

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b> <i>Chocolate Parfait Day</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Coffee Filter Poppies</b></p> <p><b>10 AM Culture Chronicles at the La Crosse Library: (Westby WI's 56<sup>th</sup> Annual Norwegian Family Folk Festival)</b></p> <p><b>11 AM Sherry Zak Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:10 PM Brewers Game</b></p> <p><b>12:30 PM Cover the Number</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM UNO</b></p> <p><b>3 PM Basketball Toss</b></p>	<p><b>2</b> <i>Day of Prayer</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Mental Health Month Series: (Positive Affirmation Jars)</b></p> <p><b>10 AM Crafts at the La Crosse Library Creation Space</b></p> <p><b>11 AM Chair Dancing Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Left, Right, Center</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM Mini Pool</b></p> <p><b>3 PM Springtime Reminisce</b></p>	<p><b>3</b> <i>Chocolate Custard Day</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Scratch Art</b></p> <p><b>10 AM Cinco de Mayo Bingo</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Music by Pat Wiley at MERIT North</b></p> <p><b>1:30 Happy Hour (Featuring Sparkling Blue Hawaiian Mocktails)</b></p> <p><b>2 PM Sorry</b></p> <p><b>3 PM Group Puzzle Work</b></p>

# MERIT Centre South

# May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>6</b></p> <p><b>Nurses Day</b></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Nurse's Day Thank You Cards</b></p> <p><b>10 AM May Music Series at the La Crosse Library: (Featuring Jerry and the Girls)</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30-4 PM Cinco de Mayo Party! (Cinco de Mayo Bingo, Pass the Sombrero, Peso Toss and Salsa Tasting)</b></p>	<p><b>7</b></p> <p><b>Teacher Day</b></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Card Making</b></p> <p><b>10 AM Shut the Box</b></p> <p><b>11 AM Chair Chi</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Trivia</b></p> <p><b>1 PM Crafts at the La Crosse Library Creation Space</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM Kings Korner</b></p> <p><b>3 PM Jenga</b></p>	<p><b>8</b></p> <p><b>Cupcake Day</b></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Baking- Cupcakes/ Cupcake Craft</b></p> <p><b>10 AM Presentation by Arlyn Colby, author of "Wisconsin Railroads" at the Onalaska Library</b></p> <p><b>11 AM Sherry Zak Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Personalized Jewelry with Alison</b></p> <p><b>1:10 PM Brewer Game</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM UNO</b></p> <p><b>3 PM Group Puzzle Work</b></p>	<p><b>9</b></p> <p><b>Buttons Day</b></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Nail Painting &amp; Hand Massages</b></p> <p><b>10 AM Scenic Drive to the McGilvary Road Seven Bridges Historical Marker</b></p> <p><b>11 AM Sherry Zak Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Button Flower Bouquets</b></p> <p><b>1:30 PM Mother's Day Tea Party</b></p> <p><b>2 PM Mental Health Month Series: (Guided Mindfulness Meditation on YouTube)</b></p> <p><b>3 PM Shut the Box</b></p>	<p><b>10</b></p> <p><b>Golf Day</b></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Ladybug Golf Balls</b></p> <p><b>10 AM Shopping at Big Lots</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Cinco de Mayo Bingo</b></p> <p><b>1:30 PM Happy Hour (Featuring Sparkling Blue Hawaiian Mocktails)</b></p> <p><b>2 PM Golf Putting</b></p> <p><b>3 PM Golf Trivia</b></p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>13</b></p> <p><i>Apple Pie Day</i> <i>Happy Birthday Crystal!</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Baking- Mini Apple Pies</b></p> <p><b>10 AM May Music Series at the La Crosse Library: (Featuring Hans Mayer)</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Apple Stamp Wreaths</b></p> <p><b>1:30 PM Crystal Birthday Party!</b></p> <p><b>2 PM Apples to Apples</b></p> <p><b>3 PM Ring Toss</b></p>	<p><b>14</b></p> <p><i>Buttermilk Biscuit Day</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Colored Pencil Art</b></p> <p><b>10 AM Cover the Number</b></p> <p><b>11 AM Sherry Zak Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Connect 2 Nature at the South Side Neighborhood Center: (All About Horse Sense)</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM UNO</b></p> <p><b>3 PM Trivia Ball</b></p>	<p><b>15</b></p> <p><i>Chocolate Chip Day</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Baking- Chocolate Chip Cookies</b></p> <p><b>10 AM Senior Fair at the Onalaska Library</b></p> <p><b>11 AM Sherry Zak Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:10 PM Brewer Game</b></p> <p><b>12:30 PM Balloon Badminton</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM Left, Right, Center</b></p> <p><b>3 PM Group Puzzle Work</b></p>	<p><b>16</b></p> <p><i>Mimosa Day</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Washi Tape Bracelets</b></p> <p><b>10 AM Mental Health Month Series: Outing to Goose Island (Connect with Nature)</b></p> <p><b>11 AM Chair Dancing Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Rummikub</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM Shut the Box</b></p> <p><b>3 PM Basketball Toss</b></p>	<p><b>17</b></p> <p><i>NASCAR Day</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Nail Painting/ Checkered Flag Craft</b></p> <p><b>10 AM Shopping at Dollar Tree</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Bird Bingo</b></p> <p><b>1:30 PM Happy Hour (Featuring Sparkling Pineapple Mocktails)</b></p> <p><b>2 PM Mini Pool</b></p> <p><b>3 PM UNO</b></p>

