calendar & activities

Walden Place - The Longest Day

JUL 2019

CONNECT

- CONTRIBUTE
- FEEL
- GROW
- MOVE
- REFLECT

LOCATIONS

Assisted Living - ALCourtyard - CY Country Kitchen - CK Living Room - LR Memory Care Lounge - MCL Shuttle Bus - SB

BIRTHDAYS THIS MONTH

Jessie H. 7/17 Shirley M. 7/14 Donald C. 7/30

SENIOR LIFESTYLE Come grow with us!

SENIOR LIFESTYLE Unlimited options, Unparalleled services

SUNDAY

2	8:45
571	9:15
100	40.00
	10:00
/PAX	11:00
	12:30
	1:30
	1:30
33	2:30
20	3:30
	4:00
	5:30
	pm
	6:30

MONDAY Makeovers [MCL] Reach and Stretch

• Thymeless [CK] Setting Up For Lunch [CK] Painting Rocks [CK] Reading With Donna [AL] Patio Visits [CY]

Evening At The Spa

8:45 • Makeovers [MCL]

0:00 • Thymeless [CK]

12:30 Bookmarks

9:15 • Reach and Stretch [MCL]

10:30 • Dancing To Oldies [CK]

11:00 • Setting Up For Lunch [CK]

1:30 • Reading With Donna [AL]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

5:30 • Roll Yarn Into Balls [MCL]

4:00 • Setting For Dinner [CK]

pm • Finish The Phrase

8:45 • Makeovers [MCL]

Market [TB]

10:30 • Rhythm Band [CK]

9:15 • Reach and Stretch [MCL]

10:00 Visit To Anderson's Farm

6:30 Hand Massages

Afternoon At The Spa

- Good News Stories [MCL] Setting For Dinner [CK] Reading Together [MCL] Fill In The Blank [CK]
- **TUESDAY** 8:45 • Makeovers [MCL] 9:30 • Chair Stretches [MCL] 10:00 • Thymeless [CK]
 11:00 • Setting Up For Lunch [CK] 12:30 Prize Bingo [CK]
- 1:15 Outside walks 2:30 • Have A snack With Friend 3:15 • Tai-Chi [CK] 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Sing Along On In2L [CK]
 - 6:00 Clean Up (Wiping Tables And Counted Reminisce 4th of July Parties
- 8:45 Makeovers [MCL] 9:15 Chair Zumba [MCL] 10:00 • Thymeless [CK] 10:30 • Crafts With Darlene 10:45 • Bible Study [AL] 12:30 • Cutting Pictures From Magazines 1:00 Murray Center Band 1:30 • Happy Hour [MCL]

WEDNESDAY

2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 6:00 • Fill In The Blank [MCL]

6:30 • Lawrence Welk

8:45 • Makeovers [MCL]

10:00 • Thymeless [CK]

12:30 • Every Day Trivia

5:30 • Tongue Twisters

6:30 Mandala Art

10:30 Foil Painting

9:15 • Chair Zumba [MCL]

11:00 • Setting Up For Lunch [CK]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

4:00 • Setting For Dinner [CK]

6:00 • Fill In The Blank [MCL]

1:30 • Ice Cream Social [CK]

8:45 Makeovers [MCL] 9:15 • Exercise [MCL] 10:00 • Thymeless Red White and Blue Parfaits [CK] 10:30 Patriotic Crafts 11:00 • Setting Up For Lunch [CK] 12:30 • Gardening [CK] 1:00 • Lovely Hands 2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 6:00 Painting 6:30 Movie With Friends [LR]

8:45 • Makeovers [MCL]

9:15 • Exercise [MCL]

10:00 • Thymeless [CK]

10:30 • Makeovers [MCL]

12:30 • Explore The IN2L

11:00 • Setting Up For Lunch [CK]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

4:00 • Setting For Dinner [CK]

6:00 • Cards With Friends [CK]

Movie With Friends [LR]

5:30 • Visits On The Patio

8:45 • Makeovers [MCL]

6:00 • Folding Laundry

8:45 • Makeovers [MCL]

9:15 • Exercise [MCL]

10:00 • Thymeless [CK]

10:30 • Makeovers [MCL]

1:15 • Ice Cream Social

10:30 • Never to Late [MCL]

11:00 • Setting Up For Lunch [CK]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

4:00 • Setting For Dinner [CK]

6:00 • Crossword Puzzles [CK]

6:30 Movie With Friends [LR]

12:30 Darlene's Pick Of Activity

10:30 • Baking [CK]

6:30 Movie With Friends [LR]

10:30 • Baking [CK]

THURSDAY

8:45 • Makeovers [MCL 9:15 • Communion, L [AL] 9:15 • Walking Group [MCL] 10:00 • Thymeless [CK] 10:30 • Brain Health Trivia [CK] 1:00 • Setting Up For Lunch [CK] 12:30 Mandala Art 1:30 • Milkshakes Out In Courtyard 2:15 • Country Ride with Sareta and Lisa 2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL] 6:00 • Word Search Game [CK]

