

| Sunday  | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|---|--|--|---|---|--|--|
| 9:00 Church Service Channel 38 <b>1</b><br>10:00 Drink Time (SDR)<br>2:30 Drink & Snack (SDR)<br>6:00 Nightly News (S)<br><b>Independent Activities</b><br>May Day  | 6:30 Coffee Cart (S) <b>2</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>1:00 Helpful Hands Laundry L<br>1:30 Nail Painting (A)<br>1:30 1:1's with Tammy<br>3:00 Yahtzee (A)<br>6:00 Nightly News (S) | 6:30 Coffee Cart (S) <b>3</b><br>9:00 Exercise: Seated Zumba Gold (S)<br>10:30 Bible Time Daily Devotion (L)<br>11:00 Alphabet Game (A)<br>1:30 <b>*Walmart Shopping</b><br>6:00 Nightly News (S)    | 6:30 Coffee Cart (S) <b>4</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>1:00 Helpful Hands Laundry L<br>1:30 Baking: Cinnamon Apple Crumble (A)<br>3:00 You Be the Judge (A)<br>6:00 Nightly News (S)             | 6:30 Coffee Cart (S) <b>5</b><br>9:15 Morning Stretch (A)<br>10:30 May 5th Craft (A)<br>1:00 Shopping Cart (S)<br>2:45 Trivia/ Cinco de Mayo Social (A)<br>6:00 Nightly News (S)<br>Cinco de Mayo                   | 6:30 Coffee Cart (S) <b>6</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>1:00 Helpful Hands Laundry (L)<br>1:30 <b>Live Harp Playing (S)</b><br>3:00 <b>Mother's Day Tea (A)</b><br>6:00 Nightly News (S) | 9:30 Tai Chi (A) <b>7</b><br>10:00 Drink Time (SDR)<br>10:30 Bingo (A)<br>2:00 Topic Talk Social (A)<br>2:30 Drink & Snack (SDR)<br>3:00 Saturday Cinema: First Mothers (S)<br>6:00 Nightly News (S) |
| 9:00 Church Service Channel 38 <b>8</b><br>10:00 Drink Time (SDR)<br>2:30 Drink & Snack (SDR)<br>6:00 Nightly News (S)<br><b>Happy Mother's Day</b><br>Mother's Day | 6:30 Coffee Cart (S) <b>9</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>1:00 Helpful Hands Laundry L<br>1:30 Spring Craft (A)<br>3:00 Trivia (A)<br>6:00 Nightly News (S)                            | 6:30 Coffee Cart (S) <b>10</b><br>9:00 Exercise: Seated Zumba Gold (S)<br>10:30 Card Game (A)<br>1:30 <b>Resident Council (S)</b><br>3:00 <b>Church w/Pastor Carl</b><br>6:00 Nightly News (S)       | 6:30 Coffee Cart (S) <b>11</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>10:30 <b>*Dollar Store Shopping</b><br>1:00 Helpful Hands (S) (Spring clean-up)<br>3:00 1:1's with Tammy<br>6:00 Nightly News (S)        | 6:30 Coffee Cart (S) <b>12</b><br>9:00 Music & Movement (S)<br>10:30 Bible Time Devotion (L)<br>11:00 Nail Painting (A)<br>1:00 Shopping Cart (S)<br>2:45 Dominoes (S)<br>6:00 Nightly News (S)                     | 6:30 Coffee Cart (S) <b>13</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>1:00 Helpful Hands (S) (Spring Clean-up)<br>2:30 Social Hour (S)<br>6:00 Nightly News (S)                                       | 9:30 1:1's with Sue <b>14</b><br>10:00 Drink Time (SDR)<br>10:30 Bingo (A)<br>2:00 Word Games (A)<br>2:30 Drink & Snack (SDR)<br>3:00 Saturday Cinema: Mother Teresa (S)<br>6:00 Nightly News (S)    |
