




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	 <div style="border: 1px solid black; padding: 5px;"> <p>#1 Rise and Shine! See what "Good Morning" looks like in many different languages</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>#2 Word of the Day: Get a piece of paper. Each morning, write down a positive affirmation using the Word of the Day. For example, on May 13th you might write: "Today I am grateful for the sunshine."</p> </div> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>#3 Who Am I?: Each day, read the brief description of a staff member at Avenidas Rose Kleiner...can you guess who it is?</p> </div>					1
				<p><i>Good morning!! (English)</i></p> <p>Word of the day: <i>Friendship</i> </p> <p><i>Exercise time! Exercise with Dina on YouTube!</i></p> <p><i>Eat something yummy!!</i></p> <p><i>Who Are We? We are your PT/OT Dynamic Duo!</i></p>		
   <h2 style="color: #e91e63; margin: 0;">May 2020 Activities Calendar</h2>						
	4	5	6	7	8	
Rise and Shine	<i>Καλημέρα, Kaliméra (Greek)</i>	<i>¡Buenos días! (Spanish)</i> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Happy Cinco de Mayo!!</div>	<i>गुड मॉर्निंग! (Hindi)</i>	<i>おはようございます Ohayōgozaimasu (Japanese)</i>	<i>สวัสดีตอนเช้าค่ะ Swāsdī txn chēā khā (Thai)</i>	
10:00 AM	Word of the day: <i>Exuberant</i>	Word of the day: <i>Optimistic</i>	Word of the day: <i>Brave</i>	Word of the day: <i>Beautiful</i>	Word of the day: <i>Family</i>	
11:00 AM	<i>Exercise time! Put on some disco music and dance in your chair</i>	<i>Do some stretching exercises in your chair - reach for the stars</i>	<i>Exercise with Eileen on YouTube (seated portion or standing if able)</i>	<i>Exercise time! Take a walk from your chair - visualize a place & tell us what you see along the way</i>	<i>Exercise time! Exercise with Dina on YouTube!</i> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Happy Mother's Day! (Sun)</div>	
Noon	Have a wonderful lunch!!	Eat something healthy!!	Wash your hands and EAT!!	Enjoy that yummy lunch!	Enjoy that healthy food!	
afternoon & evening	<i>Who Am I? I sometimes have a four-legged creature in my office</i>	<i>Who Am I? I make the best desserts!</i>	<i>Who Am I? I greet you each morning & give you your badge.</i>	<i>Who Am I? I can give you your medication and my hair is sometimes pink, sometimes blue....</i>	<i>Who Am I? I moved here from Canada, eh?</i>	
DATE	11	12	13 	14	15	
9:00 AM	<i>Buổi sáng tốt lành (Vietnamese)</i>	<i>좋은 아침 joh-eun achim (Korean)</i>	<i>(Arabic)sabah alkhyr صباح الخير</i>	<i>早上好 Zǎoshang hǎo (Chinese)</i>	<i>Aloha kakahiaka (Hawaiian)</i>	
10:00 AM	Word of the day: <i>Joyful</i>	Word of the day: <i>Bliss</i>	Word of the day: <i>Grateful</i>	Word of the day: <i>Harmony</i>	Word of the day: <i>Hope</i>	
11:00 AM 	<i>Exercise time! Put on some disco music and dance in your chair!</i>	<i>Do some stretching exercises in your chair - reach for the stars!</i>	<i>Exercise with Eileen on YouTube (seated portion or standing if able)</i>	<i>Exercise time! Take a walk from your chair - visualize a place & tell us what you see along the way!</i>	<i>Exercise time! Exercise with Dina on YouTube!</i>	
Noon	Have a wonderful lunch!!	Eat something healthy!!	Wash your hands and EAT!!	Enjoy that yummy lunch!	Enjoy that healthy food!	
afternoon & evening	<i>Who Am I? My son's name is Lucas and my first name starts with a "J"</i>	<i>Who Am I? I put you through your paces in the gym</i>	<i>Who Am I? I teach exercise class and make the best coffee - I call it "Bomba"</i>	<i>Who Am I? My sneakers always match my clothes and I wear BIG hoop earrings</i>	<i>Who Am I? I am the only regular staff member that speaks Chinese</i>	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 
DATE	18	19	20	21	22
9:00 AM	<i>Bon matin or Bonjour (French)</i>	<i>(Hebrew) בוקר טוב</i>	<i>ਸੁਭ ਸਵੇਰ Subha savēra (Punjabi)</i>	<i>magandang umaga (Filipino)</i>	<i>Buongiorno (Italian)</i>
10:00 AM	Word of the day: <i>Memories</i>	Word of the day: <i>Love</i>	Word of the day: <i>Home</i>	Word of the day: <i>Friendship</i>	Word of the day: <i>Glorious</i>
11:00 AM	<i>Exercise time! Put on some disco music and dance in your chair!</i> 	<i>Do some stretching exercises in your chair - reach for the stars!</i>	<i>Exercise with Eileen on YouTube (seated portion or standing if able)</i>	<i>Exercise time! Take a walk from your chair - visualize a place & tell us what you see along the way!</i>	<i>Exercise time! Exercise with Dina on YouTube!</i>
Noon	Have a wonderful lunch!!	Eat something healthy!!	Wash your hands and EAT!!	Enjoy that yummy lunch!	Enjoy that healthy food!
afternoon & evening	Who Am I? I am the Queen of Arts and Crafts...and I am now an abuela	Who Am I? I have lots of curls in my blonde hair	Who Am I? Sometimes I teach exercise...some times I take your blood pressure.	Who Am I? I am VERY, VERY bossy...and very tall.	Who Am I? I have brown hair and blue eyes...and I just got married in July 2019
DATE	25	26	27	28	29
9:00 AM	<i>शुभ प्रभात (Marathi)</i>	<i>Guten Morgen (German)</i>	<i>Selamat pagi (Indonesian)</i>	<i>ua mai le taeao (Samoan)</i>	<i>காலை வணக்கம் Kālai vaṇakkam (Tamil)</i>
10:00 AM	Word of the day: <i>Glee</i>	Word of the day: <i>Dance</i>	Word of the day: <i>Giggle</i>	Word of the day: <i>Play</i>	Word of the day: <i>Laugh</i>
11:00 AM	<i>Exercise time! Put on some disco music and chair dance.</i> Happy Memorial Day!	<i>Do some stretching exercises in your chair - reach for the stars!</i>	<i>Exercise with Eileen on YouTube (seated portion or standing if able)</i>	<i>Exercise time! Take a walk from your chair - visualize a place & tell us what you see along the way!</i>	<i>Exercise time! Exercise with Dina on YouTube!</i>
Noon	Have a wonderful lunch!!	Eat something healthy!!	Wash your hands and EAT!!	Enjoy that yummy lunch!	Enjoy that healthy food!
afternoon & evening	Who Am I? I have wavy reddish hair and my boss says I look like a young Bridget Bardot	Who Am I? I call my two grown boys, "My brats"	Who Am I? I am a nurse and I am originally from Nairobi, Capital City of Kenya, a country in East Africa 	Who Am I? I am your Nurse Navigator	Who Am I? My last name sounds like an animal, but is spelled without the final "b"

