

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

Independent Living



10:00 – Sunday Service – KC ³
2:00- Resident Led Rhythms group- KC
6:00 – Movie- -KC

10:15- Strength and Balance ⁴
2:00 – Music- Robert Dahms - KC
2:00-4:00 – Euchre (Beginners Welcome) – Hub

9:30 – Eucharistic Service – Cove ⁵
10:00- Mens Coffee- NPR
12:30 – Wii Bowling – Hub
1:00 – IL Grocery & Pharmacy Shopping
2:15- All Saints Reading Group- Hub
1:00– 4:00– Resale Shoppe Open
3:00 – Sit & Stitch – NPR
5:00 – Tone Chimes – KC

Cinco de Mayo

12:30-4:00- Open Billiards- Hub ⁶
1:00 – Adult Coloring and Diamond Painting – Craft Room
1:00– Check Cashing–Admin Hal No chair Yoga
2:00- Cinco De Mayo + 1 Wine and Cheese- Hub
3:00 – Card Game: 31 – NPR
6:00-Observe and interact with the dogs from CM Academy – Arcade
6:00 – Scattergories – NCR

10:00 – IL Grocery & Pharmacy Shopping ⁷
1:00– IL Grocery & Pharmacy Shopping
1:00– 4:00– Resale Shoppe Open
2:00- Music- Tony Hoepfner- KC
3:30- Choir Practice- KC

8:00- Men's breakfast- Private Dining Room (\$10 Sign up in binder) ¹
12:30– Boggle and Rumiko Board Game – Hub
1:00- Cardio Drumming in Oakwood with kids from Morning Star
6:00– Dominoes – Hub

May Day

8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade ²
9:00 – 11:00 – Coffee Coop Group – Café
(All are welcome to attend! Bring .75 if you wish to have coffee)
3:00- Song Writing Class- Garden Room

10:00 – Sunday Service – KC ¹⁰
2:00- Resident Led Rhythms group- KC
6:00 – Movie- -KC

Mother's Day
National Skilled Nursing Care Week

10:15- Strength and Balance ¹¹
2:00 – Monday Matinee Movie- Road Less Traveled - Hub
2:00-4:00 – Euchre (Beginners Welcome) – Hub

9:30 – Eucharistic Service – Cove ¹²
10:00- Mens Coffee- NPR
12:30 – Wii Bowling – Hub
1:00 – IL Grocery & Pharmacy Shopping
2:15- All Saints Reading Group- Hub
1:00– 4:00– Resale Shoppe Open
3:00 – Sit & Stitch – NPR
5:00 – Tone Chimes – KC

12:30-4:00- Open Billiards- Hub ¹³
1:00 – Adult Coloring and Diamond Painting – Craft Room
1:00– Check Cashing–Admin Hall
1:30 – Culinary Meeting – NCR
1:30- Chair Yoga- Craft Room
3:00 – Card Game: 31 – NPR
6:00-Observe and interact with the dogs from CM Academy – Arcade

10:00 – IL Grocery & Pharmacy Shopping ¹⁴
10:30- Catholic Mass-KC
1:00 – IL Grocery & Pharmacy Shopping
1:00– 4:00– Resale Shoppe Open
2:00- Activities Meeting- Hub

8:00 –Bus to Women's Breakfast- Tasty Café Eldridge (Sign up in binder) ⁸
9:30 – Buildings & Grounds Meeting – NCR
12:30 – Boggle and Rummikub Board Game – Hub
2:00-
6:00 – Dominoes – Hub

8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade ⁹
9:00 – 11:00 – Coffee Coop Group – Café
(All are welcome to attend! Bring .75 if you wish to have coffee)
3:00- Song Writing Class- Garden Room

Armed Forces Day

10:00 – Sunday Service – KC ¹⁷
2:00- Resident Led Rhythms group- KC
6:00 – Movie- -KC

9:30- Resident Birthday Party- In Dining Room IL ¹⁸
No Strength and Balance
2:00-4:00 – Euchre (Beginners Welcome) – Hub
2:00-Resident Council- NPR
2:00- Monday Movie Matinee- Grumpy Old Men - Hub
4:30

Victoria Day (Canada)

9:30 – Eucharistic Service – Cove ¹⁹
10:00- Mens Coffee- NPR
12:30 – Wii Bowling – Hub
1:00 – IL Grocery & Pharmacy Shopping
2:15- All Saints Reading Group- Hub
1:00– 4:00– Resale Shoppe Open
3:00 – Sit & Stitch – NPR
5:00 – Tone Chimes – KC

No Exercise ²⁰
9:30- Coffee and Conversation with CEO Patrick- KC
10:45-- Lunch Club- Miss Mamie's
12:30-4:00- Open Billiards- Hub
1:00 – Adult Coloring and Diamond Painting – Hub
1:00– Check Cashing–Admin Hall
2:00- String Figures with Belinda- Hub
3:00 – Card Game: 31 – NPR

