



Assisted Living Activity Calendar

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
04	05	06	07	08	09	10
1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)	10:00 – Mindful Movement (A 109) 11:15 – Eagle Walking Group 1:00- Movie Matinee (A 109) 1:30 - Visits with Rev. Dan 2:30 – Poker Social Hour (A 101) 4:00 – Pet Visits	Massages 11:15- Eagle Walking Group 1:45 – Music Therapy Exercise (D 113) 2:30 – Boggle Social Hour (A 101) 6:30 – Cards night (A 109)	10:00- Castle Peak Gardening Committee (A 114) 11:00 – BINGO (A 109) 1:30 – Bible Study (A 109) 2:30 – Happy Hour Phase 10 (A 101) 3:30- Eagle Walking Group 4:00- Qi Gong (A 109) 6:30- Movie Matinee (A 109)	10:00 – Senior Strength (A 109) 11:15 – Art (A 114) 1:00- Movie Matinee (A 109) 2:30 – Cards Social Hour (A 101) Ruth on piano (C 116) 6:30 – Residents Choice Game Night (A 109)	8:30 – Eagle Diner Breakfast Outing (A 101) 11:15 – Eagle Walking Group (A 101) 1:30- What’s in the bag? (A 114) 2:30 – Crazy Eights Social Hour (101) 6:30- Movie Matinee (A 109)	10:00 – Chair Pilates (A 109) 1:00 – Brain Games (A 114) 2:30 – Happy Hour w/ Linda on the piano (C 116)/ BIRTHDAY BASH!!
11	12	13	14	15	16	17
1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)	11:00 – “Senior Day” at 4Eagle Ranch 1:00- Woman’s Club (A 109) 1:30 - Visits with Rev. Dan 2:30 – MEMORY Social Hour (A 101)	10:00 – Aromatherapy and Stretch (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – LCR Social Hour (A 101) 6:30 – Residents Choice Game Night (A 109)	11:15 – Coffee/Tea and Reminiscence Group (A 109) 1:30 – Bible Study (A 109) 2:30 – Resident’s Choice Game Happy Hour (A 101) 4:00- Qi Gong (A 109) 6:30- Movie Matinee (A 109)	10:00 – Chair Yoga (A 109) 11:15- Hand Massages and Relaxation Videos 1:00- Movie Matinee (A 109) 1:15 – City Market Outing (A 101) 2:30 – Family Social Hour (A 101) Ruth on piano (C 116) 6:30 – BINGO Night (A 109)	10:00 – Exercise training (A 109) 1:00 – Eagle Walking Group (A 101) 2:30 – UNO Social Hour (A 101) 6:30- Movie Matinee (A 109)	10:00 – Chair Pilates (A 109) 1:00 – Residents Choice Game (A 101) 2:30 – Happy Hour w/ Linda on the piano (C 116)
18	19	20	21	22	23	24
1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109) HAPPY FATHERS DAY!	10:00 – Mindful Movement (A 109) 11:15 – Knitting Club (A 109) 1:00- Movie Matinee (A 109) 1:30 - Visits with Rev. Dan 2:30 – Dominoes Social Hour (A 101) 4:00 – Pet Visits	11:15 – Coffee/Tea & Reminiscence Group (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Blackjack Social (A 101) 6:30 – Cards Night (A 109)	11:00 – Eagle Museum & Picnic Lunch Outing 1:30 – Bible Study (A 109) 2:30 – Creative Writing/ Interview Questions Happy Hour (A 101) 4:00- Qi Gong (A 109) 6:30- Movie Matinee (A 109)	10:00 – Exercise Essentials for Better Balance (A 109) 11:15- Art (A 114) 1:00- Movie Matinee (A 109) 2:30 – BINGO Social hour (A 101) Ruth on piano (C 116) 6:30 – Residents Choice Game Night (A 109)	10:00 – Exercise training (A 109) 11:15 – Castle Peak Scrapbooking Club (A 114) 1:00 – Eagle Walking Group (A 115) 1:00- Men’s Club (A 109) 2:30 – Yachtzee Social Hour w/ (A 101) 6:30- Movie Matinee (A 109)	10:00 – Chair Pilates (A 109) 1:00 – Wuzzles & Puzzles (A 114) 2:30 – Happy Hour w/ Linda on the piano (C 116)
