

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2018
Vintage Park at Paola
913-557-0202

1
9:30 Rosary
10:00 Walking
1:15 Julie's Manicures
6:10 KC Royals

May Day

2
9:00 Walmart
11:00 Stillwell 1st Baptist
Church Lunch & Bingo
12:10 KC Royals
1:15 Dominoes

3
9:30 Beauty Shop
1:00 Group Exercise
1:45 Jerry Miller
1:15 KC Royals

4
9:00 Coffee Club
9:30 Bible Study
1:15 Dollar Store
Shopping
7:15 KC Royals

5
Visit with Family &
Friends, Games,
Outside Walking &
Relaxing

3:15 KC Royals

Delores N. B-Day
Cinco de Mayo

6
1:15 KC Royals

2:15 First Presbyterian
Service

7
9:30 Walmart
1:00 Group Exercise
1:45 Bingo

8
9:30 Rosary
10:00 Walking
1:15 Julie's Manicures
6:05 KC Royals

9
9:00 Walmart
10:30 Lt.House
Presbyterian Service
12:00 Meal of Month
1:15 Resident Council
Mtg.
6:05 KC Royals

10
9:30 Beauty Shop
10:00 Sr Center-Bingo
1:00 Ball Toss
2:00 Outside Walking

11
9:30 Bible Study
9:30 Dollar Tree
Shopping
1:00 Group Exercise
2:00 Mother's Day Party
6:10 KC Royals

12
Visit with Family &
Friends, Games,
Walking, Front Porch
Relaxing

3:10 KC Royals

13
12:10 KC Royals

2:15 Cross Point
Service

Mother's Day

14
9:30 Walmart
1:15 Vintage Park
Auction
6:05 KC Royals

15
9:30 Catholic Mass
10:00 Walking
1:00 Group Exercise
2:00 Resident B-Day
Party
7:15 KC Royals

16
9:00 Walmart
11:20 Paola Sr Center
1:15 KC Royals
1:30 Julie's Manicures

First Day of Ramadan

17
9:30 Beauty Shop
1:00 Group Exercise

6:00 Community Bingo

18
9:00 Coffee Club
11:00 Group Exercise
1:15 Bowling
7:15 KC Royals

19
Visit with Family &
Friends, Games,
Walking, Front Porch
Relaxing

6:15 KC Royals

Armed Forces Day

20
1:15 KC Royals

2:15 First Lutheran
Service

First Day of Shavuot

21
9:30 Walmart
1:00 Group Exercise
1:45 Bingo
7:15 KC Royals

22
9:30 Rosary
10:00 Rob McHenry
1:15 Julie's Manicures
7:15 KC Royals

23
9:00 Walmart
12:15 KC Royals
1:15 Group Wordsearch

24
9:30 Beauty Shop
10:00 Sr Center Bingo
1:15 Group Word Game

25
9:30 Bible Study
9:45 Dominoes
1:00 Group Exercise
2:00 Ice cream Floats

26
Visit with Family &
Friends, Games,
Walking, Front Porch
Relaxing

3:05 KC Royals

27
2:05 KC Royals

2:15 First Baptist
Service

28
6:15 KC Royals

Memorial Day

29
9:30 Walmart
9:30 Rosary
10:00 Walking
1:15 Julie's Manicures
7:15 KC Royals

30
9:30 States & Capitals
Game
1:00 Group Exercise
1:30 Bingo
7:15 KC Royals

31
9:30 Beauty Shop
10:00 Adult Coloring
1:00 Group Exercise
1:30 Outside I Spy
Game

With the summer heat on its way, remember to stay HYDRATED. Water is the best fluid for your body. Did you know 5% decrease in water intake can cause 25%-30% decrease in your energy level. 2/3 of your body is water, when thirsty your body is way past needing water. No other liquid replaces Water. Enjoy a cold glass of WATER.