

June 2021
Older Americans Month-Embrace

Monthly Activities

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday																																																							
 WWW.SENIORLIFESTYLE.COM Activities are subject to change 						Brain Health Month! Happy Birthday Andy Griffith! 10:30 Musical Morning Movement 11:00 Cardio Cool Down: Hydration Program 11:30 Morning Chronicle Reading 1:30 Mayberry Trivia on the Patio 2:30 Happy Hour Social: Snack Program 5:30 Tuesday Night Sports TV 6:00 Classic TV: The Danny Thomas Show - Danny Meets Andy Griffith		Brain Health Month! Remembering Lou Gehrig Day 9:00 Field Day with Saint Rose School 11:30 Hydration Program- Relaxation with Pavarotti singing Caruso 1:30 Watercolor Wednesday's: Seasonal Inspirations 2:30 Thymeless Social Hour Snack Program 4:00 SportsCentury Greatest Athletes #34: Lou Gehrig 6:00 Festive Feature -The Pride of the Yankees		Brain Health Month! Duke of Windsor's Wedding Anniversary 10:30 Morning Movement- Community Walk 11:00 Hydration Program featuring Sing with Susie Q 11:30 Daily Chronicle and Morning Check In 1:30 Cranium Crunches 2:30 Painters Studio: English Garden Path 2:30 Happy Hour Social: Snack Program 3:30 How Was King Edward VIII Forced Off The Throne: King Edward & Wallis Simpson Absolute History 6:00 Night at the Cinema: Wallis and Edward		Brain Health Month! National Doughnut Day! 10:30 Morning Movement Expression 11:00 Hydration Program & Sing along with Mary Sue 11:30 Morning News Reading: Daily Chronicle 1:15 TBD- Embrace Van Out Trip: April Scenic Sights- 1:15 pm - 2:30 pm 2:30 Happy Hour Social: Snack Program 3:30 Afternoon Documentary: Visiting with Huell Howser: Doughnut History 5:30 Song Reminisce- Karaoke Night 6:00 Classic TV		Brain Health Month! National Hot Air Balloon Day 10:30 Chair Yoga 11:00 Hydration Program: Featuring Thymeless TV 11:15 Morning Chronicle Reading 1:00 Green Thumbs Garden Club 1:00 Travel Trivia on the Patio 2:30 Happy Hour Social: Snack Program 3:00 Crafters Corner: Hot Air Balloons 4:00 Afternoon Documentary: Magical Hot Air Balloon Ride 5:30 Saturday Sports TV 6:00 Classic Film: Flight of the Lost Balloon																																																					
Brain Health Month! Pet Appreciation Week Begins 10:15 Morning Movement and Meditation 10:30 Live Stream Church Service 11:30 Morning News Reading 1:15 TBD- Embrace Van Out Trip: April Scenic Sights- 1:15 pm - 2:30 pm 2:30 Thymeless Social Hour 3:00 CHV Live Entertainment: 5:30 Evening Documentary: D-Day in Colour (FULL) 6:00 Classic Sitcom Sunday's: The Lucy Show		Brain Health Month! National Chocolate Ice Cream Day! 10:15 Monday Mini Golf On The Green 11:30 News Buzz: Chronicle Reading 1:15 TBD- Embrace Van Out Trip: April Scenic Sights- 1:15 pm - 2:30 pm 2:30 Happy Hour Social: Snack Program 3:30 "THE STORY OF ICE CREAM " 1940s BREYERS ICE CREAM PRODUCTION FILM 5:30 Evening Puzzle's 6:00 Classic TV Monday's: Highway to Heaven		Brain Health Month! Celebrating World Ocean Day 10:30 Let's Get Physical: Tuesday Tai Chi 11:00 Cardio Cool Down: Hydration Program 11:30 Morning Chronicle Reading 2:30 Happy Hour Social: Snack Program 3:00 The Undersea World of Jacques Cousteau - The Sleeping Sharks of Yucatan 5:30 Tuesday Night Sports TV 6:00 Classic TV Feature: I Dream of Jeannie		Brain Health Month! "Anything Goes" Day Celebrating Cole Porter Brain Health Month! 