

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Reflections

Info

Reflections Birthdays!

Joanne Z. June 2th
Rose M. June 3rd
Barbara T. June 6th
Paula P. June 27th

Check out the calendar for June's afternoon entertainment and special events!

PROGRAM

- – Cognitive
- – Emotional
- – Physical
- – Social



- 5**
- 9:30 ■ Televised Mass
 - 10:30 ■ Light Morning Stretches
 - 11:00 ■ Pass The Pigs!
 - 11:30 ■ Way Back When
 - 11:30 ■ Communion
 - 1:15 ■ Put-Put Golf
 - 2:30 ■ Snack Social
 - 3:30 ■ Tai Chi
 - 5:45 ■ The Dictionary Game
 - 6:00 ■ Movie Comedy Sundays

- 6** Happy Bday Barbara T!
- 10:00 ■ TheraBand Exercises
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Daily Trivia
 - 1:30 ■ Fun Time Karaoke!
 - 2:30 ■ Snack Social
 - 3:00 ■ Barre & Balance
 - 4:00 ■ Word Scramble
 - 4:30 ■ Whiteboard Games
 - 6:00 ■ Finish The Phrase
 - 6:30 ■ Monday Movie Musical

- 7**
- 10:00 ■ Chair Yoga
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ Falls And Balance Class
 - 11:30 ■ Finish the Phrase
 - 1:30 ■ Dice Roll
 - 2:30 ■ Snack Social
 - 3:30 ■ Scattergories
 - 4:00 ■ Shoulder Massages
 - 6:00 ■ Bowling
 - 6:30 ■ Silly Fun Comedy

- 8**
- 10:00 ■ 52 Card Cardio
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Visual Discussion
 - 11:30 ■ Uno Tournament
 - 1:30 ■ Cookin' Up Fun!
 - 2:30 ■ Snack Social
 - 3:00 ■ Tai Chi
 - 3:30 ■ Word Searches
 - 4:00 ■ Nail Touch-Ups
 - 6:00 ■ Family Film Night

- 9**
- 10:00 ■ Barre & Balance
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ Discussion Group
 - 11:30 ■ Hands On Art
 - 1:30 ■ Resident Outing
 - 2:30 ■ Snack Social
 - 3:30 ■ Scattergories
 - 4:30 ■ FACT or FICTION
 - 6:00 ■ After Dinner Stretch
 - 6:30 ■ On The Silver Screen

- 10**
- 10:00 ■ Movin-2-Music Exercise
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Daily Trivia
 - 1:30 ■ Scavenger Hunt
 - 2:30 ■ Snack Social
 - 3:00 ■ High Stakes BINGO
 - 3:30 ■ Who Said What?!
 - 4:00 ■ Afternoon Stretches
 - 5:30 ■ Music Memory Game
 - 6:30 ■ Friday Night Classic

- 11**
- 10:00 ■ Dice Roll Exercises
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ Brain Games
 - 1:15 ■ Yahtzee!
 - 2:00 ■ Saturday Spa Hour
 - 3:00 ■ Snack Social
 - 3:30 ■ Poker & Card Games
 - 4:00 ■ Word Scramble
 - 4:30 ■ Theraband Exercises
 - 6:00 ■ Hollywood Blockbusters

- 12**
- 9:30 ■ Televised Mass
 - 10:30 ■ Light Morning Stretches
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Pass The Pigs!
 - 11:30 ■ Did You Know?
 - 1:15 ■ Volleyball!
 - 2:00 ■ **Afternoon Entertainment**
 - 3:30 ■ Tai Chi
 - 4:00 ■ Conversation Cards
 - 6:00 ■ Movie Comedy Sundays

- 13**
- 10:00 ■ TheraBand Exercises
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ Daily Trivia
 - 11:00 ■ **In-House Mass**
 - 1:30 ■ Fun Time Karaoke!
 - 2:30 ■ Snack Social
 - 3:00 ■ Barre & Balance
 - 4:30 ■ Whiteboard Games
 - 6:00 ■ Finish The Phrase
 - 6:30 ■ Monday Movie Musical

- 14**
- 10:00 ■ Chair Yoga
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Falls And Balance Class
 - 11:30 ■ Finish the Phrase
 - 1:30 ■ TRIVIA BINGO
 - 2:00 ■ Farm Visit Pet Therapy
 - 3:30 ■ Scattergories
 - 4:00 ■ Shoulder Massages
 - 6:00 ■ Bowling
 - 6:30 ■ Silly Fun Comedy

- 15**
- 10:00 ■ 52 Card Cardio
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ Visual Discussion
 - 11:30 ■ Uno Tournament
 - 1:30 ■ Cookin' Up Fun!
 - 2:30 ■ Snack Social
 - 3:00 ■ Tai Chi
 - 3:30 ■ Word Searches
 - 4:00 ■ Nail Touch-Ups
 - 6:00 ■ Family Film Night

- 16**
- 10:00 ■ Barre & Balance
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Discussion Group
 - 11:30 ■ Hands On Art
 - 1:30 ■ Resident Outing
 - 2:30 ■ Snack Social
 - 3:30 ■ Scattergories
 - 4:30 ■ FACT or FICTION
 - 6:00 ■ After Dinner Stretch
 - 6:30 ■ On The Silver Screen

- 17**
- 10:00 ■ Movin-2-Music Exercise
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ **Holy Rosary**
 - 1:30 ■ Scavenger Hunt
 - 2:30 ■ Snack Social
 - 3:00 ■ High Stakes BINGO
 - 3:30 ■ Gardening Club
 - 4:00 ■ Afternoon Stretches
 - 5:30 ■ Music Memory Game
 - 6:30 ■ Friday Night Classic

