June 2023 Your Knowledge

Monthly Activities

National Egg Day

9:00 | Thymeless

3:30 • Bingo [DH]

National Iced Tea Day

9:00 Thymeless

9:30 • Chair Yoga [DH]

11:00 • Neighborhood Walk

1:30 • Ice Tea Social [ACT]

Saturday

Garden Club

10:00 Game= Brain Gym [ACT]

1:30 • Game= Guess Who [ACT]

2:30 | Thymeless Cooking Club

6:30 Puzzles & Word Search [ACT]

3:00 • Ice Cream Social [DH]

Garden Club

10:00 • Game= Brain Gym [ACT]

2:30 | Thymeless Cooking Club

10:30 • Snack and Social Time [DH]

11:00 • Neighborhood Walk

10:30 • Snack and Social Time [DH]

9:30 • Chair Yoga [DH]



WWW.SENIORLIFESTYLE.COM Activities are subject to change

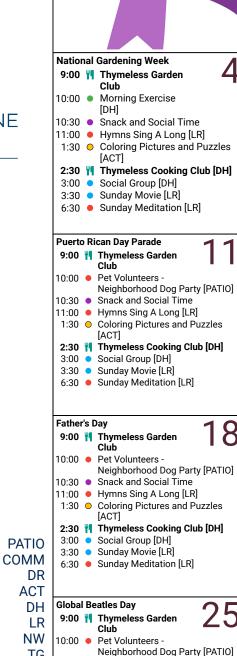


a Senior Lifestyle community

- *BOOKMARKS A *Outing
- *THYMELESS
- CONNECT
- FEEL
- GROW
- MOVE
- REFLECT

Location Keys

1st Floor Outdoor Patio 3rd Floor Community Room Dining Room MC Activities Room MC Dining Hall MC Living Room Northwest Den Thymeless Garden Zen Den



10:30 • Snack and Social Time

3:00 • Social Group [DH]

6:30 • Sunday Meditation [LR]

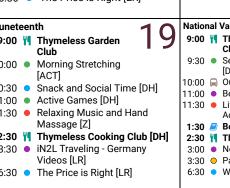
11:00 Hymns Sing A Long [LR]

1:30 O Coloring Pictures and Puzzles

2:30 | Thymeless Cooking Club [DH]

3:30 • The Beatles =Sunday Movie [LR]

Sunday Monday JUNE IS **ALZHEIMER'S & BRAIN** Awareness Month National Gardening Week World Environment Day 9:00 🖨 Casino Trip-outing 9:00 | Thymeless Garden 9:00 | Thymeless Garden 10:00 • Morning Exercise 10:00 • Morning Stretching [ACT] 10:30 • Snack and Social Time 10:30 • Snack and Social Time [DH] 11:00 Active Games [DH] 11:00 • Hymns Sing A Long [LR] 1:30 • Relaxing Music and Hand 1:30 O Coloring Pictures and Puzzles Massage [Z] [ACT] 2:30 | Thymeless Cooking Club [DH] 2:30 | Thymeless Cooking Club [DH] 3:00 • Social Group [DH] 3:00 • Social Group [DH] 3:30 • iN2L Traveling Videos - Europe 3:30 • Sunday Movie [LR] 6:30 • Sunday Meditation [LR] 6:30 • The Price is Right [LR] Puerto Rican Day Parade 9:00 | Thymeless 9:00 | Thymeless Garden **Garden Club** 10:00 • Morning 10:00 Pet Volunteers -Stretching [ACT] Neighborhood Dog Party [PATIO] 10:30 • Snack and Social Time [DH] 10:30 • Snack and Social Time 11:00 Active Games [DH] 11:00 • Hymns Sing A Long [LR] 1:30 • Relaxing Music and Hand 1:30 O Coloring Pictures and Puzzles Massage [Z] 2:30 | Thymeless Cooking Club [DH] 2:30 | Thymeless Cooking Club 3:00 • Social Group [DH] 3:30 • iN2L Traveling Videos - Italy 3:30 • Sunday Movie [LR] 6:30 • Sunday Meditation [LR] 6:30 • The Price is Right [LR] Father's Day Juneteenth 9:00 | Thymeless Garden 9:00 | Thymeless Garden 10:00 Pet Volunteers -10:00 • Morning Stretching Neighborhood Dog Party [PATIO] [ACT] 10:30 • Snack and Social Time 10:30 • Snack and Social Time [DH] 11:00 Hymns Sing A Long [LR] 11:00 • Active Games [DH] 1:30 O Coloring Pictures and Puzzles 1:30 • Relaxing Music and Hand Massage [Z] 2:30 | Thymeless Cooking Club [DH] 2:30 | Thymeless Cooking Club [DH 3:00 • Social Group [DH] 3:30 • iN2L Traveling - Germany 3:30 • Sunday Movie [LR] Videos [LR] 6:30 • Sunday Meditation [LR] 6:30 • The Price is Right [LR]



