

MERIT Centre North

May 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1 <i>May Day</i></p> <p>8 AM Card Games (WAR, Uno, Go Fish)</p> <p>9 AM Nature Walk</p> <p>10 AM Bingo</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Mother's Day Activity with Alison</p> <p>1:30 PM Snack</p> <p>2:30 PM Manicures</p> <p>3:30 PM Brain Games</p>

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<p>4</p> <p><i>Bird Day</i></p> <p>8 AM Dots & Boxes</p> <p>9 AM Create May Baskets/Wreaths with artificial flowers</p> <p>10 AM Monday Mornings @ Main – Stories of La Crosse’s Past with Merle Hanson</p> <p>11 AM Laughing Yoga</p> <p>11:30 AM Lunch</p> <p>12:30 PM Cover The Number</p> <p>1:30 PM Snack</p> <p>2:30 PM Sorting Activities</p> <p>3:30 PM Wii Bowling</p>	<p>5</p> <p><i>Cinco De Mayo</i></p> <p>8 AM Painting Terra Cotta Pots</p> <p>9 AM DIY Maracas Fill small plastic bottles or plastic eggs with dried beans or rice, then decorate them with colorful duct tape or tissue paper</p> <p>10 AM Mexican Bingo</p> <p>11 AM Chair Based Mexican Hat Dance Arrange chairs in a circle and perform modified seated movements like hand clapping and foot tapping to "Jarabe Tapatio"</p> <p>11:30 AM Lunch</p> <p>12:30 PM Bird Walk @ Shady Maple Trail (Goose Island)</p> <p>1:30 PM Salsa Tasting & Mocktails (lime juice/club soda)</p> <p>2:30 PM Adaptive Pinata</p> <p>3:30 PM Mariachi Performance on Youtube</p>	<p>6</p> <p><i>Nurse’s Day</i></p> <p>8 AM "Our Nurses Are Stars" Display: cut out yellow construction paper stars, write the names of staff nurses on them, and pin them to a common area bulletin board</p> <p>9 AM Would You Rather & Nursing Trivia: Host a trivia game highlighting famous nurses like Florence Nightingale and Clara Barton,</p> <p>10 AM Floyd’s Senior Moments – Fur Trade with Mary Elise Antoine</p> <p>11 AM Ball Drumming</p> <p>11:30 AM Lunch</p> <p>12:30 PM Heartfelt Thank You Cards Writing handwritten notes is one of the most meaningful ways for seniors to express gratitude. Participants can share specific memories of care that made a difference.</p> <p>1:30 PM Snack</p> <p>2:30 PM Homemade Baked Goods: Bake cookies to gift to BSJ Nursing Teams</p> <p>3:30 PM Brain Games</p>	<p>7</p> <p><i>Tourism Day</i></p> <p>8 AM Regional Soundscapes: Play traditional music from different countries—like steel drums for the Caribbean or bagpipes for Scotland—to set the atmosphere for different "stops" on the tour.</p> <p>9 AM Post Card Crafting</p> <p>10 AM Armchair Travel and Travel Trivia</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Grandad’s Bluff</p> <p>1:30 PM Snack</p> <p>2:30 PM Geography Bingo</p> <p>3:30 PM Colored Pencil Art</p>	<p>8</p> <p><i>Coke Day</i></p> <p>8 AM Creative Coke Can Vases</p> <p>9 AM Commercial Watch Party - Screen vintage Coca-Cola commercials, such as the iconic 1971 "I'd Like to Buy the World a Coke" ad, to spark reminiscence</p> <p>10 AM Memorabilia Show & Tell - share stories about vintage soda fountains or any Coke collectibles they once owned</p> <p>11 AM Parachute Exercise</p> <p>11:30 AM Lunch</p> <p>12 PM Spring Grove Soda Pop Shop or The Pearl</p> <p>1:30 PM Snack (coke floats)- Peanuts in a Bottle: Share the Southern tradition of dropping salted peanuts into a glass bottle of Coke—a salty-sweet snack many seniors grew up with</p> <p>2:30 PM Coca Cola Trivia</p> <p>3:30 PM Reminiscing: Mothers</p>

