



2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Breakfast 10:00 Reminisce Stretching/Wellness Walk 10:30 Arts & Crafts (EF) 10:30 VOCA Music Therapy 11:00 Massage Therapy 12:00-1:00 Lunch Social Hour 1:00 Latin Lounge Flow (AIT) 1:00 Art 1:10 Men's Group (RB) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down	4 Chinese Gunpowder Art trip 10:30 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Do You Know? (RB) 10:30 Wii Bowling (TS) 10:30 ART THERAPY 10:30 Veterans Gathering Group (AIT) 11:00 Massage Therapy 12:00-1:00 Lunch / Social Hour 1:00 Art 1:10 BINGO 1:10 Music Group (WJ) 1:30—2pm Community Police 2:00 Snack 2:30 Home Stretch 3:00 Wind Down	5 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (TS) 10:30 Trivia Time (RB)) 10:30 Jazz the Walls (EF) 12:00-1:00 Lunch / Social 12:50 News Flash Recall 1:00 Spiritual Hour (RB) 1:10 Arts & Crafts (EF) 2:00 Snack /Home Stretch 3:00 Wind Down 3:00 Story Hour (AIT)	6 CASINO TRIP (EF) 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (RB) 10:30 Wii Bowling (EF) 10:30 Craft Class (EF) 10:30 Focus Group 11:00 Koinonia Home Group 12:00-1:00 Lunch/Social Hr. 1:00 ZELMA GEORGE DANCERS 1:10 Manicures (EF) 2:30 Home Stretch 3:00 Wind Down	7 1:00 MOVIE DAY 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Chair Yoga/ Tai Chi Denise Dameron 10:30 Manicures (EF)) 12:00-1:00 Lunch / Social Hour 1:00 Art 1:00 MUSIC THERAPY 2:00 Snack / Home Stretch 3:00 Wind Down SCARVES GALORE (AIT)
10 SAVORS TRIP (EF) 9:30 Breakfast 10:00 Reminisce Stretching/Wellness Walk 10:00 Loving Hands Group 10:30 Arts & Crafts (EF) 10:30 VOCA Music Therapy 11:00 Massage Therapy 12:00-1:00 Lunch Social Hour 1:00 Latin Lounge Flow (AIT) 1:00 Art 1:10 Men's Group (RB) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down	11 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Do You Know? (RB) 10:30 Wii Bowling (TS) 10:30 ART THERAPY 10:30 Veterans Gathering Group (AIT) 12:00-1:00 Lunch / Social Hour 1:00 Art 1:10 BINGO 1:10 Music Group (WJ) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down	12 Lake Erie Captains Baseball Game 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (TS) 10:30 Trivia Time (RB)) 10:30 Jazz the Walls (EF) 10:30 Jackie the Storyteller 12:00-1:00 Lunch / Social Hour 12:50 News Flash Recall 1:00 Spiritual Hour (RB) 1:10 Arts & Crafts (EF) 2:00 Snack /Home Stretch 3:00 Wind Down 3:00 Story Hour (AIT)	13 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (RB) 10:30 Wii Bowling (EF) 10:30 Craft Class (EF) 10:30 Focus Group 12:00-1:00 Lunch/Social Hr. 1:00 Board Game Bonanza (AIT) 1:00 Art 1:10 Manicures (EF) 2:30 Home Stretch 3:00 Wind Down	14 TRIP TBA 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Chair Yoga/ Tai Chi Denise Dameron 10:30 Manicures (EF)) 11:00 Balloflex with Julie 12:00-1:00 Lunch / Social Hour 1:00 Art 2:00 Snack / Home Stretch 3:00 Wind Down SCARVES GALORE (AIT)
17 9:30 Breakfast 10:00 Reminisce Stretching/Wellness Walk 10:30 Arts & Crafts (EF) 11:00 Massage Therapy 12:00-1:00 Lunch Social Hour 1:00 Latin Lounge Flow (AIT) 1:00 Art 1:10 Men's Group (RB) 2:00 Snack 2:30 Home Stretch	18 Second Glance Shopping trip 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Do You Know? (RB) 10:30 Wii Bowling (TS) 10:30 ART THERAPY 10:30 Veterans Gathering Group (AIT) 11:00 Massage Therapy 12:00-1:00 Lunch / Social Hour 1:00 Art 1:10 BINGO 1:10 Music Group (WJ) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down	19 (((JUNETEENTH))) 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Well-ness Walk 10:30 Senior Fitness (TS) 10:30 Trivia Time (RB)) 10:30 Jazz the Walls (EF) 12:00-1:00 Lunch / Social Hour 12:50 News Flash Recall 1:00 Spiritual Hour (RB) 1:10 Arts & Crafts (EF) 2:00 Snack /Home Stretch 3:00 Wind Down 3:00 Story Hour (AIT)	20 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (RB) 10:30 Wii Bowling (EF) 10:30 Craft Class (EF) 10:30 Focus Group 11:00 Koinonia Home Group 12:00-1:00 Lunch/Social Hr. 1:00 ZELMA GEORGE DANCERS 1:10 Manicures (EF) 2:30 Home Stretch 3:00 Wind Down	21 1:00 MOVIE DAY CASINO TRIP (EF) 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Chair Yoga/ Tai Chi Denise Dameron 10:30 Manicures (EF)) 12:00-1:00 Lunch / Social Hour 1:00 Art 2:00 Snack / Home Stretch 3:00 Wind Down SCARVES GALORE (AIT)
24 SAVORS TRIP (EF) 9:30 Breakfast 10:00 Reminisce Stretching/Wellness Walk 10:00 Loving Hands Group 10:30 Arts & Crafts (EF) 11:00 Massage Therapy 12:00-1:00 Lunch Social Hour 1:00 Latin Lounge Flow (AIT) 1:00 Art 1:10 Men's Group (RB) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down	25 BOTANICAL GARDEN 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Do You Know? (RB) 10:30 Wii Bowling (TS) 10:30 ART THERAPY 10:30 Veterans Gathering Group (AIT) 11:00 Massage Therapy 12:00-1:00 Lunch / Social Hour 1:00 Art 1:10 BINGO 1:10 Music Group (WJ) 2:00 Snack 2:30 Home Stretch 3:00 Wind Down	26 PODIATRIST 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (TS) 10:30 Trivia Time (RB)) 10:30 Jazz the Walls (EF) 12:00-1:00 Lunch / Social Hour 12:50 News Flash Recall 1:00 Spiritual Hour (RB) 1:10 Arts & Crafts (EF) 2:00 Snack /Home Stretch 3:00 Wind Down 3:00 Story Hour (AIT)	27 CAREGIVER SUPPORT GROUP BiBiBop Trip 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Senior Fitness (RB) 10:30 Wii Bowling (EF) 10:30 Craft Class (EF) 12:00-1:00 Lunch/Social Hr. 1:00 Board Game Bonanza (AIT) 1:00 Art 1:10 Manicures (EF) 2:30 Home Stretch 3:00 Wind Down	28 9:30 Breakfast 10:00 Reminisce Stretching / Wellness Walk 10:30 Chair Yoga/ Tai Chi Denise Dameron 10:30 Manicures (EF)) 12:00-1:00 Lunch / Social Hour 1:00 Art 1:00 MUSIC THERAPY 2:00 Snack / Home Stretch 3:00 Wind Down SCARVES GALORE (AIT)

Please contact DENISE MITCHELL To schedule your appointment With the Podiatrist on June 26, 2019 361-6141 ext 885

CAREGIVER SUPPORT GROUP June 27, 2019 6:00 p.m. RESPITE CARE & DINNER AVAILABLE UPON REQUEST