	National	Vanilla Milkshake Day	Spirit Day - Wear Purple for The		
9	9:00 👭	Thymeless Garden	Longe		•
		Club	Solstie		est Day =The Summer
	9:30	Seated Cardio Boxing [DH]			Thymeless Garden Club
	10:00 🖨	Outing - Burgerville Milk for Shakes	9:30		Resistant Band to Increas
		Beanbag toss [DH]			[DH]
	11:30	Live Music with Phil Hall,	10:00	_	Walk For The Longest Day
		Accordionist [DH]			Longest Day= Trivia [ACT] Chicken Soup for the Sou
		Bookmarks [NW]			Thymeless Cooking Club
-]		Thymeless Cooking Club [DH]	3:00		Social Group [ACT]
		Neighborhood Walk Painting Group [ACT]	3:30	0	Bingo [DH]
		Wheel of Fortune [LR]	6:00		Family Night 6pm
	0.50	Whice of Fortune [Lit]	6:30	•	iN2L= Grand Canvon [LR]

Tuesday

9:00 | Thymeless Garden

10:30 • Refreshments [DH]

3:00 Neighborhood Walk

3:30 • Painting Group [ACT]

6:30 • Wheel of Fortune [LR]

9:00 | Thymeless Garden

Boxing [DH]

10:30 • Beanbag toss [DH]

1:30 Bookmarks [NW]

3:00 Neighborhood Walk

3:30 • Painting Group [ACT]

6:30 • Wheel of Fortune [LR]

10:00 • Memory Games [ACT]

11:00 🖨 Outing - Wendy's for Lunch

2:30 | Thymeless Cooking Club [DH]

National French Fry Day

9:30 • Seated Cardio

1:30 Bookmarks [NW]

9:30 • Seated Cardio Boxing

10:00 • This Day in History [ACT]

10:30 🖨 Outing - Picnic Laurelhurst Park

2:30 | Thymeless Cooking Club [DH]

	2.00	••	Thymcicoo Garach Glab
r Shakes	9:30	•	Resistant Band to Increase Stree [DH]
	10:00	•	Walk For The Longest Day
	11:00	0	Longest Day= Trivia [ACT]
	1:30	•	Chicken Soup for the Soul [Z]
[DH]	2:30	44	Thymeless Cooking Club [DH]
נחטן	3:00	•	Social Group [ACT]
	3:30	\circ	Bingo [DH]
	6:00		Family Night 6pm
	6:30	•	iN2L= Grand Canyon [LR]
07	Spirit I	Day	y - Dress Like an Animal
//	9:00	44	Thymeless Garden Club
_ /	9:30	•	Resistant Band to

10:00 • Ted Talk [DH]

Wednesday

Resident Birthdays

William O.

