 1:30pm: Ice Cream Social (1) 3:30pm: Nail Painting (2B:TV) 6pm: Action Movie (2B:TV)</p> <p>Armed Forces Day</p>
<p>10am: Seated Exercises (2B) 26 11:15am: River Walk (1) 1:30pm: Hymn Sing (1) 3:30pm: Bingo (2) 6pm: Sitcom Sunday (2B:TV)</p>	<p>10am: Seated Exercises (2B) 27 11:00am: Coffee & Word Search (2) 1:30pm: Ice Cream Social (2B) 3:30pm: Games/Social (2) 6pm: Musical Monday (2B:TV)</p> <p>Memorial Day</p>	<p>10am: Seated Exercises (2B) 28 11:00am: Dollar General Trip (1) 1:30pm: Flower Arranging (2) 3:30pm: Bingo (2) 6pm: Documentary (2B:TV)</p>	<p>10am: Seated Exercises (2B) 29 11:00am: Protestant Service (1) 1:30pm: Arts & Crafts (2) 3:30pm: Wine Down Wednesday (2B:TV) 6pm: Western Movie (2B:TV)</p>	<p>10am: Seated Exercises (2B) 23 11:00am: Crochet Club (1) 1:30pm: Bingo (2) 3:30pm: Catholic Mass (1) 6pm: Throwback Movie (2B:TV)</p>	<p>10am: Seated Exercises (2B) 24 11:15am: River Walk/Scenic Drive (1) 1:30pm: Library Visit (1) 3:30pm: Wine Down (2B:TV) 6pm: Comedy Movie (2B:TV)</p>	<p>10am: Seated Exercises (2B) 25 10:30am: Coffee & Crosswords (1) 12pm: Plattsburgh Trip (1) 1:30pm: Ice Cream Social (1) 3:30pm: Nail Painting (2B:TV) 6pm: Action Movie (2B:TV)</p>
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For activity support & information contact 518-517-9108 ext. 415 (Activities subject to change)

Breakfast: 8am-9am

Lunch: 12pm-1pm

Dinner: 5pm-6pm