

Monday

Tuesday

Wednesday

Thursday

Friday

# May 2020

Mother's Day 5.10  
Memorial Day 5.25

## 1 Covid-19 Safety Tips

- Exercise Social Distancing
- Practice Good Hand Hygiene
- Wear a Mask when going out
- Stay home

<p><b>Motivation Monday</b> 4</p> <p>"Keep Your Face to the Sunshine and you cannot see a shadow"</p> <p>-Helen Keller</p>	<p><b>Put It together!</b> 5</p> <p>Choose a game and play 🎮</p>	<p><b>Workout Wednesday</b> 6</p> <p>Chair Exercises for at least 3 Mins</p> <p>Knee Lifts</p> <p>Yay! You did it</p>	<p><b>Thirsty Thursday</b> 7</p> <p>Drink a full glass of Water To stay hydrated and healthy</p>	<p><b>Fresh Air Friday</b> 8</p> <p>Let's watch the sunrise together</p> <p><b>Reminder:</b> Call the Center for Put It Together Answers</p>
<p><b>Motivation Monday</b> 11</p> <p>"The most important thing is to try and inspire people so that they can be great in whatever they want to do."</p> <p>-Kobe Bryant</p>	<p><b>Mother's Day</b> 12</p> <p>Art Sheets Word Search</p>	<p><b>Workout Wednesday</b> 13</p> <p>Chair Exercises for at least 4 Mins</p> <p>Toe Curls</p> <p>Yay! You did it</p>	<p><b>Mother's Day</b> 14</p> <p>Famous Mother Activity Word Scramble</p>	<p><b>Fresh Air Friday</b> 15</p> <p>Let's enjoy tea, lemonade, or your favorite beverage together At noon outside</p>
<p><b>Motivation Monday</b> 18</p> <p>"I've always believed that you can think positive just as well as you can think negative."</p> <p>-James Baldwin</p>	<p><b>Put It together!</b> 19</p> <p>Choose a game and play 🎮</p>	<p><b>Workout Wednesday</b> 20</p> <p>Chair Exercises for at least 4 Mins</p> <p>Arms out to side, Small Circles</p> <p>Yay! You did it</p>	<p><b>Enjoy</b> 21</p> <p><b>A Day of Rest and Reflection!</b></p>	<p><b>Fresh Air Friday</b> 22</p> <p>Let's a stroll, ride, walk to the mailbox together at 10 am</p> <p><b>Reminder:</b> Call the Center for Put It Together Answers</p>
<p><b>Let's Observe Memorial Day!</b> 25</p> <p>The national moment of remembrance takes place at 3:00 p.m. local time.</p> <p><b>Memorial Day</b></p>	<p><b>Memorial Day</b> 26</p> <p>Art Sheets Crossword puzzles</p>	<p><b>Workout Wednesday</b> 27</p> <p>Chair Exercises for at least 4 Mins</p> <p>Neck Rolls</p> <p>Yay! You did it</p>	<p><b>Memorial Day</b> 28</p> <p>Hero Cryptograms</p>	<p><b>Fresh Air Friday</b> 29</p> <p>Let's watch the sunset together</p>