Liberty Heights Memory Care Calendar "Summer in the Springs" calendar & activities JUL 2019 SUNDAY MONDAY **TUESDAY** WEDNESDAY **THURSDAY FRIDAY** SATURDAY 3 Independence Day am • Thymoles am • Thymeless Sessions Sessions am • Thymeless Sessions Sessions CONNECT Sessions am • Joyride am • Music in Motion am • Tai Chi Exercise am • Senior am • Olympic am • Exercising with Pom Pom's am Olympic Music and Strengths am • Explore the World: App of am • Traveling Colorado CONTRIBUTE **Obstacle Course** Stretches am • Cooking Club am • Trivia Time Springs (UTube) the Day am • History of Colorado am • Good Scoop News am • Mindful Meditation am • Sing the Song FEEL am • Daily Chronicle am • Complete the Song **Springs** am • Conversation Starters am • Poetry Circle: Colorado am • Spark nm • Words of Wisdom (from pm • Songs of Faith & am • Funny Bone Humor pm • Chicken Soup for the Soul pm • Bible Study Springs GROW our residents) pm • Songs of Faith & Inspiration pm • Bingo pm • Bible Stories pm • Words of Wisdom pm • I Spy pm • Coupon Clipping pm • Thymeless Sessions pm • Thymeless Sessions MOVE pm • Name 5 pm • Thymeless Sessions pm • Thymeless Sessions pm • Thymeless Sessions eve • Helping Hands: Washing/ eve • Tic Tac Toe pm • Thymeless Sessions eve • Helping Hands: Setting eve • Helping Hands: Sorting eve • Fireside Relaxation **Drying Utensils** REFLECT eve Bead Sorting Tables Utensils am • Thymeless Sessions Sessions Sessions Sessions Sessions Sessions Sessions LOCATIONS am • Simple Stretches am • Strength Training Movement & Morning am • Movement and am • Chair Yoga am • Chair Dancing am Baking Club Meditation am • History of Olympic Center Movements Meditation am • Conversation Starters to Colorado Country Games: Name the Opposite am • Meditation Reflection am • Hand Massages and Music Spelling Bee: Colorado am Discussions & Debates am • Reminiscing Summer in Music am • Group Storvtelling: Colorado am • Trivia Thursday's pm • Mindful Meditation & Springs Attractions am • Painting a Picture am • Reminiscing by the Fire the Springs (IN2L) **Memory Care Program Room** pm • Spiritual Stories Memories Animal humor (UTube) pm • Songs of Faith & am • Singing with Susie pm • Encouraging Word (IN2L) am • Spark pm • Theme Party: "Summer in pm • IN2L: Explore, What Was Memory Care "F" Neighborhood pm • Spiritual Reflections Inspiration pm • Bible Study pm • Colorado Springs Trivia the Springs" with Bobby pm • Spiritual Hymns pm • Cards & Conversation pm • For a Good Cause (IN2L) pm • Table Topic Conversations (internet) Memory Care "G" Neighborhood **Jackson** pm • Bingo pm • Thymeless Sessions eve • Alphabetizing Movies eve • Helping Hands: Folding eve • Sorting Cash & Coins eve • Table Games eve Bottle Cap Sorting eve • Helping Hands: Washing/ eve • Conversation Starters Drying Utensils laundry am • Thymeless 8 **BIRTHDAYS** Sessions Sessions Sessions Sessions Sessions Sessions Sessions am • Tai Chi Exercise am Music in Motion am • Olympic Music am • Strength am • Exercise with am • Olympic am • Senior THIS MONTH am • Traveling Pikes Peak and Strengths am • Explore the World: App of Exercise **Obstacle Course** Stretches Scarves (UTube) am • Cooking Club Trivia Time the Day am • Spelling Bee: Colorado am • History of Pikes Peak am • Good Scoop News am • Daily Chronicle am • Reminiscing