Spirit Day - Pajama Day

National Chocolate Ice Cream Day

9:00 | Thymeless Garden Club

9:30 • Resistant Band to Increase Strength [DH]

10:30 Q Outing- Ice Cream Parlor

1:30 • Chicken Soup for the Soul [Z]

2:30 | Thymeless Cooking Club [DH]

6:30 • iN2L = National Geographic [LR]

10:00 • Neighborhood Walk

3:00 • Social Group [ACT]

6:00 Family Night 6pm

Spirit Day - RED, WHITE and BLUE

9:00 | Thymeless Garden Club

1:30 • Chicken Soup for the Soul [Z]

2:30 | Thymeless Cooking Club [DH]

6:30 • iN2L = Yellowstone and Yosemite [LR]

9:30 🖨 Outing - Rose Garden

10:30 • Social Group [ACT]

11:00 • Neighborhood Walk

3:00 • Flag Day Trivia [DH]

6:00 Family Night 6pm

3:30 O Bingo [DH]

3:30 O Bingo [DH]

Flag Day

Thursday

Meeting for Our first WII Bowling team
[COMM]

National Say Something Nice Day

9:00 | Thymeless Cooking Club

9:30 • Drumming Circle [ACT]

10:30 • Refreshments Time [DH]

3:00 • Coffee and Tea Social [DH]

6:30 • iN2L National Parks Videos [LR]

10:00 Trivia About The Ocean [ACT]

2:30 | Thymeless Garden Club [TG]

6:30 • iN2L National Parks Videos [LR]

3:00 • Coffee and Tea Social [DH]

10:30 • Refreshments Time [DH]

11:00 Neighborhood Walk

1:30 • Arts and Crafts [ACT]

3:30 • Name That Tune [DH]

9:00 **Thymeless Cooking**

10:00 National Parks Trivia [ACT]

2:30 | Thymeless Garden Club [TG]

6:30 • iN2L National Parks Videos [LR]

3:00 • Coffee and Tea Social [DH]

10:30 • Refreshments Time [DH]

11:00 Neighborhood Walk

1:30 • Arts and Crafts [ACT]

3:30 • Name That Tune [DH]

National Chocolate Eclair Day

9:00 | Thymeless Cooking

10:00 O National Parks Trivia [ACT]

2:30 | Thymeless Garden Club [TG]

3:00 • Coffee and Tea Social [DH]

10:30 • Refreshments Time [DH]

11:00 Neighborhood Walk

1:30 Arts and Crafts [ACT]

9:30 • Drumming Circle

9:30 • Drumming Circle

National Smile Day

11:00 • Neighborhood Walk

1:30 • Arts and Crafts [ACT] 2:30 | Thymeless Garden Club [TG]

3:30 • Name That Tune [DH]

9:00 | Thymeless Cooking

Club [DH]

9:30 • Drumming Circle

[ACT]

World Ocean Day

10:00 National Parks Trivia [ACT]

The Great Outdoors Month

			Name That Tune [DH] iN2L National Parks Vic	•
00	Fisher	me	n's Day	00
28	9:00	41	Thymeless Cooking Club [DH]	25
	9:30	•	Chair Zumba Gold Fitness [ACT]	
	9:30	•	Drumming Circle [ACT]	
	10:00	0	Fishing Trivia [ACT]	
]	10:00	0	National Parks Trivia [ACT]	
H]	10:30	•	Refreshments Time [DH]	
	11:00	•	Neighborhood Walk	

g Club	29
.CT] aa [ACT] e [DH] c ct] Club [TG]	ı

3:00 • Happy Hour [DH] 3:30 • Sing and Dance [DH] 6:30 • Family Feud [LR] **National Movie Night** 9:00 | Thymeless **Garden Club** 9:30 • Tai Chi [ACT] 10:00 o movies Trivia 10:30 Snack and Social Time [DH]

Friday

Garden Club

10:00 • Beautiful Nails [ACT]

11:00 Neighborhood Walk

2:00 Quting Crystal Springs

2:30 Thymeless Cooking Club

National Doughnut Day

9:30 • Tai Chi [ACT]

9:00 Thymeless

11:00 • Neighborhood Walk 1:30 • Beautiful Nails [ACT] 2:30 | Thymeless Cooking Club 3:00 • Happy Hour [DH] 3:30 • Sing and Dance [DH] 6:30 • Movie Night [LR]

1:00 Neighborhood Walk

1:30 • Beautiful Nails [ACT]

3:00 • Happy Hour [DH]

6:30 • Family Feud [LR]

