

Highland Oaks Monthly Activity Calendar - May 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
<div>For updates on or if you would like to schedule a visit with your loved one, please call (814) 226-3799.</div> <div>*Calendar subject to change*</div>						<div>OLDER AMERICANS MONTH</div> <div>MAKE YOUR MARK: MAY 2020</div>						1	May Day
												10:15A-11:00A	Exercise
												1:00P-2:30P	Let's make a basket
												2:30P-4:00P	Let's Bowl
												6:00P-8:00P	Seasonal Theatrical
											Presentation		
2	Brothers & Sisters Day	3		4		5	Cinco De Mayo	6		7		8	Coconut-Cream Pie Day
9:30A-11:00A	Church	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise								
1:00P-2:30P	Tell Stories about brothers/sisters	11:00A-11:45A	Walking Club	11:00A-11:45A	Kickball	9:30A-10:45A	Exercise	9:15A-9:45A	Exercise	9:30A-10:45A	Exercise	10:15A-11:00A	Exercise
		1:00P-2:30P	Devotions	1:00P-2:30P	Hangman	11:00A-11:45A	Trivia	10:00A-10:30A	Strength & Balance Class	11:00A-11:45A	Would you Rather game	1:00P-2:30P	Family FaceTime
2:30P-4:00P	Poetry in Songs	2:30P-4:00P	Noodle Ball	2:30P-4:00P	Listening to Music	12:00P-1:30P	Cinco De Mayo Party	11:00A-11:45A	Sing Along	1:00P-2:30P	Sensory & Movement time	2:30P-4:00P	Have a slice of pie
						2:00P-4:00P	Bingo	1:00P-2:30P	Beaded Bracelet Craft	2:30P-4:00P	Words in Word Game	6:00P-8:00P	Seasonal Theatrical
								2:30P-4:00P	Name that Movie Quix				Presentation
9	Mothers day	10	Shrimp Day	11		12	Nutty Fudge Day	13	Apple Pie Day	14	Dance Like a Chicken Day	15	International Day of Families
9:30A-11:00A	Church	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	10:15A-11:00A	Exercise
1:00P-2:30P	Lavender ?	11:00A-11:45A	Walking Club	11:00A-11:45A	Horseshoes	11:00A-11:45A	Kickball	10:00A-10:30A	Strength & Balance Class	11:00A-11:45	One-on-One's	1:00P-2:30P	Let's Bowl
2:30P-4:00P	Mothers Day Surprise	1:00P-2:30P	Let's do science experiments	1:00P-2:30P	Choral Classics	1:00P-2:30P	Let's Make Fudge	11:00A-11:45A	Pinch Pot craft	1:00P-4:00P	Bingo	2:30P-4:00P	Facts about families
	<div>HAPPY Mothers Day</div>	2:30P-4:00P	Laundry basket basketball	2:30P-4:00P	cornhole game	2:30P-4:00P	Devotions	1:00P-2:30P	Apple Pie Social			6:00P-8:00P	Seasonal Theatrical
								2:30P-4:00P	Let's Laugh				Presentation
16	Mimosa Day	17		18		19	Devils Food Cake Day	20	Be a Millionaire Day	21	Pizza Party Day	22	
9:30A-11:00A	Church	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	10:15A-11:00A	Exercise
1:00P-2:30P	The Alaphbet Game	11:00A-11:45A	Poetry	11:00A-11:45A	Sing Along	11:00A-11:45A	Trivia	10:00A-10:30A	Strength & Balance Class	11:00A-11:45A	Walking Club	1:00P-2:30P	Card Games
2:30P-4:00P	Mimosa's	1:00P-2:30P	Craft	1:00P-2:30P	Hangman	1:00P-4:00P	Bingo	11:00A-11:45A	Riddles	1:00P-2:30P	Noodle Ball	2:30P-4:00P	Logo Game
		2:30P-4:00P	Word Searches	2:30P-4:00P	comedy time			1:00P-2:30P	Who wants to be a Millionaire	2:30P-4:00P	Devotions	6:00P-8:00P	Seasonal Theatrical
								2:30P-4:00P	Porch Sitting				Presentation
23	Taffy Day	24	Scavenger Hunt Day	25	Wine Day	26	Lindy Hop Day	27		28	Hamburger Day	29	
9:30A-11:00A	Church	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	9:30A-10:45A	Exercise	10:15A-11:00A	Exercise
1:00P-2:30P	Let's make Taffy	11:00A-11:45A	Let's Be Pampered	11:00A-11:45A	Horseshoes	11:00A-11:45A	Dancing	10:00A-10:30A	Strength & Balance Class	11:00A-11:45A	Word Searches	1:00P-2:30P	Family FaceTime
2:30P-4:00P	A cappella group singing	1:00P-2:30P	This day in History	1:00P-2:30P	Devotions	1:00P-2:30P	Trivia	11:00A-11:45A	Listening to music	1:00P-4:00P	Bingo	2:30P-4:00P	Hangman
		2:30P-4:00P	Scavenger Hunt	2:30P-4:00P	Cheese and Wine social?	2:30P-4:00P	Let's Laugh	1:00P-2:30P	Monthly Birthday Party			6:00P-8:00P	Seasonal Theatrical
								2:30P-4:00P	One-on-Ones		Hamburgers for dinner		Presentation
30		31	Memorial Day	<div>Memorial Day</div> <div>WRC EST1890</div> <div>Celebrates ★ Honors ★ Remembers</div>									
9:30A-11:00A	Church	9:30A-10:45A	Exercise										
1:00P-2:30P	craft	11:00A-11:45A	Kickball										
2:30P-4:00P	Board Games	12:00P-1:30P	Picnic Outside?										
		2:00P-4:00P	The Alphabet game										

OLDER AMERICANS MONTH: COMMUNITIES OF STRENGTH
May 2021



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we’ve seen this time and again at WRC as friends, neighbors, and businesses have found new ways to support each other. In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year’s theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, WRC will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

Look for joy in the everyday: Celebrate small moments and ordinary pleasures by taking time to recognize them. Start a gratitude journal and share it with others via social media, or call a friend or family member to share a happy moment or to say thank you.

Reach out to neighbors: Even if you can’t get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a home cooked meal.

Build new skills: Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.

Share your story: There’s a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that’s something to celebrate! Please join WRC in strengthening our community!



Highland Oaks



Highland Oaks residents enjoyed a beautiful, and delicious lunch which consisted of ham, cheesy potatoes & baked pineapple. They had spinach dip as an appetizer, and for dessert they had chocolate lasagna.



THIS MONTH'S RESIDENT
SPOTLIGHT:
FRANCES KELLY

Frances Kelly was married and has four children. She enjoyed spending time with her children as they were growing up. She worked at the Clarion area high school as a cook in the kitchen.