25	26	27	28	29	30	
1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)	10:00 – Exercise Essentials for Better Balance (A 109) 11:00– Aromatherapy (A114) 1:30 - Visits with Rev. Dan 1:00- Movie Matinee (A 109) 2:30 – Social Hour Upwords (A 101) Ruth on piano (C 116) 4:00- Pet Visits	Massages 10:00 – Chair Yoga (A 109) 11:15- Crossword Puzzles (A 101) 2:00– Resident Council Meeting (A 114) 2:30 – Poker Social Hour (A 101) 6:30 – BINGO Night (A 109)	11:15- Creative Story Telling (A 109) 1:30 – Eagle Walking Group(A 101) 2:30 – MEMORY Happy Hour (A 101) 4:00- Qi Gong (A 109) 6:30- Movie Matinee (A 109)	10:00 – Chair Yoga (A 109) 11:15- Outdoor Adult Coloring Group 1:00- Movie Matinee (A 109) 1:15 – City Market Outing (A 101) 2:30 – Boggle Social Hour (A 101) 6:30 –BINGO Night (A 109)	10:00 – Exercise training (A 109) 11:15 – Hand Massages and Manicures (A 109) 1:00 – Eagle Walking Group (A 115) 2:30 – Crazy Eights Social Hour w/ (A 101) 6:30- Movie Matinee (A 109)	


Health Center Activity Calendar

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p style="text-align: right;">01</p> <p>10:00 – Senior Strength (A 109) 11:15- Reminiscence Group (A 109) 1:00 – Outdoor News and Views 2:30 – Social Hour CrAZy EiGtHs (A 109) 3:00- Rest and Relaxation 6:30 – BINGO night (A 109)</p>	<p style="text-align: right;">02</p> <p>10:00 – Exercise training (A 109) 11:15- Hand Massages & Manicures (A 109) 1:00 – Eagle Walking Group (A 101) 2:30 – UNO Social Hour (A 101) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">03</p> <p>10:00 – Homemaker Hour 11:15- Andy Griffith Show (C 116) 1:00 – Clever Crosswords & Puzzles (A 101) 2:30 – Happy Hour w/ Linda on Piano (C 116) 3:30- Rest and Relaxation</p>
<p style="text-align: right;">04</p> <p>1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)</p>	<p style="text-align: right;">05</p> <p>10:00 – Mindful Movement (A 109) 11:15 – Eagle Walking Group (A 101) 1:30 - Visits with Rev. Dan 2:30 – Poker Social Hour (A 101) 3:00- Rest and Relaxation 4:00 – Pet Visits</p>	<p style="text-align: right;">06</p> <p>10:00 – Target Toss 11:15- Eagle Walking Group 1:45 – Music Therapy Exercise (D 113) 2:30 – Boggle Social Hour (A 101) 3:00- Rest and Relaxation 6:30 – Cards Night (A 109)</p>	<p style="text-align: right;">07</p> <p>10:00- Castle Peak Gardening Committee (A 114) 11:00 – BINGO (A 109) 1:30 – Bible Study (A 109) 2:30 – Happy Hour Phase 10 (A 101) 3:00- Rest and Relaxation 4:00- Qi Gong (A 109)</p>	<p style="text-align: right;">08</p> <p>10:00 – Senior Strength (A 109) 11:15 – Art (A 114) 1:00 – Outdoor Adult Coloring Group 2:30 – Cards Social Hour (A 101)/ Ruth on piano (C 116) 3:00- Rest and Relaxation 6:30 – Movie Night (C 116)</p>	<p style="text-align: right;">09</p> <p>10:00 – Exercise training (A 109) 11:15 – Eagle Walking Group (A 101) 1:30- What’s in the bag? (A 114) 2:30 – Crazy Eights Social Hour (A 101) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">10</p> <p>10:00 – Homemaker Hour 11:15- I love Lucy (C 116) 1:00 – Brain Games (A 114) 2:30 – Happy Hour w/ Linda on the piano (C 116) / BIRTHDAY BASH!! 3:00- Rest and Relaxation</p>