# MERIT Centre South

# May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>20</b> <b>World Bee Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Bee Golf Balls &amp; Paper Bee Hives</b>  <b>10 AM May Music Series at the La Crosse Library: (Featuring Seven Rivers Jazz Band)</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Rummikub</b>  <b>1:30 PM Snack</b>  <b>2 PM Checkers</b>  <b>3 PM Bee Documentary on YouTube</b>	<b>21</b> <b>World Meditation Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Colored Pencil Art</b> <b>10 AM Cover the Number</b> <b>11 AM Chair Dancing Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Outing to the Friendship Gardens at Riverside Park</b>  <b>1:30 PM Snack</b>  <b>2 PM Left, Right, Center</b>  <b>3 PM Awaken Gratitude Meditation on YouTube</b>	<b>22</b> <b>Vanilla Pudding Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Pom Pom Popsicles Craft</b> <b>9 AM Nail Painting</b>  <b>10 AM Shopping at Good Steward</b>  <b>11 AM Sherry Zak Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Wind Chimes with Alison</b>  <b>1:30 PM Snack</b>  <b>2 PM UNO</b>  <b>3 PM Trivia</b>	<b>23</b> <b>World Turtle Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Mental Health Month Series: (Turtle Art Therapy- Painting or Adult Coloring)</b>  <b>10 AM Crafts at the La Crosse Library Creation Space</b>  <b>11 AM Sherry Zak Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Rummikub</b>  <b>1:30 PM Snack</b>  <b>2 PM Mini Pool</b>  <b>3 PM Learn About Turtle Island!</b>	<b>24</b> <b>Scavenger Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Magazine Vision Boards</b>  <b>10 AM Summer Bingo</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM La Crosse Airport Tour</b>  <b>1:30 PM Floats &amp; Tunes</b>  <b>2 PM Magazine Scavenger Hunt</b>  <b>3 PM Ring Toss</b>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>27</b> <b>CLOSED FOR MEMORIAL DAY</b>	<b>28</b> <b>Burger Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Adult Coloring- Food Themed</b>  <b>10 AM Food Bingo</b>  <b>11 AM Sherry Zak Exercise</b>  <b>11:30 AM Memorial Day Grill Out (Featuring Brats, Potato Salad, Chips, &amp; Watermelon)</b>  <b>1 PM Crafts at the La Crosse Library Creation Space</b>  <b>1:30 PM Snack</b>  <b>2 PM UNO</b>  <b>3 PM Washer Toss</b>	<b>29</b> <b>Alligator Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Group Puzzle Work</b>  <b>10 AM Shopping at Thrifty Pickins &amp; Buckies</b>  <b>11 AM Sherry Zak Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Cover the Number</b>  <b>1:30 PM Snack</b>  <b>2 PM Sorry</b>  <b>3 PM Trivia Ball</b>	<b>30</b> <b>Creativity Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Mental Health Month Series: (Guided Mindfulness Meditation on YouTube)</b>  <b>10 AM Crafts at the La Crosse Library Creation Space</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:10 PM Brewer Game</b>  <b>12:30 PM Rummikub</b>  <b>1:30 PM Snack</b>  <b>2 PM Shut the Box</b>  <b>3 PM Ring Toss</b>	<b>31</b> <b>Macaroon Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Baking Macaroons</b>  <b>10 AM Summer Bingo</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM UNO</b>  <b>1 PM Senior Shindig at the Onalaska Community Center (Featuring Games, Live Music, and Pie/ Ice Cream)</b>  <b>1:30 PM Happy Hour- (Featuring Sunrise Mocktails)</b>  <b>2 PM Cover the Number</b>  <b>3 PM Trivia</b>