

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

- CONNECT
- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

June cont'd **30**

9:45 ● Morning songs of Inspiration
10:00 ● Positive/ Inspirational Quotes of the day
10:30 ● Chicken Soup For The Soul
11:00 ● Catholic Communion Service
1:00 ● Word Games
2:00 ● Penny Ante
2:00 ● Scrabble
3:00 ● Pokeno
6:00 ● Table Games



SENIOR LIFESTYLE
your life. your style

THE LONGEST DAY
alzheimer's association

Be Inspired



10:00 ● Morning Performances by "Darrin Carter"
10:45 ● Daily Chronicles
1:00 ● Afternoon Strolls
1:00 ● Community Puzzles
1:00 ● Scrabble
2:00 ● Bingo
3:00 ● Live Performances by "Don Bellew"
6:00 ● Evening Cinema

LOCATIONS
MOST ACTIVITIES ARE LOCATED IN THE GARDENS ROOM
DINING ROOM - D
LIBRARY - B
LOBBY - L
COZY CAFE - CC
COURTYARD - CY
FRONT PORCH - FP
MEMORY LANE - ML

*Please note there is a sign up sheet for all trips (Please see Carliesa Meakes Director of Life Enrichment)
**Calendars are subject to change.

RESIDENT BIRTHDAYS:
Anne C. 6/01
Edith A. 6/11
Joyce P. 6/14
Bart S. 6/19
June B. 6/26
Pearl G. 6/28
Tom S. 6/29
June G. 6/30

*Please note that Life Enrichment staff does **NOT** cut resident nails. We will only File/ Color on manicure days.
SENIOR LIFESTYLE
Come grow with

10:00 ● Coffee & Conversation **2**
10:30 ● Community Puzzles
11:00 ● Catholic Communion Service
1:00 ● Cards
1:00 ● Pampering Demo Sessions w/ Sharon Stewart of Mary Kay (1-3pm)
2:00 ● Scrabble
3:00 ● Afternoon Strolls
6:00 ● Table Games

9:45 ● Seated Yoga/ Meditation **3**
10:00 ● Fabulous 50s Trivia
10:30 ● Concentration for Bucks w/ Dana
1:00 ● Show & Share
2:00 ● Pottery & Claywork w/ Charlene
2:00 ● The Crossword Puzzle
3:00 ● Bingo
6:00 ● Get Together Social

9:45 ● Badminton **4**
10:30 ● Name That 50s Hit
10:30 ● Paws For Comfort visits
10:45 ● You Be The Judge
11:00 ● Toss n Talk
1:00 ● Just Bead It!
1:00 ● Scrabble
2:00 ● "Table Talk/CCC Social"- Cookies, Coffee & Conversation
3:00 ● Pokeno
6:00 ● Table Games

9:45 ● Parkinson Seated Fitness **5**
10:00 ● Trivia
10:30 ● China Painting w/ Terri
10:30 ● Paws For Comfort visits
1:00 ● Music Theme Program
1:00 ● Tea & Cookies (Tower 1)
1:00 ● The Gardening Club
2:15 ● At The Races
3:00 ● Special Performance by "Jed Duvall as Elvis Presley" (Ice Cream Sodas Served)
6:00 ● Get Together Social

9:45 ● Martial Fitness **6**
10:00 ● 1950s sports, History & Fun Facts
10:30 ● Christian Worship Service w/ "19th St. Baptist Church"
10:45 ● Catholic Service
11:00 ● Lunch Outing: Silver Diner
1:00 ● Dominoes
2:00 ● Community Puzzles
3:00 ● Shopping Trip: Walmart
3:15 ● Pokeno
6:00 ● Board Games

Friday Frenzy: National Banana Split Day! **7**
9:45 ● Friday Funnies/Fun Facts
10:00 ● Seated Fitness
10:30 ● Paws For Comfort visits
10:30 ● Reverse Charades
11:00 ● Shabbat w/ Rabbi Baron
1:00 ● Family Feud
2:00 ● Sock Hop Happy Hour w/ Live Performances by "J & J Entertainment"
3:15 ● Bingo
6:00 ● Netflix Movie & Popcorn