10:00 – IL Grocery & Pharmacy Shopping ²¹
1:00 – IL Grocery & Pharmacy Shopping
1:00– 4:00– Resale Shoppe Open
3:30- Choir Practice- KC

Shavuot Begins

10:00- Baby Quilts for Donation- KC ²²
12:30– Boggle and Rummikub Board Game – Hub
2:00- Happy hour- Hub
6:00– Dominoes – Hub

8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade ²³
9:00 – 11:00 – Coffee Coop Group – Café
(All are welcome to attend! Bring .75 if you wish to have coffee)
3:00- Song Writing Class- Garden Room

10:00 – Sunday Service – KC ²⁴
2:00- Resident Led Rhythms group- KC
6:00 – Movie- -KC

No Activities ²⁵
Happy Memorial Day!

Memorial Day

9:30 – Eucharistic Service – Cove ²⁶
10:00- Mens Coffee- NPR
12:30 – Wii Bowling – Hub
1:00 – IL Grocery & Pharmacy Shopping
2:00-4:00- Chair Massage- Cove
2:15- All Saints Reading Group- Hub
1:00– 4:00– Resale Shoppe Open
3:00 – Sit & Stitch – NPR
5:00 – Tone Chimes – KC
5:00- Senior Olympics Opening

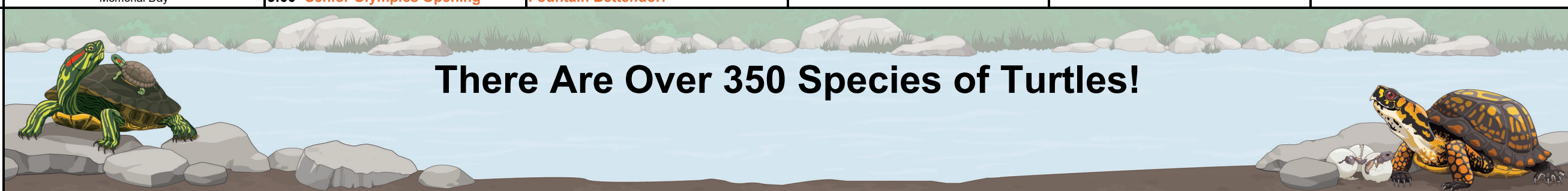
12:30-4:00- Open Billiards- Hub ²⁷
1:00 – Adult Coloring and Diamond Painting – Craft Room
1:00– Check Cashing–Admin Hall
1:30- Chair Yoga- Craft Room
2:15- Book Club- Cove
3:00 – Card Game: 31 – NPR
6:00-Observe and interact with the dogs from CM Academy – Arcade
6:00- Spelling Bee Senior Olympics- Fountain Bettendorf

10:00 – IL Grocery & Pharmacy Shopping ²⁸
10:30- Catholic Mass- KC
1:00 – IL Grocery & Pharmacy Shopping
1:00– 4:00– Resale Shoppe Open
6:00- Performing Arts Senior Olympics-KC

Trip to Hauberg Center ²⁹
12:30– Boggle and Rumiko Board Game – Hub
12:00- Euchre at CASI
6:00– Dominoes – Hub

8:30 – 9:30 – Observe and interact with the dogs from CM Academy – Arcade ³⁰
9:00 – 11:00 – Coffee Coop Group – Café
1:30-3:00- Womens Tea Event

10:00 – Sunday Service – KC ³¹
2:00- Resident Led Rhythms group- KC
6:00 – Movie- Eephus -KC



Weekly Exercise Classes

No sign up needed to attend!

Strength and Balance-This class consists of light cardio from a chair or standing with a focus on exercises that increases balance.

Monday and Wednesday

10:15-10:45 – Hub

AM Walkie Talkies Walking Club-This group meets two times a week to discuss walking routes, progress, and walks together. Drop-ins are encouraged!

Tuesday and Thursday

9:00 – Hub

Low Impact Exercise-A Chair Based Exercise with a portion of light weightlifting, small fitness ball work, and resistance band training.

Tuesday and Thursday

10:15-10:45 – Hub

Chair Yoga- A chair based stretching class that incorporates breathing through movements to increase range of motion and decrease muscle stiffness.

Wednesdays- **1:30-2:00- Craft Room**

Cardio Drumming-An instructor led drumming session on a stability ball from a chair or standing. The focus is cardio and fun!

Tuesday

1:30-2:00 - KC

Fitness Center-This area is in the Hub and includes several cardio machines including a NuStep for regular fitness activity and rehabilitation. The center also includes a strength circuit, hand weights, yoga mats, resistance bands, and hand weights. You can schedule an orientation with Jennifer Taylor at ext. 668 if you want her to show you the equipment and area to start or continue your fitness journey.