

# The Questover Assisted Living



May 2016

ALL THINGS ARE POSSIBLE WHEN YOU BELIEVE. MARK 9:23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Inspire & Exercise 11:00 Resident Choice 3:00 Trick War 4:00 Patio Polka 6:00 American Pickers	2 9:40 Pilates Studio 1:00 <b>Spa Q</b> 4:00 PATIO SOCIAL 6:30 <b>Monday Mystery Movie</b>	3 Inspire & Exercise 11:00 Price Is Right 3:00 OUTDOORS!! 4:00 Left Right Center 7:00 Jeopardy & WOF	4 Inspire & Exercise 11:00 Michigan Rummy 2:00 <b>BINGO &amp; Refreshments</b> 7:00 Stories & Puzzles	5 10am Pastries, Porch & Pastor Mike 11:00 Color Therapy/Dominos 3:00 Cinco De Mayo Social <b>Explore Art of Mexico</b>	6 Inspire & Exercise 10:30 <b>Exploring Art</b> 2:00 Movie Matinee 4:00 PATIO SOCIAL 7:00 <b>Date Night Movie</b>	7 Inspire & Exercise 11:00 Games <b>KENTUCKY DERBY Kick off at 5pm Dinner &amp; Drinks Race starts at 6:34pm</b>
 15 Inspire & Exercise 11:00 Resident Choice 3:00 Apples to Apples 4:00 Patio Polka 6:00 American Pickers	9 9:40 Pilates Studio 1:00 <b>Spa Q</b> 4:00 PATIO SOCIAL 6:30 <b>Monday Mystery Movie</b>	9 Inspire & Exercise <b>LUNCH BUNCH @ El Rio</b> 3:00 OUTDOORS!! 4:00 BUNKO 7:00 Jeopardy & WOF	11 Inspire & Exercise 10:30 <b>Mornings w/ Mary</b> 3:00 OUTDOORS!! 4:00 Musical Social 7:00 Stories & Puzzles	12 10am Pastries & Porch Bible Study 11:00 Color Therapy/Dominos 3:00 OUTDOORS!! 4:00 <b>Exploring Art</b> 7:00 TV Classics	13 Inspire & Exercise 10:30 <b>Exploring Art</b> 2:00 Movie Matinee 4:00 PATIO SOCIAL 7:00 <b>Date Night Movie</b>	14 Inspire & Exercise 11:00 Trivia / Mad Libs 4:00 <b>Card-Sharks on the Porch</b> 7:00 Lawrence Welk
16 Inspire & Exercise 11:00 Resident Choice 3:00 Apples to Apples 4:00 Patio Polka 6:00 American Pickers	16 9:40 Pilates Studio 1:00 <b>Spa Q</b> <b>HAIR W/ MICHELLE</b> 4:00 PATIO SOCIAL 6:30 <b>Monday Mystery Movie</b>	17 <b>SALON</b> Inspire & Exercise <b>LUNCH BUNCH @ Port Hope Hotel</b> 3:00 OUTDOORS!! 4:00 Left Right Center 7:00 Jeopardy & WOF	18 Inspire & Exercise 11:00 Michigan Rummy <b>2pm Greeting Card Class with Denise</b> 4:00 Musical Social 7:00 Stories & Puzzles	19 10am Pastries & Porch Bible Study 11:00 Color Therapy/Dominos 3:00 OUTDOORS!! 4:00 <b>Exploring Art</b> 7:00 TV Classics	20 Inspire & Exercise <b>MORNING MOVIE 2PM</b> <b>HEALTHY YOU! COOKING CLASS &amp; SOCIAL</b> 7:00 <b>Date Night Movie</b>	21 Inspire & Exercise 11:00 Games 4:00 <b>Card-Sharks on the Porch</b> 7:00 Lawrence Welk
22 Inspire & Exercise 11:00 Resident Choice 3:00 Trick War 4:00 Patio Polka 6:00 American Pickers	23 9:40 Pilates Studio 1:00 <b>Spa Q</b> 4:00 PATIO SOCIAL 6:30 <b>Monday Mystery Movie</b>	24 Inspire & Exercise <b>LUNCH BUNCH @ Wooded Island Grill</b> 3:00 OUTDOORS!! 4:00 Michigan Rummy 7:00 Jeopardy & WOF	25 Inspire & Exercise 10:30 <b>Mornings w/ Mary</b> 2:00 <b>JUST FOR FUN SHOPPING</b> w/ Signature Homestyles 7:00 Stories & Puzzles	26 10am Pastries & Porch Bible Study 11:00 Color Therapy/Dominos 3:00 OUTDOORS!! 4:00 <b>Exploring Art</b> 7:00 TV Classics	27 Inspire & Exercise 10:30 <b>Exploring Art</b> <b>MORNING MOVIE</b> <b>Memorial Day Family Cookout &amp; Yard Games</b>	28 Inspire & Exercise 11:00 Games 4:00 <b>Card-Sharks on the Porch</b> 7:00 Lawrence Welk
29 Inspire & Exercise 11:00 Resident Choice 3:00 TENZI 4:00 Patio Polka 6:00 American Pickers	30 Inspire & Exercise <b>MEMORIAL DAY</b> 4:00 PATIO SOCIAL 6:30 <b>Monday Mystery Movie</b>	31 Inspire & Exercise 11:00 Price Is Right 3:00 OUTDOORS!! 4:00 BUNKO 7:00 Jeopardy & WOF	To further promote exercise and wellness residents are encouraged to walk after each meal. Assistance is given as needed. Weather permitting in the courtyard.	<b>GOAL:</b> A hobby for everyone to stay engaged during non activity times.	Spa Q offers a sanctuary of relaxation where nurturing therapies and pampering treatments instill a renewed sense of harmony and balance.	Wine / Beer is available during our 4pm daily social and until 7pm with signed physician approval.

Aging is not lost youth but a new stage of opportunity and strength - Betty Friedan

♡ALL ACTIVITIES ARE WEATHER PERMITTING AND SUBJECT TO CHANGE♡