



May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Hallway BINGO * 10:30 OCP East 2:00 OCP West	2 Corsage Craft 10:30 OCP East 2:00 OCP West Courtyard strolls weather permitting
3 Hallway BINGO * 10:30 OCP East 2:00 OCP West	4 Memory Games OCP East 1030 OCP West 2:00 Afternoon Room Service Fresh baked cookies	5 Basketball Room to Room East– 10:30 West/ PA –2:00 Flower Match handout!	6 Hallway BINGO * 10:30 OCP East 2:00 OCP West	7 “Scrabble sort of” 10:30 room to room OCP East & West 2:00 Creemees Building Wide	8 Name That Tune 10:30 OCP East 2:00 OCP West Dance to Era handout	9 Hallway BINGO * 10:30 OCP East 2:00 OCP West
10 Happy Mother’s Day Corsages for the ladies! Activity Cart Room to Room	11 Yahtzee Game room to room Afternoon Room Tea Service (With Notable quotes by Notable Folks! Rare Animal match handout!	12 Horseshoes Room-Room OCP East– 10:30 OCP West– 2:00 Tool Match handout! <u>***Skilled</u>	13 Hallway BINGO * 10:30 OCP East 2:00 OCP West State motto to State handout! <u>Nursing</u>	14 Who’s Who? Room-room 10:30 OCP East 2pm OCP West 2pm Ice cream novelties Player to Sport handout! <u>Week***</u>	15 Hallway BINGO * 10:30 OCP East 2:00 OCP West Which came first handout!	16 Courtyard Strolls Weather Permitting!
17 Hallway BINGO * 10:30 OCP East 2:00 OCP West	18 Pictionary OCP East 1030 OCP West 2:00 Afternoon Room Service Cold drinks	19 Joke Pages Distributed Skiball OCP East– 10:30 OCP West– 2:00	20 Hallway BINGO * 10:30 OCP East 2:00 OCP West	21 Word out of Words 10:30 OCP East room-room 2pm OCP West room-room Creemees Building Wide	22 Hallway Pokeno 10:30 OCP East 2:00 OCP West	23 Hallway BINGO * 10:30 OCP East 2:00 OCP West
24 Activity Cart Room to Room Afternoon Movie	25 Memorial Day Games OCP East 1030 OCP West 2:00 Afternoon Room Service S’mores!	26 Community Council Handout Wheel of Fortune 10:30– OCP East 2:00– OCP West	27 Hallway BINGO * 10:30 OCP East 2:00 OCP West	28 ZOOM Chat 10:30 OCP East 2pm OCP West 2pm Sundaes Building Wide	29 Hallway BINGO * 10:30 OCP East 2:00 OCP West	30 Courtyard Strolls Weather Permitting!
31 Hallway BINGO * 10:30 OCP East 2:00 OCP West			Calendar subject to change		* Pre -Called Bingo Games Available for Post– Acute any Day Bingo is on the Calendar!	

CREATE A STAINED GLASS PANEL – Work one-on-one with members to create individual stained glass panels, then display them as a collective piece of artwork on your community’s front windows to boost morale. You’ll need contact paper, colored tissue paper in all sorts of colors, and black construction paper. Start by cutting a rectangular frame out of the construction paper, about 1/2 inch thick, as large as you want. Cut two pieces of contact paper the same size as your frame, but leave them whole (do not remove the center). With your participant, peel off one of the backings to the contact paper, laying it sticky side up on a table. Place the black frame on top of the sticky side. Then, tear small sections of the tissue paper and ask the participant to arrange it how they desire. Fill the entire panel. Peel the backing off the second piece of contact paper and carefully place it on top, sealing the panel together. Make two panels with each participant. Secure one panel in the window of the participant so they can enjoy it. Use the second panel to create your community stained glass window.

LAUGHTER YOGA – Laughter is a great stress-reliever. Invite members to participate in a session of laughter yoga. The idea is that the body doesn’t recognize the difference between real laughter and fake laughter, so seniors who participate can experience the same health benefits that real laughter provides. Seat participants in a circle. Start by introducing a laughter chant, such as saying “Ho-ho, ha-ha-ha.” Clap along with the chant. Then, lead participants in ten laughter exercises. Spend one minute on each exercise and return to the laughter chant before starting a new exercise. Do a quick internet search for laughter exercise ideas. Here are two: greet one another with a “Aloha-hahahah.” Laugh outside of one side of your mouth, then the other. End by taking several deep breaths.

POSITIVE POETRY – Create acrostic poems with your group, celebrating their positive attributes. Members can create their own individually, or do this as a group activity by creating a poem collectively for each participant. Start by writing the individual’s name vertically on a paper or whiteboard. Then, think of a positive characteristic of that individual that starts with the first letter of their name. Continue in the same pattern until the entire name is complete. For example: STAN, S – smart, T – talented, A – awesome, N – nice. Display on resident’s doors if they like.

MEMORY GAME: Arrange theme related items on a tray. Show to participants and discuss. Then cover tray and ask them to name as many items as they can recall. Keep score and award prizes if you like. Theme ideas: gardening tools, baking ingredients & utensils, picnic, fishing, classic toys, sports equipment. Alternately, use a ladies purse with common items, show and tell, then try to remember what’s in the purse.