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<p>11</p> <p>Train Day</p> <p>8 AM Outdoor Train Watching "All Aboard" Reminiscence Circle: "Where was the first place you went by train?" or "Do you remember the sound of the steam whistle?" to spark conversation.</p> <p>All About Trains - Youtube</p> <p>9 AM Mother's Day Discussions</p> <p>10 AM Monday Mornings @ Main – Bobcats Return to the Driftless Area with Author Al Cornell</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM "Golden Spike" Craft: paint large nails or "spikes" gold or create construction paper replicas to commemorate the completion of the Transcontinental Railroad.</p> <p>Conductor Hats: Provide simple paper conductor hats for participants to wear throughout the day for a festive atmosphere.</p> <p>1:30 PM Snack</p> <p>2:30 PM Mexican Train Dominoes</p>	<p>12</p> <p>Limerick Day</p> <p>8 AM Geography Link: Since limericks are named after the city of Limerick, Ireland, use a map to find the city and discuss Irish culture or personal travel memories.</p> <p>9 AM Shake Loose A Memory</p> <p>10 AM Limerick Recitation</p> <p>11 AM Ball Drumming</p> <p>11:30 AM Lunch</p> <p>12:30 PM La Crosse Short Line Railroad Heritage Museum Located in Copeland Park, this museum features the Steam Locomotive #4000, a caboose, and a Grand Crossing tower that you can tour.</p> <p>1:30 PM Snack</p> <p>2:30 PM Bingo</p> <p>3:30 PM Puzzles and Word Searches</p>	<p>13</p> <p>Frog Jumping Day</p> <p>8 AM Watering Flowers & Feeding Birds</p> <p>9 AM Cover The Number</p> <p>10 AM Senior Fair @ Onalaska Omni Center</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Pour Painting with Alison</p> <p>1:30 PM Snack</p> <p>2:30 PM Trivia Cards</p> <p>3:30 PM Brain Games</p>	<p>14</p> <p>Dance Like A Chicken Day</p> <p>8 AM Watering Flowers & Feeding Birds</p> <p>9 AM Yahtzee</p> <p>10 AM Parachute Exercise</p> <p>11 AM Sack Lunches at Coon Valley Creek/Park</p> <p>1:30 PM Snack</p> <p>2:30 PM Bingo</p> <p>3:30 PM Wii Games</p>	<p>15</p> <p>Bring Flowers to Someone Day</p> <p>8 AM Watering Flowers & Feeding Birds</p> <p>9 AM Manicures</p> <p>10 AM McDonalds</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Bingo</p> <p>1:30 PM Snack</p> <p>2 PM Coloring</p> <p>3:30 PM Puzzles</p>

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3:30 PM Pictionary: Railroad Edition				
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<p>18</p> <p>Museum Day</p> <p>8 AM Puzzles</p> <p>9 AM Ping Pong Ball Games</p> <p>10 AM Monday Mornings @ Main – Musical Performance with the Grumpy Old Men Jazz Band</p> <p>11 AM Light Kickball Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Game Guy @ MCN (Joined by MCS)</p> <p>1:30 PM Snack</p> <p>2:30 PM Spongeball Throwing & Painting</p> <p>3:30 PM Train Watching & Birdwatching</p>	<p>19</p> <p>Roadie Day</p> <p>8 AM Uno</p> <p>9 AM Name That Tune (Road Edition): Play classic "traveling" songs—such as "On the Road Again," "King of the Road," or "Take Me Home, Country Roads"—and have participants guess the lyrics or artist.</p> <p>10 AM License Plate Bingo: Create bingo cards using different state names. Call out the states, and participants can share if they have ever visited or lived there.</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12 PM Thrifty Pickin's Education Center – Axolotls</p> <p>1:30 PM Snack</p> <p>2 PM Movie: The Great Gatsby</p>	<p>20</p> <p>Be A Millionaire Day</p> <p>8 AM Play Who Wants to Be A Millionaire!</p> <p>9 AM The Price Is Right -MERIT Edition</p> <p>10 AM Historic Mansion Drive-By: Take a scenic van ride through the Cass King Historic District in La Crosse to see the beautiful, historic 19th-century mansions built by the city's early "lumber barons."</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>1 PM Music of Dave Kenworthy @ MCS (Joined by MCN)</p> <p>2 PM Snack</p> <p>2:30 PM Group Crossword Puzzle</p> <p>3:30 PM Brain Games</p>	<p>21</p> <p>Tea Day</p> <p>8 AM Shut The Box</p> <p>9 AM DIY Paper Teacups</p> <p>10 AM Tea Tasting Station/ Tea Party</p> <p>11 AM Ball Drumming</p> <p>11:30 AM Lunch</p> <p>12:30 PM Guadalupe Shrine Tour</p> <p>2 PM Snack</p> <p>2:30 PM Current Events Discussion</p> <p>3:30 PM Brain Games</p>	<p>22</p> <p>Solitaire Day</p> <p>8 AM Solitaire</p> <p>9 AM</p> <p>10 AM Pettibone Park</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM Bingo</p> <p>1:30 PM Snack</p> <p>2:30 PM Movie Matinee (participant's choice)</p>

