



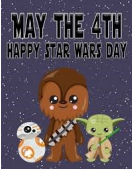


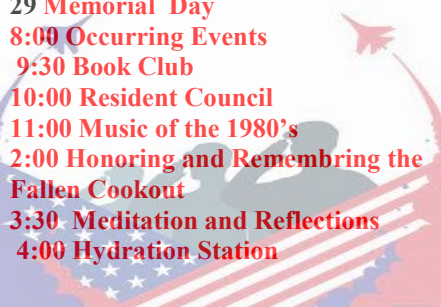
MAY 2023



OREGON

Living & Rehabilitation Center
811 S 10th St, Oregon, IL 61061



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Personal shopping is the 2nd Thursday of every month 1:00PM - 4:00PM. * Mail is delivered Monday - Saturday unless a holiday.</p>	<p>1 May Day 8:00 Today in the News... 9:30 Book Club 10:00 History of May Day and the May Pole 11:00 Music of the 1950's 2:00 Making Spring Flower Crowns 3:30 Dance to the Beat 4:00 Mail Call</p>	<p>2 8:00 Today in Weird History 9:30 Fitness Club 10:00 Cooking Club: Chocolate Chip Cookies 11:00 Music of Spring 2:00 Bingo Hour 3:00 Pretty Nails 3:30 Chair Yoga 4:00 Mail Pass</p>	<p>3 8:00 Current Events 9:30 Scarfercise 10:00 Hymns w/ Father George 11:00 Music of Hans Zimmer 2:00 Making Ruby Slippers 3:00 "Let's Talk" with Carol 3:30 Movie Madness and Popcorn : Star Wars Episode V The Empire Strikes Back</p>	<p>4 National Star Wars Day 8:00 Today in the News... 9:30 Fitness Club 10:00 Wii Bowling League 11:00 Lightsaber Battle 2:00 Star Wars Bingo 3:00 Birthday Card Club 3:30 Drumming 4:00 Mail Call</p> 	<p>5 Cinco De Mayo 8:00 Rise and Shine 9:30 Book Club 10:00 Welcome To Mexico 11:00 What's that Song?! 2:00 Cinco De Mayo Party w/ Frozen Mocktail Margaritas 3:00 Chair Exercises 4:00 Hydration Station</p>	<p>6 Kentucky Derby Day 8:00 Good Morning OLRC 9:30 Morning Stretches 10:30 Going over the racers/"Bet"ing" 11:00 Music and Lyrics 2:00 Live coverage of the Kentucky Derby races begin</p>
<p>7 8:00 Sunday Funnies 9:30 Sunday Stretches 10:00 Catholic Mass w/ Father Dave 11:00 Who Sang it?: Country 2:00 God Cares Church Service 3:00 Cooking Club: Puppy Chow 4:00 Hydration Station</p>	<p>8 8:00 Today in the News... 9:30 Book Club 10:00 Morning Reflection and Meditation 11:00 Music of the 1950's 2:00 Family Feudin' 3:30 Dance to the Beat 4:00 Mail Call</p>	<p>9 8:00 Today in Weird History 9:30 Fitness Club 10:00 Writing to our Pen Pals 11:00 What's the Mandela Effect? 2:00 Bingo Hour 3:00 Pretty Nails 3:30 Chair Yoga 4:00 Mail Pass</p>	<p>10 8:00 Current Events 9:30 Yoga For You 10:00 Hymns with Father George 11:00 Music of John Williams 2:00 Duct Tape Roses 3:00 Popcorn and Movie: Indiana Jones and the Raiders of the Lost Ark</p>	<p>11 8:00 Weird News 9:30 Sitting Zumba 10:00 Wii Bowling 11:00 Name that Tune 2:00 Bingo Hour 3:30 Drumming 4:00 Mail Pass</p>	<p>12 8:00 News and Chat 9:30 Book Club 10:00 Mexican Landmarks Tour 11:00 Which is the Correct Logo? 2:00 Ice Cream Social: Freezer Pops 3:30 Back Tension Relief exercise 4:00 Mail Call</p>	<p>13 National Train Day 8:00 Current Events 9:30 Yoga For You 10:00 Broom ball 11:00 Guess That Tune 2:00 Big Dice Game 3:00 Movie Night: Planes, Trains and Automobiles</p>