10:30 Wellness Walk: Morning Stroll 11:00 Hydration Program 1:30 Watercolor Wednesday's: Seasonal Inspirations 2:30 Thymeless Social Hour Snack Program 3:00 Music Appreciation on the Patio- Cole Porter Favorites 5:30 Evening Activity- Puzzle Table 6:00 Festive Feature -Movie Night: De-Lovely		Brain Health Month! Happy Birthday Judy Garland! 9:30 Move & Groove Exercise Class with Kevin 11:00 Cardio Cool Down: Hydration Program 11:30 Daily Chronicle and Morning Check In 1:30 Cranium Crunches 2:30 Happy Hour Social: Snack Program 3:00 A&E Biography - Judy Garland 5:30 Evening Activity- Table Game Fun! 6:00 Night at the Cinema: The Wizard of Oz		Brain Health Month! Happy Birthday Judy Garland! 9:30 Move & Groove Exercise Class with Kevin 11:00 Cardio Cool Down: Hydration Program 11:30 Daily Chronicle and Morning Check In 1:30 Cranium Crunches 2:30 Painters Studio: Jewel Boxes 3:00 Happy Hour Social: Snack Program 3:00 A&E Biography - Judy Garland 5:30 Evening Activity- Table Game Fun! 6:00 Night at the Cinema: The Wizard of Oz		Brain Health Month! Happy Birthday Paul McCartney! 8:00 Paul McCartney Carpool Karaoke 10:30 Morning Movement- Bowling with music by the Beatles 11:00 Hydration Program 11:30 Morning News Reading: Daily Chronicle 1:15 TBD- Embrace Van Out Trip: April Scenic Sights- 1:15 pm - 2:30 pm 2:30 Happy Hour Social: Snack Program 4:00 Afternoon Brain Games: Matching Pairs 5:30 Song Reminisce- Karaoke Night 6:00 Classic TV Sitcoms: Wings		Brain Health Month! Today is National Dog Show Day 10:30 Movement/Meditation: Morning Seated Yoga 11:00 Hydration Program 11:30 Morning Chronicle Reading 1:15 Green Thumbs Garden Club 1:15 Trivia on the Patio 2:30 Happy Hour Social: Snack Program 3:00 National Dog Show 2020: Best in Show - NBC Sports 6:00 Classic Film: Charlie Chaplin - A Dog's Life																																																					
 *BOOKMARKS  *SPARK  *THYMELESS  Connect  Feel  Grow  Move  Reflect		Brain Health Month! Flag Day! 10:30 Monday Mini Golf On The Green 11:30 News Buzz: Chronicle Reading 1:15 TBD- Embrace Van Out Trip: April Scenic Sights- 1:15 pm - 2:30 pm 2:30 Happy Hour Social: Snack Program 3:00 Afternoon Documentary: National Constitution Center "The History of the U.S. Flag" 5:30 Evening Puzzles 6:00 Classic TV Mondays: Residents Choice		Brain Health Month! National Nature Photography Day! 10:30 Let's Get Physical: Seated Stretches 11:00 Cardio Cool Down: Hydration Program 11:30 Morning Chronicle Reading 2:00 People & Plants Connection with Eric 2:30 Happy Hour Social: Snack Program 5:30 Tuesday Night Sports TV 6:00 Evening Documentary: Join a Wildlife Photographer on the Hunt for the Perfect Shot		Brain Health Month! Weather Watchers Wednesday 10:30 Wellness Walk: Morning Stroll to AL3 Library 10:45  Bookmarks Reading Group 11:00 Hydration Program 11:15 Weather Watchers Club 11:30 Daily Chronicle Reading and Check-in 1:30 Watercolor Wednesday's: Lemons and Blossoms 2:30 Thymeless Social Hour Snack Program 4:00 Classic TV Feature: Cheers 6:00 Festive Feature: Blue Skies		Brain Health Month! U.S. Open Golf Championship Day 9:30 Move & Groove Exercise Class with Kevin 11:00 Hydration Program & Sing along with Mary Sue 11:30 Daily Chronicle and Morning Check In 1:30 Cranium Crunches 2:30 Happy Hour Social: Snack Program 4:00 Putters Golf on the Green 5:30 Evening Activity- Table Game Fun! 6:00 Night at the Cinema: Tin Cup		Brain Health Month! 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