6:30 • Sing Along With Friends

8:45 • Makeovers [MCL]

9:15 • Communion, L [AL]

9:30 • Move To Music [CK]

10:30 • Brain Health Trivia [CK]

1:00 • Setting Up For Lunch [CK]

12:00 Bowling At Cort-Lanes [TB]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

4:00 • Setting For Dinner [CK]

6:00 • Word Search Game [CK]

8:45 • Makeovers [MCL]

9:15 • Communion, L [AL]

0:00 • Brain Games [CK]

10:00 Thymeless [CK]

9:15 • Walking Group [MCL]

10:30 • Brain Health Trivia [CK]

1:00 • Setting Up For Lunch [CK]

2:15 • Country Ride with Sareta and Lisa

6:30 • Organize Rooms With Residents

10:00 • Brain Games [CK]

FRIDAY

10:30 • Remember When On IN2L [CK] 11:00 • Setting Up For Lunch [CK] 12:30 • Individual Games [CK] 1:15 • Neck Massages [MCL] 2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Residents Choice Of Activity [CK] 6:30 • Hand Massage [MCL]

8:45 • Makeovers [MCL]

9:15 • Exercise [MCL]

10:00 • Thymeless [CK]

IN2L [CK]

Remember When On

11:00 • Setting Up For Lunch [CK]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

5:30 • Residents Choice Of Activity [CK]

10:30 Remember When On IN2L [CK]

10:30 • Visit with Kelly And Jax

4:00 • Setting For Dinner [CK]

6:30 • Hand Massage [MCL]

6:00 • Evening At The Spa

8:45 • Makeovers [MCL]

9:15 • Exercise [MCL]

10:00 • Thymeless [CK]

12:30 • Individual Games [CK]

1:15 Neck Massages [MCL]

8:45 • Makeovers [MCL] 9:15 • Exercise [MCL]

10:00 • Thymeless [CK]

SATURDAY

10:00 • Thymeless [CK] 10:30 Sing Along On In2L [CK] 11:00 • Setting Up For Lunch [CK] 12:30 • Water Our Gardens

8:45 • Makeovers [MCL]

9:45 • Chair Yoga [MCL]

8:45 Makeovers [MCL]

9:30 • Move To Music

10:00 • Thymeless [CK]

12:30 • Painting

11:00 • Setting Up For Lunch [CK]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

4:00 • Setting For Dinner [CK]

6:00 • Folding Laundry [MCL]

6:30 • Movie and Popcorn [LR]

5:30 • Walking Group [AL]

IN2L Game [CK]

- 1:15 Ice Cream Social [CK] 2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK]
- 5:30 Walking Group [AL] 6:00 • Folding Laundry [MCL] 6:30 • Movie and Popcorn [LR]

11:00 • Setting Up For Lunch [CK]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

4:00 • Setting For Dinner [CK]

5:30 • Walking Group [AL]

12:30 • Visits On The Patio [CY]

8:45 • Makeovers [MCL]

9:30 • Move To Music

10:00 Thymeless [CK]

1:00 • Bookmarks

11:00 • Setting Up For Lunch [CK] 12:30 Bookmarks 1:15 Afternoon At The Spa 1:30 • Reading With Donna [AL] 2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Roll Yarn Into Balls [MCL] 6:30 • Lawrence Welk [LR]

8:45 • Makeovers [MCL]

9:15 • Reach and Stretch

[MCL]

10:00 • Thymeless [CK]

12:30 • Water Our Garden

1:15 • Lovely Nails

10:00 • Thymeless [CK]

12:30 Bookmarks

11:00 • Setting Up For Lunch [CK]

1:30 • Reading With Donna [AL]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

5:30 • Roll Yarn Into Balls [MCL]

1:30 • Reading With Donna [AL]

4:00 • Setting For Dinner [CK]

6:30 • Reading Together 8:45 • Makeovers [MCL] 9:15 • Chair Stretches [MCL] 10:00 • Visit To Anderson's

8:45 • Makeovers [MCL]

10:30 Picnic At Little York

10:00 • Thymeless [CK]

12:30 • Crafts [CK]

3:15 • Tai-Chi [CK]

9:30 • Chair Stretches [MCL]

11:00 • Setting Up For Lunch [CK]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

4:00 • Setting For Dinner [CK]

5:30 • Sing Along On In2L [CK]

6:30 • Reading Together

1:15 • Cognitive Games [CK]

8:45 • Makeovers [MCL]

10:30 • Prize Bingo [CK]

12:30 • Crafts [CK]

3:15 • Tai-Chi [CK]

9:30 • Chair Stretches [MCL]

11:00 • Setting Up For Lunch

1:15 • Cognitive Games [CK]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

4:00 • Setting For Dinner [CK]

5:30 • Sing Along On In2L [CK]