9:45 ● Tai Chi **8**
10:30 ● Cars in the 50s
10:45 ● Poetry Corner/ Creative Storytelling
10:45 ● Toss n Talk
1:00 ● The Community Puzzles
1:00 ● The Mens Club Meeting
2:00 ● The Crossword Puzzle
3:00 ● Bingo
6:00 ● Evening Cinema

9:45 ● Morning songs of Inspiration **9**
10:00 ● Positive/ Inspirational Quotes of the day
10:30 ● Chicken Soup For The Soul
11:00 ● Catholic Communion Service
1:00 ● Vintage Car Show! (1-3pm)
2:00 ● Christian Worship Service w/ "Columbia Community Church"
2:00 ● Support Group Meeting w/ Andrea Jordan
3:15 ● Pokeno
6:00 ● Table Games

9:45 ● Seated Yoga/ Meditation **10**
10:00 ● Bean Bag Twister Trivia
10:45 ● Catholic Mass
1:00 ● Table Talk w/ Mollie
2:00 ● Dominoes/ YouTube Symphony Orchestra
2:00 ● Manicures
3:00 ● Profiles in History w/ Joan Adams
6:00 ● Get Together Social

9:45 ● Badminton **11**
10:30 ● Paws For Comfort visits
10:30 ● Words in a word
10:45 ● You Be The Judge
11:00 ● Toss n Talk
1:00 ● Resident Council
2:00 ● "Table Talk/CCC Social"- Cookies, Coffee & Conversation
3:15 ● Pokeno
6:00 ● Table Games

9:45 ● Parkinson Seated Fitness **12**
10:00 ● Trivia
10:30 ● Paws For Comfort visits
10:30 ● The Feathers Touch w/ Sherita Sparrow
1:00 ● The Gardening Club
1:15 ● Tea & Cookies (Tower 2)
2:00 ● The Crossword Puzzle
3:00 ● At The Races
6:00 ● Get Together Social

9:45 ● Martial Fitness **13**
10:00 ● Outing: Watermark Cruise in Annapolis
1:00 ● Bible Study w/ Andrea Jordan
1:00 ● China Painting w/ Terri
2:00 ● Cards
2:00 ● Community Puzzles
3:00 ● Movie Matinee
6:00 ● Board Games

Friday Frenzy: Ice cream Sand which Bars! **14**
9:45 ● Friday Funnies/Fun Facts
10:00 ● Paws For Comfort visits
10:00 ● Seated Fitness
10:30 ● Penny Ante
11:30 ● Father's Day Fish Fry! w/ Live Performances by "Five & Dime" (11:30-1pm)
1:00 ● Taboo
2:00 ● The Crossword Puzzle
3:00 ● Bingo
6:00 ● Netflix Movie & Popcorn

10:00 ● Morning Performances by "Darrin Carter" **15**
11:00 ● Daily Chronicles
1:00 ● Live Performances by "Nelli Vladim"
2:00 ● Scrabble
2:15 ● Pictionary
3:00 ● Bingo
6:00 ● Evening Cinema

Father's Day **16**
9:45 ● Morning songs of Inspiration
10:00 ● Doughnuts & Coffee
10:00 ● Positive/ Inspirational Quotes of the day
10:30 ● Chicken Soup For The Soul
11:00 ● Catholic Communion Service
1:00 ● Penny Ante
1:00 ● Scrabble
2:00 ● Pokeno
3:00 ● Father's Day Concert w/ Live Performances by "Laurizeen"
6:00 ● Table Games

9:45 ● Seated Yoga/ Meditation **17**
10:00 ● Build a Man
10:30 ● Concentration for Bucks w/ Dana
1:00 ● Show & Share
2:00 ● Dominoes/ YouTube Symphony Orchestra
2:00 ● Manicures
3:00 ● Bingo
6:00 ● Get Together Social

9:45 ● Badminton **18**
10:30 ● Chop Suey
10:30 ● Paws For Comfort visits
10:45 ● You Be The Judge
11:00 ● Toss n Talk
1:00 ● Scrabble
1:00 ● Table Top Bowling
2:00 ● "Table Talk/CCC Social"- Cookies, Coffee & Conversation
3:15 ● Pokeno
6:00 ● Table Games