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<p>25</p> <p>Memorial Day</p> <p>MERIT Centre Closed</p>	<p>26</p> <p>Blueberry Cheesecake Day</p> <p>8 AM Make No Bake Blueberry Cheesecake & Bird Feeder DIY Craft</p> <p>9 AM Bulletin Board Trivia</p> <p>10 AM "What's in the Bag?" Sensory Game: Place 10 everyday spring items (like a gardening glove, a seed packet, or a small spade) in numbered paper bags. Participants reach in without looking and record their guesses.</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM River City Hobbies or Downtown walking tour</p> <p>1:30 PM Snack</p> <p>2:30 PM Group Comic Book Trivia Crossword Puzzle</p> <p>3:30 PM Guess That Sound on Youtube</p>	<p>27</p> <p>Grape Popsicle Day</p> <p>8 AM Popsicle Stick Art & Finger Print Grape Clusters dip their thumbs in purple paint to create clusters of grapes on cardstock.</p> <p>9 AM This Was The Year 1955</p> <p>10 AM Veteran's Park – West Salem</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM "I Spy" Memory Board: Create a collage of May-themed items (flowers, umbrellas, hats) on a bulletin board. Ask participants to find specific objects to practice visual scanning and focus.</p> <p>1:30 PM Snack</p> <p>2:30 PM Current Events Discussion</p> <p>3:30 PM Name That Tune</p>	<p>28</p> <p>Senior Health & Fitness Day</p> <p>8 AM Read Aloud Short Stories</p> <p>9 AM Balloon Volleyball</p> <p>10 AM Tie Dye</p> <p>11 AM Exercise</p> <p>11:30 AM Lunch</p> <p>12:30 PM TRANE Park</p> <p>1:30 PM Snack</p> <p>2:30 PM "Brain Fitness" Stations: Set up a dedicated area for puzzles, crosswords, or Sudoku to emphasize that mental agility is a key part of overall fitness.</p> <p>3:30 PM Funny Videos</p>	<p>29</p> <p>Paperclip Day</p> <p>8 AM Genealogy & Creating Family Trees</p> <p>10 AM Riverside Park River Watching</p> <p>11 AM Ball Drumming</p> <p>11:30 AM Lunch</p> <p>1 PM Music of Don Haworth @ MCN (Joined by MCS)</p> <p>2 PM Snack</p> <p>2:30 PM Paperclip Fishing: Tie a magnet to a string on a stick and have seniors "fish" for paperclips scattered on a table or hidden in therapy putty to improve hand-eye coordination.</p> <p>3:30 PM Timed Chain-Building: See who can link the most paperclips together in one minute. This is a great way to work on manual dexterity in a lighthearted, competitive way.</p>

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MCN Participant Birthdays:

May 18th - Rich

May 20th - Keith

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