

# MERIT Centre South

# May 2026



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  |
|--------|---------|-----------|----------|---|
|        |         |           |          | <p><b>1</b><br/><i>May Day</i></p> <p><b>8 AM Card Games (WAR, Uno, Go Fish)</b></p> <p><b>9 AM Colored Pencil Art</b></p> <p><b>10 AM Bingo</b></p> <p><b>11 AM Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Nature Walk</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2:30 PM Manicures</b></p> <p><b>3:30 PM Brain Games</b></p> |

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| <p><b>4</b></p> <p><i>Bird Day</i></p> <p><b>8 AM Dots &amp; Boxes</b></p> <p><b>9 AM Create Sensory Jars with Baby Oil, Glitter, etc.</b></p> <p><b>10 AM Monday Mornings @ Main – Stories of La Crosse’s Past with Merle Hanson</b></p> <p><b>11 AM Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Cover The Number</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2:30 PM Sorting Activities</b></p> <p><b>3:30 PM Wii Bowling</b></p> | <p><b>5</b></p> <p><i>Cinco De Mayo</i></p> <p><b>8 AM Painting Terra Cotta Pots</b></p> <p><b>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</b></p> <p><b>10 AM Mexican Bingo</b></p> <p><b>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"</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Bird Walk @ Shady Maple Trail (Goose Island)</b></p> <p><b>1:30 PM Salsa Tasting &amp; Mocktails (lime juice/club soda)</b></p> <p><b>2:30 PM Adaptive Pinata</b></p> <p><b>3:30 PM Mariachi Performance on Youtube</b></p> | <p><b>6</b></p> <p><i>Nurse’s Day</i></p> <p><b>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</b></p> <p><b>9 AM Would You Rather &amp; Nursing Trivia: Host a trivia game highlighting famous nurses like Florence Nightingale and Clara Barton</b></p> <p><b>10 AM Floyd’s Senior Moments – Fur Trade with Mary Elise Antoine</b></p> <p><b>11 AM Ball Drumming</b></p> <p><b>11:30 AM Lunch – Making Mexican Food</b></p> <p><b>12:30 PM Mother’s Day Activity with Alison</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2:30 PM Homemade Baked Goods: Bake cookies to gift to BSJ Nursing Teams</b></p> <p><b>3:30 PM Brain Games</b></p> | <p><b>7</b></p> <p><i>Tourism Day</i></p> <p><b>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.</b></p> <p><b>9 AM Post Card Crafting</b></p> <p><b>10 AM Armchair Travel and Travel Trivia</b></p> <p><b>11 AM Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Grandad’s Bluff</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2:30 PM Geography Bingo</b></p> <p><b>3:30 PM Colored Pencil Art</b></p> | <p><b>8</b></p> <p><i>Coke Day</i></p> <p><b>8 AM Creative Coke Can Vases</b></p> <p><b>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</b></p> <p><b>10 AM Memorabilia Show &amp; Tell - share stories about vintage soda fountains or any Coke collectibles they once owned</b></p> <p><b>11 AM Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12 PM Burlington</b></p> <p><b>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</b></p> <p><b>2:30 PM Coca Cola Trivia</b></p> <p><b>3:30 PM Reminiscing: Mothers</b></p> |

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| <p><b>11</b></p> <p><b><i>Train Day</i></b></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>9 AM All About Trains - Youtube</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>3:30 PM Pictionary: Railroad Edition</p> | <p><b>12</b></p> <p><b><i>Limerick Day</i></b></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<br/>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 Skill Building – Folding Laundry</p> | <p><b>13</b></p> <p><b><i>Frog Jumping Day</i></b></p> <p>8 AM Watering Flowers &amp; Feeding Birds</p> <p>9 AM Manicures</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>2:00 PM Bingo</p> <p>3:30 PM Skill Building – wiping tables</p> | <p><b>14</b></p> <p><b><i>Dance Like A Chicken Day</i></b></p> <p>8 AM Watering Flowers &amp; Feeding Birds</p> <p>9 AM Yahtzee</p> <p>10 AM Exercise</p> <p>11 AM Sack Lunches at Coon Valley Creek/Park</p> <p>1:30 PM Snack</p> <p>2 PM Bingo</p> <p>3:30 PM Wii Games</p> | <p><b>15</b></p> <p><b><i>Bring Flowers to Someone Day</i></b></p> <p>8 AM Watering Flowers &amp; 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 Yard Games</p> <p>1:30 PM Snack</p> <p>2 PM Hangman</p> <p>3 PM Colored Pencil Art</p> <p>3:30 PM Puzzles</p> |

