### Liberty Heights Memory Care Calendar "Digging Through the Decades"

#### MAY 2019

**SUNDAY**
- Thymeless Sessions
- Moving & Grooving
- Spelling Bee: 50's Songs
- Name that Tune
- Spiritual Reflections
- Ladies Red Hats Club
- Thymeless Sessions
- Coupon Clipping******

**MONDAY**
- Thymeless Sessions
- Stretching & Smiles
- History of Rock 'n' Roll
- Funny Bone Humor
- Bible Study
- Board Game: Tic Tac Toe
- Thymeless Sessions
- Helping Hands: Sorting Utensils

**TUESDAY**
- Thymeless Sessions
- Stretching & Meditation
- Short History of Music
- Mindful Meditation & Stories
- IN2L: Explore, What Was There?
- Thymeless Sessions
- Alphabetizing Movies
- Sorting Cash & Coins

**WEDNESDAY**
- Thymeless Sessions
- Tai Chi
- Exploring the 1960's
- Songs of Faith & Inspiration
- Coupon Clipping
- Thymeless Sessions
- Table Games: Kings in the Corner

**THURSDAY**
- Thymeless Sessions
- Chair Yoga
- Revisiting the 50's Songs
- Songs of Faith & Inspiration
- Thymeless Sessions
- Trivia Thursday's

**FRIDAY**
- Thymeless Sessions
- Chair Dance
- Exploring the 1920's
- Songs of Faith & Inspiration
- Thymeless Sessions
- Conversation Starters

**SATURDAY**
- Thymeless Sessions
- Stretching & Smiles
- Painting a Picture
- Karaoke Sing Along
- Bible Study
- Table Topic Conversations
- Thymeless Sessions
- Bottle Cap Sorting

**BIRTHDAYS THIS MONTH**
- NA

**SENIOR LIFESTYLE**
- Come grow with us!

**SENIOR LIFESTYLE Unlimited options, Unparalleled services**

**WWW.SENIORLIFESTYLE.COM**
- Programs are subject to change

---

**LOCATIONS**
- Memory Care Program Room
- Memory Care "F" Neighborhood
- Memory Care "G" Neighborhood

---

**“I am not afraid of storms, for I am learning how to sail my ship.”**

— Louisa May Alcott

---

**“Rock ‘n’ Roll”**