



The Cottage

2093 Northwestern Pike • Winchester, VA 22603
Phone: (540) 662-6883 • Fax: (540) 662-0985



May 2012



Our clay pot peeps are cute.



Brittany and Tiffany are putting on a Hokey Pokey show with the residents.

Spring Arbor of Winchester Management Team

Dave Compton, MBA

Executive Director

Glenda Shifflett

Business Office Manager

Carol Light, R.N.

Marketing Director

Eric Douglas

Resident Care

Coordinator

Necie Joyce

Cottage Care Coordinator

Robin Ferguson

Activity Director

Fran Willette

Food Service Manager

Bob Shellorn

Maintenance Director

Each activity/program must promote one or more of the following domains of wellness:

I=Intellectual

CG=Cognitive

S=Social, E=Emotional

SP=Spiritual/Reflective

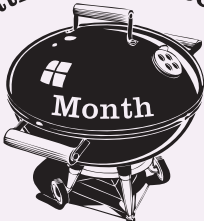
N=Nature/Outdoors

P=Physical

Calendar and times are subject to change.



Sunday	Monday	Tuesday
		<p>1</p> <p>9:00 Memory Lane 9:30 Chair Exercise 11:00 Picture This 1:00 Relaxation Time 2:00 Crafty Corner 3:30 Nail Salon 4:30 Piano Music</p>
<p>6</p> <p>9:00 Current Events 10:00 Sunday Service on T.V. 1:00 Relaxation Time 3:00 Church Service</p>	<p>7</p> <p>9:00 Current Events 9:30 Bowling 10:15 Out and About 11:00 Connect 4 1:00 Relaxation Time 2:00 Sort It 3:00 Charlie the Entertainer 7:00 Wheel of Fortune</p>	<p>8</p> <p>9:00 Current Events 9:30 Coffee on the Patio 10:15 Walk Around the Block 11:00 Remember When 1:00 Relaxation Time 2:00 Nail Salon 4:00 Book Club 4:30 Piano Music</p>
	<p>13</p> <p>9:00 Current Events 9:30 Stretch It Out 10:15 Men's Adventure Time 1:00 Relaxation Time 2:00 Crafty Corner 3:00 Basket Ball 4:00 Finish That Line 6:30 Word Scramble 7:00 Wheel of Fortune</p>	<p>14</p> <p>9:00 Current Events 9:15 Tea Social 10:00 Nail Salon 1:00 Relaxation Time 2:00 Bingo 3:30 Noodle Ball 4:00 Kickball 7:00 Wheel of Fortune</p>
<p>20</p> <p>9:00 Current Events 9:30 This Time in History 10:00 Sunday Service on T.V. 1:00 Pamper Me 3:00 Church Service</p>	<p>21</p> <p>9:00 Memory Lane 9:30 Chair Exercise 10:15 Driving Miss Daisy 11:00 Famous Sayings 1:00 Relaxation Time 2:00 Crafty Corner 3:30 Nail Salon 4:30 Piano Music 7:00 Wheel of Fortune</p>	<p>22</p> <p>9:00 Current Events 9:30 Twist and Shouting 10:15 Hot Potato 11:00 Remember When 1:00 Relaxation Time 2:00 Corn Hole 4:00 Name That Item 4:30 Piano Music</p>
<p>27</p> <p>9:00 Current Events 10:00 Sunday Service on T.V. 1:00 One on One 3:00 Church Service</p>	<p>28</p> <p>Memorial Day 9:00 Current Event 10:00 Baker's Dozen 1:00 Relaxation Time 2:30 Bakers Talk 3:30 Bananagrams 4:30 Piano Music 6:00 Jenga 7:00 Wheel of Fortune</p>	<p>29</p> <p>9:00 Current Event 10:00 Baker's Dozen 1:00 Relaxation Time 2:30 Bakers Talk 4:30 Piano Music 6:00 Hangman 7:00 Wheel of Fortune</p>