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| <p><b>18</b></p> <p><b>Museum Day</b></p> <p><b>8 AM Puzzles</b></p> <p><b>9 AM Ping Pong Ball Games</b></p> <p><b>10 AM Monday Mornings @ Main – Musical Performance with the Grumpy Old Men Jazz Band</b></p> <p><b>11 AM Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Game Guy @ MCN (Joined by MCS)</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2:30 PM Spongeball Throwing &amp; Painting</b></p> <p><b>3:30 PM Train Watching &amp; Birdwatching</b></p> | <p><b>19</b></p> <p><b>Roadie Day</b></p> <p><b>8 AM Uno</b></p> <p><b>9 AM Name That Tune (Road Edition):</b> 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><b>10 AM License Plate Bingo:</b> 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><b>11 AM Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12 PM Thrifty Pickin's Education Center – Axolotls</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2 PM Movie: The Great Gatsby</b></p> | <p><b>20</b></p> <p><b>Be A Millionaire Day</b></p> <p><b>8 AM Play Who Wants to Be A Millionaire!</b></p> <p><b>9 AM The Price Is Right -MERIT Edition</b></p> <p><b>10 AM Good Stewart</b></p> <p><b>11 AM Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>1 PM Music of Dave Kenworthy @ MCS (Joined by MCN)</b></p> <p><b>2 PM Snack</b></p> <p><b>2:30 PM Group Crossword Puzzle</b></p> <p><b>3:30 PM Skill Building – Wiping Tables</b></p> | <p><b>21</b></p> <p><b>Tea Day</b></p> <p><b>8 AM Shut The Box</b></p> <p><b>9 AM DIY Paper Teacups</b></p> <p><b>10 AM Tea Tasting Station/ Tea Party</b></p> <p><b>11 AM Exercise</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Guadalupe Shrine Tour</b></p> <p><b>2 PM Snack</b></p> <p><b>2:30 PM Would You Rather</b></p> <p><b>3:30 PM Skill Building – Sorting Cards</b></p> | <p><b>22</b></p> <p><b>Solitaire Day</b></p> <p><b>8 AM Solitaire</b></p> <p><b>9 AM Squirt Gun Art</b></p> <p><b>10 AM Pettibone Park</b></p> <p><b>11 AM Ball Drumming</b></p> <p><b>11:30 AM Lunch</b></p> <p><b>12:30 PM Bingo</b></p> <p><b>1:30 PM Snack</b></p> <p><b>2:30 PM Pool Noodle Fishing</b></p> <p><b>3:30 PM Skill Building – folding laundry</b></p> |

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| <p>25</p> <p><b>Memorial Day</b></p> <p><b>MERIT Centre Closed</b></p> | <p>26</p> <p><b>Blueberry Cheesecake Day</b></p> <p>8 AM Make No Bake Blueberry Cheesecake &amp; 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 Ollie's</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><b>Grape Popsicle Day</b></p> <p>8 AM Popsicle Stick Art &amp; 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 Pour Painting with Alison</p> <p>1:30 PM Snack</p> <p>2:30 PM Word Ladders</p> <p>3:30 PM Puzzles</p> | <p>28</p> <p><b>Senior Health &amp; Fitness Day</b></p> <p>8 AM Read Aloud Short Stories</p> <p>9 AM Balloon Volleyball</p> <p>10 AM Tie Dye</p> <p>11 AM Ball Drumming</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><b>Paperclip Day</b></p> <p>8 AM Genealogy &amp; Creating Family Trees</p> <p>10 AM Riverside Park River Watching</p> <p>11 AM Exercise</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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## MCS Participant Birthdays:

May 13<sup>th</sup> – Crystal

May 27<sup>th</sup> – Helen

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