

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b> <i>May Day</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Pamper &amp; Polish</b></p> <p><b>10 AM Crafts at the La Crosse Library Creation Space (Depart at 9:30 AM)</b></p> <p><b>11 AM Chair Dancing Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Make May Day Baskets for Shelby Terrace</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM Cover the Number</b></p> <p><b>3 PM Springtime Reminisce</b></p>	<p><b>2</b> <i>No Pants Day</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Decorating Pants</b></p> <p><b>10 AM Shopping @ Dollar Tree (Depart at 9:45 AM)</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM BINGO with MERIT North</b></p> <p><b>1:30 Happy Hour (Mocktails &amp; Snacks)</b></p> <p><b>2 PM UNO</b></p> <p><b>3 PM Right Left Center</b></p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>5</b></p> <p><i>Cinco De Mayo</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Make Bead Necklaces</b></p> <p><b>10 AM Monday Mornings at Main La Crosse Library: (Clutter 101: Learning to Thrive with Less Stuff – Sonja Meehan)</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Work With Air Dry Clay With Alison</b></p> <p><b>1:30 - 4 PM Cinco de Mayo Party! (Salsa Tasting, Mocktail Margaritas, Pass the Sombrero)</b></p>	<p><b>6</b></p> <p><i>Foster Care Day</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Word Search and Crossword Puzzles</b></p> <p><b>10 AM Trivia</b></p> <p><b>11 AM Chair Chi</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Crafts at the La Crosse Library Creation Space</b></p> <p><b>1 PM Mindfulness Meditation on YouTube</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>7</b></p> <p><i>School Nurse Day</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Shut The Box</b></p> <p><b>10 AM Senior Moments at the Onalaska Library – Castlerock Museum</b></p> <p><b>11 AM Sherry Zak Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Category Game</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM Painting</b></p> <p><b>3 PM Balloon Badminton</b></p>	<p><b>8</b></p> <p><i>Student Nurse Day</i></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 Crafts at the La Crosse Library Creation Space (Depart at 9:30 AM)</b></p> <p><b>11 AM Chat About Nurses and All The Different Things They Do</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Drum Ball</b></p> <p><b>1:30 Snack</b></p> <p><b>2:00 PM Phase 10</b></p> <p><b>3 PM Dice Games</b></p>	<p><b>9</b></p> <p><i>Mother's Day Prep</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Mother's Day Cards/Craft</b></p> <p><b>10 AM Sorry</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Goose Island</b></p> <p><b>1:30 PM Mother's Day Snack and Tea</b></p> <p><b>2 PM Painting</b></p> <p><b>3 PM Trivia</b></p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>12</b></p> <p><b>Limerick Day</b></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Baking- Shut The Box</b></p> <p><b>10 AM Coffee at Moka (Depart 9:30)</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Create a Limerick</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM Cover The Number</b></p> <p><b>3 PM SORRY</b></p>	<p><b>13</b></p> <p><b>Cocktail Day</b> <i>Happy Birthday Crystal!</i></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Brain Games (puzzles, riddles, word searches)</b></p> <p><b>10 AM BINGO</b></p> <p><b>11 AM Sherry Zak Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Crafts at the La Crosse Library Creation Space</b></p> <p><b>1:30 PM Crystal Birthday Party</b></p> <p><b>2 PM Charades</b></p> <p><b>3 PM Choice</b></p>	<p><b>14</b></p> <p><b>Receptionist Day</b></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Making Cards for Lisa L – Community Services Admin Assist.</b></p> <p><b>10 AM Senior Moments at the Onalaska Library. Music with Joe Cody (Depart 9:15 AM)</b></p> <p><b>11 AM Sherry Zak Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Balloon Badminton</b></p> <p><b>1:30 PM Music with Andy Hughes at Shelby Terrace. (Take To-Go Snack)</b></p> <p><b>2 PM Left, Right, Center</b></p> <p><b>3 PM UNO</b></p>	<p><b>15</b></p> <p><b>Chocolate Chip Day</b></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM How Chocolate Chips Are Made - YouTube</b></p> <p><b>10 AM Eagle Watch (Depart at 9:30 AM)</b></p> <p><b>11 AM Chair Dancing Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Hangman</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM Painting Flowers</b></p> <p><b>3 PM Card Games</b></p>	<p><b>16</b></p> <p><b>Bike Day</b></p> <p><b>8 AM Current Events/ Coffee Time</b></p> <p><b>9 AM Colored Pencil Art</b></p> <p><b>10 AM Shopping at Dollar Tree (Depart at 9:45 AM)</b></p> <p><b>11 AM Paul Eugene Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Friday Movie Matinee</b></p> <p><b>2 PM Origami</b></p> <p><b>3 PM UNO</b></p>