<p style="text-align: right;">11</p> <p>1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)</p>	<p style="text-align: right;">12</p> <p>10:00- Target Toss 1:00- Woman’s Club (A 109) 1:30 - Visits with Rev. Dan 2:30 – MEMORY Social Hour (A 101) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">13</p> <p>10:00 – Aromatherapy and Stretch (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – LCR Social Hour (A 101) 3:00- Rest and Relaxation 6:30 – Movie Night (C 116)</p>	<p style="text-align: right;">14</p> <p>11:15 – Coffee/Tea and Reminiscence Group (A 109) 1:30 – Bible Study (A 109) 2:30 – Resident’s Choice Game Happy Hour (A 101) 3:00- Rest and Relaxation 4:00- Qi Gong (A 109)</p>	<p style="text-align: right;">15</p> <p>10:00 – Chair Yoga (A 109) 11:15- Hand Massages and Relaxation Videos (A 109) 1:00 – Outdoor News and Views 2:30 – Family Social Hour (A 101)/ Ruth on piano (C 116) 3:00- Rest and Relaxation 6:30 – BINGO NIGHT (A 109)</p>	<p style="text-align: right;">16</p> <p>10:00 – Exercise training (A 109) 11:00- Hand Massages and Relaxation Videos (C 116) 1:00 – Eagle Walking Group (A 101) 2:30 – UNO Social Hour (A 101) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">17</p> <p>10:00 – Homemaker Hour 11:15- Shows of the 50s (C 116) 1:00 – Hand Massages (C 116) 2:30 – Happy Hour w/ Linda on the piano (C 116) 3:00- Rest and Relaxation</p>
<p style="text-align: right;">18</p> <p>1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)</p>	<p style="text-align: right;">19</p> <p>10:00 – Mindful Movement (A 109) 11:15 – Knitting Club (A 109) 12:00- Picnic Outing 1:30 - Visits with Rev. Dan 2:30 – Dominoes Social Hour (A 101) 3:00- Rest and Relaxation 4:00 – Pet Visits</p>	<p style="text-align: right;">20</p> <p>11:30- Coffee/Tea & Reminiscence Group (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Resident Council Meeting Blackjack Social/ (A 101) 3:00- Rest and Relaxation 6:30 – Cards Night (A 109)</p>	<p style="text-align: right;">21</p> <p>11:15- Hand Massages (C 116) 1:30 – Bible Study (A 109) 2:30 – Creative Writing/ Interview Questions Happy Hour (A 101) 3:00- Rest and Relaxation 4:00- Qi Gong (A 109)</p>	<p style="text-align: right;">22</p> <p>10:00 – Exercise Essentials for Better Balance (A 109) 11:15- Art (A 114) 2:30 – BINGO Social hour (A 101)/Ruth on piano (C 116) 3:00- Rest and Relaxation 6:30- Movie Night (C 116)</p>	<p style="text-align: right;">23</p> <p>11:15 – Castle Peak Scrapbooking Club (A 114) 1:00 – Eagle Walking Group (A 101) 1:00- Men’s Club (A 109) 2:30 – Yahtzee Social Hour w/ (A 101) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">24</p> <p>10:00 – Homemaker Hour 11:15- Hand Massages & Music (C 116) 1:00 – Wuzzles & Puzzles (A 114) 2:30 – Happy Hour w/ Linda on the piano (C 116) 3:00- Rest and Relaxation</p>
<p style="text-align: right;">25</p> <p>1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)</p>	<p style="text-align: right;">26</p> <p>10:00 – Exercise Essentials for Better Balance (A 109) 11:00– Aromatherapy (A114) 1:30 - Visits with Rev. Dan 1:00- Women’s Club (A 109) 2:30 – Social Hour Upwords (A 101)/Ruth on piano (C 116) 3:00- Rest and Relaxation 4:00- Pet Visits</p>	<p style="text-align: right;">27</p> <p>Massages 10:00- Chair Yoga 11:15- - Crossword Puzzles (A 101) 2:30 – Poker Social Hour (A 101) 3:00- Rest and Relaxation 6:30 – BINGO Night (A 109)</p>	