9:00 | Thymeless Garden

9:30 🖨 Outing Scenic Drive -

1:00 • Active Game [ACT]

3:00 • Happy Hour [DH]

6:30 • Family Feud [LR]

1:30 • Beautiful Nails [ACT]

3:30 • Sing and Dance [DH]

10:30 • Refreshments Time [DH]

2:30 | Thymeless Cooking Club [DH]

9:30 • Rock 'N' Roll Chair Exercises [ACT]

National Let It Go Day

3:00 • Ice Cream Social [DH] 3:30 • Bingo [DH] 6:30 • Puzzles & Word Search [ACT] Fresh Veggies Day National Root Beer Day 6 9:00 | Thymeless Garden 9:00 | Thymeless Garden 9:30 Portland Nursery Trip 9:30 • Chair Yoga [DH] 0:30 • Refreshments Time [DH]

10:00 • Father's Day Trivia [ACT] 10:00 • Game= Brain Gym [ACT] 1:00 • Sing A Long with Blake [DR] 10:30 • Root Beer and snack Social [DH] 11:00 Neighborhood Walk 11:30 • Father's Day BQ [DH] 2:30 | Thymeless Cooking Club [DH]

2:30 | Thymeless Cooking Club [DH] 3:00 • Ice Cream Social [DH] 3:00 • Live Music with John Van Beek 3:30 • Bingo [DH] 6:30 • Puzzles & Word Search [ACT]

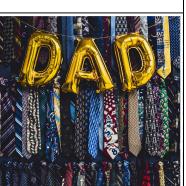
9:30 • Chair Yoga [DH]

Midsummer Day 9:00 | Thymeless Garden

> 10:00 • Game= Brain Gym [ACT] 10:00 Summer Trivia [ACT] 10:30 • Snack and Social Time [DH] 11:00 • Neighborhood Walk 12:00 June Birthdays Celebrations [DH]

1:30 • Game= Guess Who [ACT] 2:30 | Thymeless Cooking Club [DH] 3:00 • Ice Cream Social [DH] 3:30 O Bingo [DH]

6:30 O Puzzles & Word Search [ACT]



The Hajj= From June 26th to July 1st

9:00 | Thymeless Garden 10:00 • Morning Stretching [ACT] 10:30 • Snack and Social Time [DH] 11:00 • Active Games [DH]

1:30 • Relaxing Music and Hand Massage [Z]

2:30 | Thymeless Cooking Club [DH] 3:30 • iN2L Traveling- France Videos 6:30 • The Price is Right [LR]

Helen Keller's Birthday National Bingo Day 9:00 | Thymeless Garden 9:30 • Seated Cardio Boxing [DH]

10:00 Helen Keller -Trivia [ACT]

6:30 • Wheel of Fortune [LR]

10:30 • Refreshments Time [DH] 11:00 • Beanbag toss [DH] 1:30 Bookmarks NW 2:30 | Thymeless Cooking Club [DH] 3:00 • Neighborhood Walk 3:30 • Bingo [DH]

Increase Strength [DH] 10:30 • Refreshments Time [DH] 11:00 • Neighborhood Walk 1:30 • Chicken Soup for the Soul [Z]

2:30 | Thymeless Cooking Club [DF 3:00 • Social Group [ACT] 3:30 Painting Group [ACT] Family Night 6pm 6:30 • iN2L= Our Great National Park [LR]

1:30 Arts and Crafts [AC 2:30 | Thymeless Garden 3:00 • Coffee and Tea Social [DH] 3:30 • Name That Tune [DH] 6:30 • iN2L National Parks Videos [LR] **National Corvette Day** 9:00 | Thymeless Garden 9:30 • Tai Chi [ACT] 10:00 Ocrvette - Trivia 10:30 • Refreshments Time [DH] 11:00 • Active Game [ACT] 1:30 • Beautiful Nails [ACT] 2:00 Neighborhood Walk 2:30 Thymeless Cooking Club [DH] 3:00 • Happy Hour [DH] 3:30 • Sing and Dance [DH]

6:30 • Family Feud [LR]