<p>14 Mother's Day 8:00 News and Coffee 9:30 Morning Stretches 10:00 Easter Mass w/ Father Dave 11:00 Mothers Day Word Search 2:00 Hymn singing 3:00 Mother's Day Social 4:00 Hand Massages 4:00 Mail Call</p> 	<p>15 8:00 News Catch up 9:30 Book Club 10:00 Discussion of June Activities 11:00 Music of the 1960's 2:00 Jeopardy 3:00 Movin and Groovin 4:00 Mail Call</p>	<p>16 8:00 This Day in History 9:30 Scarfercise 10:00 Cooking Club: Patriot Cookies 11:00 Guess That Sound 2:00 Double Card Bingo 3:00 Stretching to the Beat 4:00 Mail Call</p>	<p>17 8:00 Weird News 9:30 Sit n Stretch 10:00 Father George Mass 11:00 Music of James Horner 2:00 Bags Tournament 3:00 Assorted Popcorn and Movie Madness - A Beautiful Mind</p>	<p>18 8:00 Current Events 9:30 Chair Zumba 10:00 Wii Bowling Time 11:00 Finish the Lyric 2:00 Bingo Time 3:30 Drumming 4:00 Mail Call</p>	<p>19 8:00 News and Chat 9:30 Book Club 10:00 Trivia in the Outdoors 11:00 Guess That Tune 2:00 Ice Cream Social: Ice Cream Sandwiches 3:30 Movie Night: Wizard of Oz</p>	<p>20 National Armed Forces Day 8:00 Rise and Shine 9:30 Sit n Stretch 10:00 Writing to Active Military 11:00 Finish the lyric 2:00 Charades 3:00 Thoughts and Reflections 4:00 Movie Night: Hacksaw Ridge</p>
<p>21 8:00 This Day in History 9:30 Sit n Stretch 10:00 Catholic Mass w/ Father Dave 11:00 Who Sang it? Golden Oldies 2:00 God Cares Church Service 3:00 Art with Bob Ross 4:00 Hand Massages</p>	<p>22 8:00 Current Events 9:30 Book Club 10:00 Guided Meditation 11:00 Music of the 1970's 2:00 Wheel of Fortune 3:30 Exercise Class w/ Sherry Zak Morris 4:00 Mail Call</p>	<p>23 World Turtle Day 8:00 Rise and Shine 9:30 Fun with Fitness 10:00 Cooking Club: Turtle Dessert 11:00 What's That Tune?!? 2:00 Double Luck Bingo 3:00 Manicures 3:30 Chair Yoga 4:00 Mail Call</p>	<p>24 Armchair Travel To Mexico 8:00 Hola, Buenos Dias 9:30 Morning Stretches 10:00 Father George 11:00 Music of Mexico 2:00 Armchair Travel to Mexico 3:30 Popcorn and Movie Madness-- The Three Amigos</p> 	<p>25 8:00 Current Events 9:30 Scarfercise 10:00 Wii Bowlers League 11:00 Name that Logo 1:30 Tea Time with Jeni 2:00 Bingo Blast off 3:00 Birthday Celebration Party 4:00 Mail Call</p>	<p>26 8:00 Current Events 9:30 Book Club 10:00 Outdoor Activities 11:00 Westerns and Country Music 2:00 Sno-Cone Social 3:30 Chair Yoga 4:00 Mail Call</p>	<p>27 8:00 Current Events 9:30 Fitness Club 10:00 Connect Four w/Cookies 11:00 Finish the Lyric: 70's 2:00 Big Dice Game 3:00 Relaxing Meditation w/ Music 4:00 Movie Night</p>
<p>28 National Burger Day 8:00 Rise and Shine 9:30 Morning Exercise 10:00 Catholic Mass w/ Father Dave 11:00 Making Felt Hamburgers 2:00 Hymn Sing-Along 3:00 Disney Movie Magic + Popcorn : Toy Story 4:00 Hydration Station</p>	<p>29 Memorial Day 8:00 Occurring Events 9:30 Book Club 10:00 Resident Council 11:00 Music of the 1980's 2:00 Honoring and Remembering the Fallen Cookout 3:30 Meditation and Reflections 4:00 Hydration Station</p> 	<p>30 8:00 2 Truths and 1 Lie 9:30 Scarfercise 10:00 Cooking Club: Apple Pie 11:00 Name that Tune: 60's 2:00 Bingo Hour 3:00 Painting Nails 3:30 Move to the Beat 4:00 Mail Pass</p>	<p>31 8:00 Today in the News 9:30 Scarfercise 10:00 Father George 's Mass 11:00 Music of Danny Elfman 2:00 Saying Good Bye to Mexico 2:30 Lets Talk 3:30 Movie and Popcorn: Men in Black</p>	<p>May Birthdays David Logsdon 5/8 Philip Schneeberger 5/9 Joan Janssen 5/15 Chris Carmona 5/19</p>	<p>May Birthdays Sharon Herbert 5/21 Claudia Robertson 5/26 Joan Ott 5/30</p>	