<p style="text-align: right;">28</p> <p>11:15- Creative Story Telling (A 109) 1:30 Eagle Walking Group (A 101) 2:30 – MEMORY Happy Hour (A 101) 3:00- Rest and Relaxation 4:00- Qi Gong (A 109)</p>	<p style="text-align: right;">29</p> <p>10:00 – Chair Yoga (A 109) 11:15- Outdoor Adult Coloring Group 12:00- Picnic Outing 2:30 – Boggle Social Hour (A 101) 3:00- Rest and Relaxation 6:30 – BINGO NIGHT (A 109)</p>	<p style="text-align: right;">30</p> <p>10:00 – Exercise training (A 109) 11:15 – Hand Massages & Manicures (A 109) 1:00 – Eagle Walking Group (A 101) 2:30 – Crazy Eights Social Hour w/ (A 101) 3:00- Rest and Relaxation</p>	

Short Term Rehabilitation Activity Calendar

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p style="text-align: right;">01</p> <p>10:00 – Senior Strength (A 109) 11:15- Reminiscence Group (A 109) 1:00 – Outdoor News and Views 2:30 –Social Hour CrAZy EiGtHs (A 109) 3:00- Rest and Relaxation 6:30 – BINGO night (A 109)</p>	<p style="text-align: right;">02</p> <p>10:00 – Exercise training (A 109) 11:15- Hand Massages & Music 1:00 – Eagle Walking Group (A 101) 2:30 – UNO Social Hour (A 101) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">03</p> <p>10:00 – Chair Pilates (A 109) 1:00 – Clever Crosswords & Puzzles (A 101) 2:30 – Happy Hour w/ Linda on Piano (C 116) 3:30- Rest and Relaxation</p>
<p style="text-align: right;">04</p> <p>1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)</p>	<p style="text-align: right;">05</p> <p>10:00 – Mindful Movement (A 109) 11:15 – Eagle Walking Group (A 101) 1:30 - Visits with Rev. Dan 2:30 – POKER Social Hour (A 101) 3:00- Rest and Relaxation 4:00 – Pet Visits</p>	<p style="text-align: right;">06</p> <p>10:00 – Target Toss 11:15- Eagle Walking Group 1:45 – Music Therapy Exercise (D 113) 2:30 –Boggle Social Hour (A 101) 3:00- Rest and Relaxation 6:30 – Cards Night (A 109)</p>	<p style="text-align: right;">07</p> <p>11:00 – BINGO (A 109) 1:30 – Bible Study (A 109) 2:30 – Happy Hour Phase 10 (A 101) 3:00- Rest and Relaxation 4:00- Qi Gong (A 109)</p>	<p style="text-align: right;">08</p> <p>10:00 – Senior Strength (A 109) 11:15 –Art (A 114) 1:00 – Outdoor Adult Coloring Group 2:30 – Cards Social Hour (A 101)/ Ruth on piano (C 116) 3:00- Rest and Relaxation 6:30 – Movie Night (C 116)</p>	<p style="text-align: right;">09</p> <p>10:00 – Exercise training (A 109) 11:15 – Eagle Walking Group (A 101) 1:30- What’s in the bag? (A 114) 2:30 – Crazy Eights Social Hour (A 101) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">10</p> <p>10:00 – Chair Pilates (A 109) 1:00 – Brain Games (A 114) 2:30 – Happy Hour w/ Linda on the piano (C 116)/BIRTHDAY BASH!! 3:00- Rest and Relaxation</p>
<p style="text-align: right;">11</p> <p>1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)</p>	<p style="text-align: right;">12</p> <p>10:00- Target Toss 1:00- Woman’s Club (A 109) 1:30 - Visits with Rev. Dan 2:30 – MEMORY Social Hour (A 101) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">13</p> <p>10:00 – Aromatherapy and Stretch (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – LCR Social Hour (A 101) 3:00- Rest and Relaxation 6:30 – Movie Night (C 116)</p>	<p style="text-align: right;">14</p> <p>11:15 – Coffee/Tea and Reminiscence Group (A 109) 