6:00 • Fast Food Slogans

- 11:00 Setting Up For Lunch [CK] 12:30 • Residents Choice Of Activity [CK] 1:15 • Cognitive Games [CK] 2:30 • Have A snack With Friend 3:15 • Tai-Chi [CK] 3:30 • Good News Stories [MCL]
- 4:00 Setting For Dinner [CK] 5:30 • Sing Along On In2L [CK] 6:00 Crossword Puzzles 6:30 • Reading Together
- 8:45 Makeovers [MCL] 9:15 • Chair Zumba [MCL] 10:00 Thymeless [CK] 10:30 Making Strawberry Shortcake For Lunch [CK] 10:45 • Bible Study [AL]
- 11:00 Setting Up For Lunch [CK] 12:30 • Color Theory 1:30 • Ball Toss [MCL] 2:15 • Root beer Floats On The Patio [MCL]
- 2:30 Conversations With Friends 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Read Together 6:00 • Volunteer Clean Up

8:45 • Makeovers [MCL]

10:00 • Thymeless [CK]

10:30 • Cucumber And

9:15 • Chair Zumba [MCL]

1:30 • Happy Hour [MCL]

Tomato Salad [CK]

11:00 • Setting Up For Lunch [CK]

2:30 • Have A snack With Friend

3:30 • Good News Stories [MCL]

4:00 • Setting For Dinner [CK]

5:30 • Tea Time Happy Hour

6:00 • Fill In The Blank [MCL]

6:30 • Volunteer Clean Up

8:45 • Makeovers [MCL]

10:00 • Thymeless [CK]

10:45 • Bible Study [AL]

10:30 • Walk With Friends

9:15 • Chair Zumba [MCL]

- 9:15 Exercise [MCL] 10:00 Thymeless [CK] 10:30 • Baking [CK] 11:00 • Setting Up For Lunch [CK] 12:30 • Card Games 1:15 • Crafts 2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Staff Choice Of Activity 6:00 • Crossword Puzzles [CK]
- 8:45 Makeovers [MCL] 9:15 • Communion, L [AL] 9:15 • Walking Group [MCL] 10:00 • Thymeless [CK] 0:30 • Brain Health Trivia [CK] 11:00 • Setting Up For Lunch [CK] 2:30 • Brain Games [CK] 1:30 • Smoothies [CK] 2:15 • Country Ride with Sareta and Lisa 2:30 • Have A snack With Friend
- 11:00 Setting Up For Lunch [CK] 12:30 • Individual Games [CK] 1:15 • Neck Massages [MCL] 2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL] 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 4:00 • Setting For Dinner [CK] Word Finds 6:00 • Word Search Game [CK]
 - 5:30 Residents Choice Of Activity [CK] 6:30 • Hand Massage [MCL] 8:45 • Makeovers [MCL] 9:15 • Exercise [MCL] 10:00 • Thymeless [CK]
 - 10:30 Remember When On IN2L [CK] 11:00 • Setting Up For Lunch [CK] 12:30 • Individual Games [CK] 1:15 • Neck Massages [MCL]
- 12:15 Table Ping Pong 2:30 • Have A snack With Friend 1:30 • Smoothies [CK] 2:15 • Country Ride with Sareta and Lisa 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL]
 - 5:30 Residents Choice Of Activity [CK] 6:30 • Hand Massage [MCL]

4:00 • Setting For Dinner [CK] 6:00 • Word Search Game [CK]

6:00 • Folding Laundry [MCL] 6:00 • Cards With Friends 6:30 • Evening At The Spa 6:30 • Movie and Popcorn [LR] 8:45 • Makeovers [MCL] 8:45 • Makeovers [MCL] 9:30 • Move To Music 9:15 • Reach and Stretch

10:00 • Thymeless [CK] 11:00 • Setting Up For Lunch [CK] 12:30 Painting

- 2:30 Have A snack With Friend 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Walking Group [AL]
- 3:30 Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 5:30 • Roll Yarn Into Balls [MCL] 6:00 • Folding Laundry [MCL] 6:30 • Evening At The Spa 6:30 • Movie and Popcorn [LR] 6:30 • Lawrence Welk [LR]
- 11:00 Setting Up For Lunch [CK] 1:15 Afternoon At The Spa
- 8:45 Makeovers [MCL] 9:30 • Chair Stretches [MCL] 10:00 • Picking Sweet Corn 10:30 • Prize Bingo [CK] 11:00 • Prepare Our Corn For Lunch [CK] 12:30 • Crafts [CK] 1:15 • Cognitive Games [CK] 2:30 • Have A snack With Friend 2:30 • Have A snack With Friend 3:15 • Tai-Chi [CK]
 - 11:00 Setting Up For Lunch [CK] 1:30 • Happy Hour [MCL] 2:30 • Have A snack With Friend 3:30 • Good News Stories [MCL] 3:30 • Good News Stories [MCL] 4:00 • Setting For Dinner [CK] 4:00 • Setting For Dinner [CK] 5:30 • Tea Time Happy Hour 5:30 • Sing Along On In2L [CK] 6:00 • Fill In The Blank [MCL] 6:30 • Reading Together 6:30 • Cookies And Milk [CK]