






























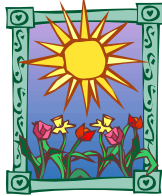


**All activities will be in the dining room unless otherwise noted.**

# Valley View Heights May 2012

**Daily Meal Times**  
 Continental Breakfast 7:00-9:00 am  
 Dinner 11:30-12:30 pm  
 Coffee Time 2:30 pm  
 Supper 5:00 - 6:00pm

**Note: MSLCC = Missouri Slope Lutheran Care Center**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>The world's favorite season is the spring. All things seem possible in May. - Edwin Way Teale</p>		<p>1 <b>Scheduled Transportation</b>                      Bible Study – 10:00 Activity Room   Bookmobile – 2:15-2:30                      Poetry – 2:00                       “Crossing Paths” – 3:00 Activity Room   Joseph M.</p>	<p>2 <b>Scheduled Transportation</b>                      Foot Clinic - 8:30-11:30 VVH Spa                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class - 1:30                      Documentary: American Eagle – 2:00 TV Lounge   Irene</p>	<p>3                      Who’s Who - 2:00  </p>	<p>4 Shopping Day   Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class - 1:30                      Cards &amp; Games – 2:00 </p>	<p>5 “Christ in Our Home” Discussion Group - 10:00 Activity Room                      Movie: “War Horse” – 2:00 TV Lounge </p>
	<p>6                      Catholic Communion – 9:15 Chapel                      Communion Worship – 1:30 Chapel  </p>	<p>7 <b>Scheduled Transportation</b>                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class- 1:30                      Senior Singers – 2:00  </p>	<p>8 <b>Scheduled Transportation</b>                      Resident Council – 9:00 Dakota Room                      Bible Study – 10:00 Activity Room   Wellness Check – 1:00-2:00 Med Room                      Art Class: Thank You Cards – 2:00                      “Crossing Paths” – 3:00 Activity Room   Eldora</p>	<p>9 <b>Scheduled Transportation</b>                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class - 1:30                      Book Club – 2:00 Activity Room  </p>	<p>10                      “Crossing Paths” with Chaplain Rebecca – 10:15 Activity Room                      Hand and Nail Care – 2:30 Activity Room   Lorna</p>	<p>11 Shopping Day                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class - 1:30                      Cards &amp; Games – 2:00 </p>
<p>13 <i>Happy Mothers Day!</i>                      Catholic Communion – 9:15 Chapel                      Worship - 1:30 Chapel  </p>	<p>14 <b>Scheduled Transportation</b>                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class- 1:30                      Mothers’ Day Party with “Little Dutch Band” – 2:00</p>	<p>15 <b>Scheduled Transportation</b>                      Bible Study – 10:00 Activity Room                      Quilting Friends – 10:00-3:00                      Men’s Pie Social – 2:00 Activity Room                      “Crossing Paths” – 3:00 Activity Room</p>	<p>16 <b>Scheduled Transportation</b>                      Foot Clinic - 8:30-11:30 VVH Spa                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class - 1:30                      Norwegian “Syttende Mai” Celebration – 2:00 </p>	<p>17                      Cooking Class: “Lilies” – 2:00  </p>	<p>18 Shopping Day                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class- 1:30                      Cards &amp; Games - 2:00                      Eat Out at the Elks – 5:00 </p>	<p>19 “Christ in Our Home” Discussion Group – 10:00 Activity Room                      Movie: “What If” – 2:00 TV Room </p>
<p>20                      Catholic Communion - 9:15 Chapel                      Worship – 1:30 Chapel  </p>	<p>21 <b>Scheduled Transportation</b>                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class - 1:30                      National Arthritis Month Program – 2:00</p>	<p>22 <b>Scheduled Transportation</b>                      Bible Study – 10:00 Activity Room                      All Tenant Meeting – 2:00                      Family Tree Project – 2:30                       “Crossing Paths” – 3:00 Activity Room</p>	<p>23 <b>Scheduled Transportation</b>                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class - 1:30                      Handiwork Bunch – 2:00  Lorraine S.</p>	<p>24                      “Crossing Paths” with Chaplain Rebecca – 10:15 Activity Room                      Country Drive – 2:00  </p>	<p>25 Shopping Day                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class - 1:30                      Cards &amp; Games - 2:00</p>	<p>26 “Christ in Our Home” Discussion Group - 10:00 Activity Room                      Music with Darrel Brackel – 2:00                      Sing-a-long with Janet, Marion, and Mary Jane – 6:00   Janet</p>
<p>27                      Catholic Communion- 9:15 Chapel                      Worship - 1:30 Chapel  </p>	<p>28 <b>Scheduled Transportation</b>  <i>Happy Memorial Day!</i>                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class- 1:30   Ann</p>	<p>29 <b>Scheduled Transportation</b>                      Bible Study – 10:00 Activity Room   Bingo – 2:00                      Bookmobile – 2:15-2:30                      “Crossing Paths” – 3:00 Activity Room</p>	<p>30 <b>Scheduled Transportation</b>                      Exercise – 10:00 Exercise Area                      ASPIRE Exercise Class - 1:30                      Tea Party – 2:00</p>	<p>31                      “Crossing Paths” with Chaplain Rebecca – 10:15 Activity Room                      Monthly Birthday Party with Harvey &amp; Diane Schilling – 2:00 </p>	<p>Catholic Services are available at Missouri Slope Chapel each Tuesday:                      9:30 Rosary                       10:00 Mass </p>	

