



# LIVE SOULFULLY

May 12–18, 2019

[ahcancal.org/NSNCW](http://ahcancal.org/NSNCW) | #NSNCW

# Daily Activities

Monday, May 13, 2019

- 10:30- Piano Music w/ Judith Henry!
- 11:00- Music & Motion Playlist #1
- 2:30- Cooking Club w/ Hannah & Teawna
- 3:30- Group Activity of Choice
- 4:00- Sing Along: Elder Song Vol 3
- 6:30- Wheel of Fortune

Wednesday, May 15, 2019

- 10:30- Terra Cotta Pot Painting
- 11:00- Music & Motion Playlist #3
- 3:30- Group Activity of Choice
- 4:00- Happy Hour
- 6:30- Wheel of Fortune

Tuesday, May 14, 2019

- 11:00- Music & Motion Playlist #2
- 2:30- Piano Music w/ Helene Viall
- 3:30- Group Activity of Choice
- 4:00- Sing Along: Elder Song Vol 4
- 6:30- Wheel of Fortune

Thursday, May 16, 2019

Barber and Beauty Shop Day!

- 11:00- Music & Motion Playlist #4
- 2:30- Gardening/Planting In The Courtyards
- 3:30- Group Activity of Choice
- 4:00- Sing Along: Songs of Faith
- 6:30- Wheel of Fortune

Friday, May 17, 2019

Link Assoc: Popcorn Day!

- 11:00- Music & Motion Playlist #5
- Afternoon Outing
- 3:30- Group Activity of Choice
- 4:00- Sing Along: Old Time Favorites
- 6:30- Wheel of Fortune

Saturday, May 18, 2019

- 10:30- Church of Hope
- 11:00- Music & Motion Playlist #6
- 2:30- Sit & Be Fit w/ Hannah
- 3:30- Group Activity of Choice
- 4:00- Sing Along: Elder Song Vol 1
- 7:00- Lawrence Welk Show (CH. 11)

Sunday, May 19, 2019

- 11:00- Sunday Devotions w/ Hannah!
- 11:00- Music & Motion Playlist #7
- 2:30- Nail Care Hour!
- 3:30- Group Activity of Choice
- 4:00- Sing Along: Hymns To Remember

**\*\*Activities are subject to change\*\***