Manitou am • Mindful Meditation am • Sing the Song Mountains am • Reminiscing Old am • Conversation Starters Linda Sue B. 7/12 pm • Words of Wisdom (from am • Poetry Circle: Mountain am • Spark am • Hand Massages Colorado City pm • Bible Study pm • Songs of Faith & our residents) Majesty pm • Chicken Soup for the Soul pm • Spiritual Reflections pm • Bible Stories pm • Words of Wisdom Inspiration pm • Gardening out on the pm • 20 Ouestions pm • Bingo pm • Tea & Talk Club pm • Name 5 pm • Thymeless Sessions Thomas G. 7/23 pm • Coupon Clipping pm • Thymeless Sessions eve • Helping Hands: Setting eve • Helping Hands: Sorting pm • Thymeless Sessions eve • Helping Hands: Washing/ eve • Fireside Relaxation eve • Coupon Clipping eve • Bead Sorting Tables Utensils eve • Tic Tac Toe Drving Utensils am • Thymeless am • Thymeless Sessions am • Thymeless am • Thymeless am • Thymeless am • Thymeless 26 am • Thymeless am Movement & Sessions Sessions Sessions Sessions Sessions **SENIOR LIFESTYLE** Meditation am • Strength Training am • Chair Dancing Morning Movement am • Chair Yoga am • Simple Games: Name the am • History of Norad in Colorado Come grow with us! Movements to Colorado Country and Meditation Stretches am • Conversation Starters Opposite Springs Spelling Bee: Summer am • Discussions & Debates am • Group Storytelling: Colorado am Baking Club am • Hand Massages and Music am • Famous Works of Art Words am • Painting a Picture Reminiscing by the Fire am • Meditation Reflection pm • Mindful Meditation & Stories pm • Songs of Faith & Spark am • Singing with Susie Bloopers (UTube) pm • Encouraging Word pm • IN2L: Explore, What Was Inspiration am • Trivia Thursdav's pm • Spiritual Hymns pm • Bible Study pm • Spiritual Reflections (IN2L) pm • For a Good Cause pm • Spiritual Stories pm • Bingo pm • Cards & Conversation pm • Table Topic Conversations pm • Thymeless Sessions pm Bookmarks pm • Board Game: Checkers **SENIOR LIFESTYLE** (IN2L) pm • Thymeless Sessions pm • Thymeless Sessions pm • Thymeless Sessions nm • Thymeless Sessions eve • Alphabetizing Movies pm • Thymeless Sessions pm • Thymeless Sessions eve • Conversation Starters eve • Helping Hands: Folding eve Bottle Cap Sorting eve • Helping Hands: Washing/Drying Unlimited options, eve Sorting Cash & Coins eve • Table Games Utensils laundry Unparalleled services am • Thymeless am • Thymeless 31 am • Thymeless am • Thymeless Sessions Sessions Sessions Sessions am Music in Motion am • Tai Chi Exercise am • Exercise with am • Olympic "Do the best you can am • Explore the World: App of am • Traveling Colorado Scarves **Obstacle Course** the Day (UTube) until you know better. am • Spelling Bee: Colorado am • History of Winter WWW.SENIORLIFESTYLE.COM am • Daily Chronicle am • Reminiscing Recipes **Parks** Then when you know pm • Words of Wisdom (from our am • Funny Bone Humor pm • Songs of Faith & Programs are subject to change am • Hand Massages

residents)

Utensils

pm • Thymeless Sessions

eve • Helping Hands: Sorting

pm • I Spy

Inspiration

pm • Thymeless Sessions

eve • Fireside Relaxation

pm • Coupon Clipping

better, do better."

– Maya Angelou

pm • Bible Stories

eve

Bead Sorting

pm • Thymeless Sessions

pm • Name 5

pm • Spiritual Reflections

pm • Thymeless Sessions

pm • Tea & Talk Club

eve • Coupon Clipping