9:45 ● Parkinson Seated Fitness **19**
10:00 ● Word Scrambles
10:30 ● China Painting w/ Terri
10:30 ● Paws For Comfort visits
1:00 ● The Gardening Club
1:15 ● Tea & Cookies (Tower 2)
2:00 ● Karaoke (Staff & Residents)
3:00 ● At The Races
6:00 ● Get Together Social

9:45 ● Martial Fitness **20**
10:00 ● Word Wheels
10:30 ● Christian Worship Service w/ "19th St. Baptist Church"
10:30 ● Outing: Picnic at The National Harbor
10:45 ● Catholic Service
1:00 ● Community Puzzles
2:00 ● Cards
3:00 ● Movie Matinee
6:00 ● Board Games

"Bake For The Cause" (Bake Sale for Alzheimer's Association) **21**
The Longest Day
9:45 ● Friday Funnies/Fun Facts
10:00 ● Paws For Comfort visits
10:30 ● Zumba Fitness
11:00 ● Shabbat w/ Rabbi Baron
1:00 ● Art Workshop w/ Columbia Art Association
2:15 ● Bingo
3:00 ● Happy Hour w/ Live Performances by "Michael Brown"
6:00 ● Netflix Movie & Popcorn

9:45 ● Tai Chi **22**
10:30 ● Toss n Talk
10:45 ● Poetry Corner/ Creative Storytelling
1:00 ● Community Puzzles
1:00 ● The Mens Club Meeting
2:00 ● The Crossword Puzzle
3:00 ● Pokeno
6:00 ● Evening Cinema

9:45 ● Morning songs of Inspiration **23**
10:00 ● Positive/ Inspirational Quotes of the day
10:30 ● Chicken Soup For The Soul
11:00 ● Catholic Communion Service
1:00 ● Boggle
2:00 ● Christian Worship Service w/ "The Movement Church"
2:00 ● Scrabble
3:00 ● Pokeno
6:00 ● Table Games

9:45 ● Seated Yoga/ Meditation **24**
10:00 ● Discuss & Recall
10:30 ● Scattergories
1:00 ● Show & Share
2:00 ● Dominoes/ YouTube Symphony Orchestra
2:00 ● Manicures
3:00 ● Profiles in History w/ Joan Adams
6:00 ● Get Together Social

9:45 ● Badminton **25**
10:30 ● Build A Man
10:30 ● Paws For Comfort visits
10:45 ● You Be The Judge
11:00 ● Toss n Talk
1:00 ● Billiards
1:00 ● Scrabble
2:00 ● "Table Talk/CCC Social"- Cookies, Coffee & Conversation
3:15 ● Pokeno
6:00 ● Table Games

9:45 ● Parkinson Seated Fitness **26**
10:00 ● Trivia
10:30 ● Paws For Comfort visits
10:30 ● The Feathers Touch w/ Sherita Sparrow
1:00 ● Family Feud
1:00 ● The Gardening Club
2:00 ● Meet Your Neighbor Social
3:00 ● At The Races
5:30 ● After Dinner Dance (Retro 50's Theme)
6:00 ● Get Together Social

9:45 ● Martial Fitness **27**
10:00 ● Outing: The National Zoo
10:45 ● Catholic Service
11:00 ● Activity Day Girls Bell Performance
1:00 ● Bible Study w/ Andrea Jordan
2:00 ● Community Puzzles
3:00 ● Movie Matinee
6:00 ● Board Games

9:45 ● Friday Funnies/Fun Facts **28**
10:00 ● Paws For Comfort visits
10:30 ● Zumba Fitness
11:00 ● Health Talk w/ Therapy Department
1:00 ● Bingo Buyout!
2:00 ● Paint & Sip with Pinot's Palette
3:00 ● Birthday Celebration w/ "Vintage Entertainment" (Cake served)
6:00 ● Netflix Movie & Popcorn

10:00 ● Morning Performances by "Darrin Carter" **29**
11:00 ● Daily Chronicles
1:00 ● Dr. Jenner
2:00 ● Dominoes
2:00 ● Manicures
3:00 ● Bingo
6:00 ● Evening Cinema

Continued at top