# MERIT Centre South

# May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>19</b> <i>Devil's Food Cake Day</i>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Colored Pencil Art</b>  <b>10 AM Mondays at La Crosse Main Library:</b> (Spring Concert with the Coulee Region Giving Hearts Choir. Depart 9:15 AM)  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Bake A Cake</b>  <b>1:30 PM Snack</b>  <b>2 PM Wii Bowling</b>  <b>3 PM Checkers</b>	<b>20</b> <i>Be A Millionaire</i>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM WAR</b>  <b>10 AM Colored Pencil Art</b>  <b>11 AM Chair Dancing Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Linda's Bakery</b>  <b>1:30 PM Snack</b>  <b>2 PM Left, Right, Center</b>  <b>3 PM Awaken Gratitude Meditation on YouTube</b>	<b>21</b> <i>International Tea Day</i>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Nail Painting</b>  <b>10 AM Senior Fair at the Omni Center (Depart at 9:15 AM)</b>  <b>11 AM Sherry Zak Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Draw Optical Illusions W/ Alison</b>  <b>1:30 PM Snack (Tea &amp; Crumpets)</b>  <b>2 PM UNO</b>  <b>3 PM Trivia</b>	<b>22</b> <i>Biological Diversity Day</i>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Magazine Scavenger Hunt</b>  <b>10 AM Chair Yoga at La Crosse Library (Depart at 9:15 AM)</b>  <b>11 AM Hangman</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Rummikub</b>  <b>1:30 PM Snack</b>  <b>2 PM Drum Ball</b>  <b>3 PM Yahtzee</b>	<b>23</b> <i>Turtle Day</i>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Turtle Painting</b>  <b>10 AM Coffee at Caribou</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM Bingo With Friends From MERIT North</b>  <b>1:30 PM Snack</b>  <b>2 PM Cover The Number</b>  <b>3 PM Ring Toss</b>

\*Activities are Subject to Change\*

\*If a participant does not wish to engage in a scheduled activity, participant may choose another option\*

# MERIT Centre South

# May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>26</b> <b>CLOSED FOR MEMORIAL DAY</b>	<b>27</b> <b>Sun Screen Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Adult Coloring- Food Themed</b>  <b>10 AM Retro BINGO</b>  <b>11 AM Sherry Zak Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 Choice at La Crosse Library</b>  <b>1:30 PM Snack</b>  <b>2 PM UNO</b>  <b>3 PM Washer Toss</b>	<b>28</b> <b>Brisket Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Group Puzzle Work</b>  <b>10 AM Shopping at Dollar Store (Depart at 9:45 AM)</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>29</b> <b>Red Nose Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Guided Mindfulness Meditation on YouTube</b>  <b>10 AM Coffee at McDonalds (Depart at 9:30 AM)</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 Wii Bowling</b>  <b>3 PM Ring Toss</b>	<b>30</b> <b>Creativity Day</b>  <b>8 AM Current Events/ Coffee Time</b>  <b>9 AM Colored Pencil Art</b>  <b>10 AM Morning Drive/Walk Through Riverside Park (Depart 9:30 AM)</b>  <b>11 AM Paul Eugene Exercise</b>  <b>11:30 AM Lunch</b>  <b>12:30 PM BINGO With Friends From MERIT North</b>  <b>1:30 PM Snack</b>  <b>2 PM Cover the Number</b>  <b>3 PM Trivia</b>

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