- 18**
- 10:00 ■ Dice Roll Exercises
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Brain Games
 - 1:15 ■ Yahtzee!
 - 2:00 ■ Saturday Spa Hour
 - 3:00 ■ Snack Social
 - 3:30 ■ Poker & Card Games
 - 4:00 ■ Word Scramble
 - 4:30 ■ Theraband Exercises
 - 6:00 ■ Hollywood Blockbusters

- 19**
- 9:30 ■ Televised Mass
 - 9:30 ■ Communion
 - 10:30 ■ Light Morning Stretches
 - 11:00 ■ Pass The Pigs!
 - 11:30 ■ Way Back When
 - 1:15 ■ Put-Put Golf
 - 2:00 ■ **Afternoon Entertainment**
 - 3:30 ■ Tai Chi
 - 5:45 ■ The Dictionary Game
 - 6:00 ■ Movie Comedy Sundays

- 20**
- 10:00 ■ TheraBand Exercises
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Daily Trivia
 - 1:30 ■ Fun Time Karaoke!
 - 2:30 ■ Snack Social
 - 3:00 ■ Barre & Balance
 - 4:00 ■ Word Scramble
 - 4:30 ■ Whiteboard Games
 - 6:00 ■ Finish The Phrase
 - 6:30 ■ Monday Movie Musical

- 21**
- 10:00 ■ Chair Yoga
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ Falls And Balance Class
 - 11:30 ■ Finish the Phrase
 - 1:30 ■ Dice Roll
 - 2:30 ■ Snack Social
 - 3:30 ■ Scattergories
 - 4:00 ■ Shoulder Massages
 - 6:00 ■ Bowling
 - 6:30 ■ Silly Fun Comedy

- 22**
- 10:00 ■ 52 Card Cardio
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Visual Discussion
 - 11:30 ■ Uno Tournament
 - 1:30 ■ Cookin' Up Fun!
 - 2:30 ■ Snack Social
 - 3:00 ■ Tai Chi
 - 3:30 ■ Word Searches
 - 4:00 ■ Nail Touch-Ups
 - 6:00 ■ Family Film Night

- 23**
- 10:00 ■ Barre & Balance
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ Discussion Group
 - 11:30 ■ Hands On Art
 - 1:30 ■ Resident Outing
 - 2:30 ■ Snack Social
 - 3:30 ■ Scattergories
 - 4:30 ■ FACT or FICTION
 - 6:00 ■ After Dinner Stretch
 - 6:30 ■ On The Silver Screen

- 24**
- 10:00 ■ Movin-2-Music Exercise
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Daily Trivia
 - 1:30 ■ Scavenger Hunt
 - 2:30 ■ Snack Social
 - 3:00 ■ High Stakes BINGO
 - 3:30 ■ Who Said What?!
 - 4:00 ■ Afternoon Stretches
 - 5:30 ■ Music Memory Game
 - 6:30 ■ Friday Night Classic

- 25**
- 10:00 ■ Dice Roll Exercises
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ Brain Games
 - 1:15 ■ Yahtzee!
 - 2:00 ■ Saturday Spa Hour
 - 3:00 ■ Snack Social
 - 3:30 ■ Poker & Card Games
 - 4:00 ■ Word Scramble
 - 4:30 ■ Theraband Exercises
 - 6:00 ■ Hollywood Blockbusters

- 26**
- 9:30 ■ Televised Mass
 - 10:30 ■ Light Morning Stretches
 - 10:30 ■ Communion
 - 11:00 ■ Pass The Pigs!
 - 11:30 ■ Did You Know?
 - 1:15 ■ Volleyball!
 - 2:00 ■ **Afternoon Entertainment**
 - 3:30 ■ Tai Chi
 - 4:00 ■ Conversation Cards
 - 6:00 ■ Movie Comedy Sundays

- 27** Happy Bday Paula P!
- 10:00 ■ TheraBand Exercises
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ Daily Trivia
 - 1:30 ■ Fun Time Karaoke!
 - 2:30 ■ Snack Social
 - 3:00 ■ Barre & Balance
 - 4:00 ■ Word Scramble
 - 4:30 ■ Whiteboard Games
 - 6:00 ■ Finish The Phrase
 - 6:30 ■ Monday Movie Musical

- 28**
- 10:00 ■ Chair Yoga
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Falls And Balance Class
 - 11:30 ■ Finish the Phrase
 - 1:30 ■ TRIVIA BINGO
 - 2:30 ■ Snack Social
 - 3:30 ■ Scattergories
 - 4:00 ■ Shoulder Massages
 - 6:00 ■ Bowling
 - 6:30 ■ Silly Fun Comedy

- 29**
- 10:00 ■ 52 Card Cardio
 - 10:30 ■ Breathing Exercises
 - 11:00 ■ Visual Discussion
 - 11:30 ■ Uno Tournament
 - 1:30 ■ Cookin' Up Fun!
 - 2:30 ■ Snack Social
 - 3:00 ■ Tai Chi
 - 3:30 ■ Word Searches
 - 4:00 ■ Nail Touch-Ups
 - 6:00 ■ Family Film Night

- 30**
- 10:00 ■ Barre & Balance
 - 10:30 ■ Mindful Meditation
 - 11:00 ■ Discussion Group
 - 11:30 ■ Hands On Art
 - 1:30 ■ Resident Outing
 - 2:30 ■ Snack Social
 - 3:30 ■ Scattergories
 - 4:30 ■ FACT or FICTION
 - 6:00 ■ After Dinner Stretch
 - 6:30 ■ On The Silver Screen