Wednesday	Thursday	Friday	Saturday
<p align="right">2</p> <p>9:00 Current Events 9:15 Move~N~Groove 9:45 Coffee on the Patio 10:30 Walk~N~Talk 1:00 Relaxation Time 2:00 Sock It to Me 3:00 Volleyball 4:30 '50s Music</p>	<p align="right">3</p> <p>9:00 Current Events 9:30 Stretch It Out 10:15 Word Scramble 11:00 Trivia of the Past 1:00 Relaxation Time 2:30 Fancy Feet 3:30 Picture Bingo 4:30 '50s Music</p>	<p align="right">4</p> <p>9:00 Current Events 9:15 Tea Social 10:45 Horseshoes 1:00 One on One 2:00 Bingo 3:30 Crafty Corner 4:30 Piano Music 7:00 Friday Night Movie</p>	<p align="right">5</p> <p>9:00 This Day in History 10:15 Move~N~Groove 1:00 Relaxation Time 3:00 Banana Splits 7:00 Lawrence Welk Show</p>
<p align="right">9</p> <p>9:00 Current Event 10:00 Baker's Dozen 1:00 Relaxation Time 2:30 Bakers Talk 3:30 Bananagrams 4:30 Piano Music 6:00 Jenga 7:00 Wheel of Fortune</p>	<p align="right">10</p> <p>9:00 News~N~Views 9:30 Morning Stretch 10:15 Sing Along 11:00 Finish That Line 1:00 One on One 2:00 Beaddazzled 4:30 60's Music</p>	<p align="right">11</p> <p>9:00 Current Events 10:15 Stretch It Out 10:45 Ball Toss 1:00 Relaxation Time 2:00 Bingo 3:30 Crafts 4:30 Piano Music 7:00 Friday Night Movie</p>	<p align="right">12</p> <p>9:00 Current Events 10:15 Hangman 1:00 Relaxation Time 3:30 Fancy Feet 7:00 Lawrence Welk Show</p>
<p align="right">16</p> <p>9:00 Current Events 9:30 Noodle Ball 10:15 Out and About 11:00 Remember When 1:00 Relaxation Time 2:00 Hangman 3:00 Word Scramble 4:00 Kickball 7:00 Wheel of Fortune</p>	<p align="right">17</p> <p>9:00 Current Events 9:15 Tea Social 10:45 Horseshoes 1:00 Relaxation Time 2:00 Bingo 3:30 Noodle Ball 4:00 Kickball 7:00 Wheel of Fortune</p>	<p align="right">18</p> <p>9:00 Current Events 9:30 Walk It Out 10:15 Coffee on the Patio 11:00 Garden Chatter 1:00 Relaxation Time 2:00 Bingo 3:30 Kickball 7:00 Friday Night Movie</p>	<p align="right">19</p> <p>9:00 This Day in History 10:15 Stretch It Out 1:00 You~N~Me 3:30 Bowling 7:00 Lawrence Welk Show</p>
<p align="right">23</p> <p>9:00 Current Events 9:30 Stretch It Out 10:15 Men's Adventure Time 1:00 Relaxation Time 2:00 Crafty Corner 3:00 Resident Choice Game 4:00 Finish That Line 6:30 Word Scramble</p>	<p align="right">24</p> <p>9:00 Current Events 9:30 Twist and Shouting 10:15 Hot Potato 11:00 Remember When 1:00 One on One 2:00 Bird Watchers Club 4:30 Piano Music</p>	<p align="right">25</p> <p>9:00 Current Events 10:15 Stretch It Out 10:45 Tic~Tac~Toe 1:00 Relaxation Time 2:00 Bingo 3:30 Movie Trivia 4:30 Piano Music 7:00 Friday Night Movie</p>	<p align="right">26</p> <p>9:00 Current Events 10:15 Move~N~Groove 1:00 Relaxation Time 3:30 Bird Watchers Club 7:00 Lawrence Welk Show</p>
<p align="right">30</p> <p>9:00 Memory Lane 9:30 Chair Exercise 10:15 Driving Miss Daisy 11:00 Famous Sayings 1:00 Relaxation Time 2:00 Crafty Corner 3:30 Nail Salon 4:30 Piano Music 7:00 Wheel of Fortune</p>	<p align="right">31</p> <p>9:00 Memory Lane 9:30 Chair Exercise 10:15 Word Scramble 11:00 Trivia of the Past 1:00 Relaxation Time 2:00 Fancy Feet 4:00 Connect 4</p>	<p align="center"> National Barbecue  Month </p>	<p>Hydration Stations Are Every Day at the Following Times: 10 a.m. 2 p.m. 8 p.m.</p>

May 2012



"This Month In History" May

1770: The French dauphin Louis marries Marie Antoinette.

1792: The forerunner of the New York Stock Exchange is established.

1806: Andrew Jackson wins a duel 22 years before being elected president.

1872: Victoria Woodhull is nominated as the presidential candidate of the Equal Rights Party. She is the first woman nominated for president.

1897: London bookshops begin selling copies of the vampire novel "Dracula" by Irish writer Bram Stoker.

1941: Cheerios land on the shelves, a hit with kids and parents alike.

1953: New Zealand mountaineer Edmund Hillary and his guide, Tenzing Norgay, become the first men to reach the summit of Mount Everest, the world's highest mountain at 29,029 feet.

1954: Roger Bannister, a 25-year-old medical student, becomes the first person to run the mile in less than four minutes. Bannister wins a mile race in Oxford, England, in 3 minutes and 59.4 seconds.

1977: "Star Wars" is released in theaters. The five subsequent Star Wars movies are also released in May.

1979: Margaret Thatcher is sworn in as the United Kingdom's Prime Minister.

1990: The Hubble Space Telescope transmits its first images from space.

1999: Susan Lucci, longtime star of "All My Children," wins her first Emmy award after 19 nominations.

2010: Betty White becomes the oldest person to host "Saturday Night Live" and is a rousing success.