| 9:00 Church Service Channel 38 <b>15</b><br>10:00 Drink Time (SDR)<br>2:30 Drink & Snack (SDR)<br>6:00 Nightly News (S)<br><b>Independent Activities</b>            | 6:30 Coffee Cart (S) <b>16</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>1:00 Helpful Hands Laundry L<br>1:30 Tech Time: Wii-Fi (A)<br>3:00 Price is Right (A)<br>6:00 Nightly News (S)              | 6:30 Coffee Cart (S) <b>17</b><br>9:00 Fun with Fitness (S)<br>10:30 Bible Time Daily Devotion (L)<br>1:30 <b>Tanglewood Nature Center Visit (S)</b><br>3:00 Craft Time (A)<br>6:00 Nightly News (S) | 6:30 Coffee Cart (S) <b>18</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>10:30 1:1's with Tammy<br>1:00 Helpful Hands Laundry L<br>1:30 Baking Cookies (A)<br>3:00 Sing-a-Long (A)<br>6:00 Nightly News (S)       | 6:30 Coffee Cart (S) <b>19</b><br>9:00 Seated Zumba Gold (S)<br>10:30 Nail Painting (A)<br>11:30 <b>*Lunch at Pudgies</b><br>1:30 Shopping Cart (S)<br>3:00 Trivial Pursuit TV Edition (S)<br>6:00 Nightly News (S) | 6:30 Coffee Cart (S) <b>20</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>1:00 Helpful Hands Laundry L<br>1:30 Topic Talk/Trivia (S)<br>2:30 Social Hour (S)<br>6:00 Nightly News (S)                     | 9:30 Tai Chi (A) <b>21</b><br>10:00 Drink Time (SDR)<br>10:30 Bingo (A)<br>1:30 Saturday Cinema: Saving Private Ryan (S)<br>2:30 Drink & Snack (SDR)<br>6:00 Nightly News (S)<br>Armed Forces Day    |
| 9:00 Church Service Channel 38 <b>22</b><br>10:00 Drink Time (SDR)<br>2:30 Drink & Snack (SDR)<br>6:00 Nightly News (S)<br><b>Independent Activities</b>            | 6:30 Coffee Cart (S) <b>23</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>1:00 Helpful Hands Laundry L<br>1:30 Baking<br>3:00 Topic Talk (A)<br>6:00 Nightly News (S)<br>Victoria Day (Canada)        | 6:30 Coffee Cart (S) <b>24</b><br>9:00 Morning Stretch (S)<br>10:30 <b>Karaoke w/ Patty &amp; Tammy (S)</b><br>1:30 Tech Time (A)<br>3:00 Bible Time Daily Devotion (L)<br>6:00 Nightly News (S)     | 6:30 Coffee Cart (S) <b>25</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>10:30 1:1's with Tammy<br>1:00 Helpful Hands Laundry L<br>1:30 <b>Catholic Mass (A)</b><br>3:00 Social Hour (A)<br>6:00 Nightly News (S) | 6:30 Coffee Cart (S) <b>26</b><br>9:00 Exercise: Seated Zumba Gold (S)<br>10:30 <b>*Coffee at Dunkin</b><br>1:00 Shopping Cart (S)<br>2:30 Nail Painting (S)<br>3:00 Uno (S)<br>6:00 Nightly News (S)               | 6:30 Coffee Cart (S) <b>27</b><br>9:30 Tai Chi (A)<br>10:30 Bingo (A)<br>1:00 Helpful Hands Laundry L<br>1:30 Craft: Poppy Pins (A)<br>6:00 Nightly News (S)   | 9:30 1:1's with Sue <b>28</b><br>10:00 Drink Time (SDR)<br>10:30 Bingo (A)<br>2:00 Topic Talk Social (A)<br>2:30 Drink & Snack (SDR)<br>3:00 Saturday Cinema: Judy (S)<br>6:00 Nightly News (S)      |
| 9:00 Church Service Channel 38 <b>29</b><br>10:00 Drink Time (SDR)<br>2:30 Drink & Snack (SDR)<br>6:00 Nightly News (S)<br><b>Independent Activities</b>            | 10:00 Drink Time (SDR) <b>30</b><br>2:30 Drink & Snack Time (SDR)<br>3:00 Movie: Comedy (Daddy's Home 2) (S)<br>6:00 Nightly News (S)<br><b>Independent Activities</b><br>Memorial Day               | 6:30 Coffee Cart (S) <b>31</b><br>9:00 Exercise: Seated Zumba Gold (S)<br>10:30 Craft Time (A)<br>1:30 <b>Live Music with Larry Stamatel (S)</b><br>3:00 Word Game (S)<br>6:00 Nightly News (S)      | <div>May 2022</div> <div>The New Falls Home, 111 Schuyler Street, Montour Falls, NY 14865 Phone: (607) 535-7165 Website: thefallshome.com</div>   |   |  |  |

Legend: (A) Activity Room, (F) Family Room, (FD) Front Desk, (L) Library, (SDR) Seneca Dining Room. (\*) Activities that require residents to sign-up to participate. Activities are subject to change and will be announced accordingly. Programs will be led by the Activity Department staff unless indicated otherwise. Drink Time daily at 10:00 (SDR). Drink & Snack time daily at 2:30 (SDR), unless noted otherwise.