1:30 – Bible Study (A 109) 2:30 – Resident’s Choice Game Happy Hour (A 101) 3:00- Rest and Relaxation 4:00- Qi Gong (A 109)</p>	<p style="text-align: right;">15</p> <p>10:00 – Chair Yoga (A 109) 11:15- Hand Massages and Relaxation Videos 1:00 – Outdoor News and Views 2:30 – Family Social Hour (A 101)/ Ruth on piano (C 116) 3:00- Rest and Relaxation 6:30 – BINGO NIGHT (A 109)</p>	<p style="text-align: right;">16</p> <p>10:00 – Exercise training (A 109) 11:00- Hand Massages and Relaxation Videos 1:00 – Eagle Walking Group (A 101) 1:30- Men’s Club (A 109) 2:30 – UNO Social Hour (A 101) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">17</p> <p>10:00 – Chair Pilates (A 109) 1:00 – Hand Massages (C 116) 2:30 – Happy Hour w/ Linda on the piano (C 116) 3:00- Rest and Relaxation</p>
<p style="text-align: right;">18</p> <p>1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)</p> <p>HAPPY FATHERS DAY!</p>	<p style="text-align: right;">19</p> <p>10:00 – Mindful Movement (A 109) 1:30 - Visits with Rev. Dan 2:30 – Dominoes Social Hour (A 101) 3:00- Rest and Relaxation 4:00 – Pet Visits</p>	<p style="text-align: right;">20</p> <p>11:30- Coffee/Tea & Reminiscence Group (A 109) 1:45 – Music Therapy Exercise (D 113) 2:30 – Blackjack Social (A 101) 3:00- Rest and Relaxation 6:30 – Cards Night (A 109)</p>	<p style="text-align: right;">21</p> <p>11:15- Hand Massages 1:30 – Bible Study (A 109) 2:30 – Creative Writing/ Interview Questions Happy Hour (A 101) 3:00- Rest and Relaxation 4:00- Qi Gong (A 109)</p>	<p style="text-align: right;">22</p> <p>10:00 – Stretch & Relax (A 109) 11:15- Art (A 114) 2:30 – BINGO Social hour (A 101)/Ruth on piano (C 116) 3:00- Rest and Relaxation 6:30- Movie Night (C 116)</p>	<p style="text-align: right;">23</p> <p>11:15 – Castle Peak Scrapbooking Club (A 114) 1:00 – Eagle Walking Group (A 101) 1:00- Men’s Club (A 109) 2:30 – Yahtzee Social Hour w/ (A 101) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">24</p> <p>10:00 – Chair Pilates (A 109) 1:00 – Wuzzles & Puzzles (A 114) 2:30 – Happy Hour w/ Linda on the piano (C 116) 3:00- Rest and Relaxation</p>
<p style="text-align: right;">25</p> <p>1:00 – Sunday Movie Matinee (A 109) 3:30 - Nondenominational Service (A 109)</p>	<p style="text-align: right;">26</p> <p>10:00 – Exercise (A 109) 11:00– Aromatherapy (A114) 1:30 - Visits with Rev. Dan 1:00- Women’s Club (A 109) 2:30 – Social Hour Upwords (A 101)/Ruth on piano (C 116) 3:00- Rest and Relaxation</p>	<p style="text-align: right;">27</p> <p>10:00- Chair Yoga 11:15- Hand Massages and Relaxation Videos 2:30 – Poker Social Hour (A 101) 3:00- Rest and Relaxation 6:30 – BINGO Night (A 109)</p>	<p style="text-align: right;">28</p> <p>11:15- Creative Story Telling (A 109) 1:30 Eagle Walking Grouo (A 101) 2:30 – MEMORY Happy Hour (A 101) 3:00- Rest and Relaxation 4:00- Qi Gong (A 109)</p>	<p style="text-align: right;">29</p> <p>10:00 – Chair Yoga (A 109) 11:15- Outdoor Adult Coloring Group 2:30 – Boggle Social Hour (A 101) 3:00- Rest and Relaxation 6:30 – BINGO NIGHT (A 109)</p>	<p style="text-align: right;">30</p> <p>10:00 – Exercise training (A 109) 11:15 – 11:15- Hand Massages & Music 1:00 – Eagle Walking Group (A 101) 2:30 – Crazy Eights Social Hour w/ (A 101) 3:00- Rest and Relaxation</p>	