

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

August 2019

Assisted Living Meaningful Life Program Calendar

Location Key:

HH- Household
 DR- Household Dining Room
 MT- Movie Theater
 O- Off Site (trips)
 ML- Mansion Lobby
 GP- Gathering Place
 LI- Mansion Library

11:15 Exercise w/ Sarah-GP
 2:00 **National Mountain Climbing Day Documentary: Free Solo-MT**
 2:30 "Create Your Own Tea Collection" - 1st Fl. East
 4:00 History of National Parks & Trivia w/ Sarah-2nd Fl. East

11:15 Yoga w/ Jess- GP
 2:00 **International Beer Day: Local Brewery Tasting Social In Mansion Lobby**



11:15 Exercise with Gaby-GP
 2:15 Baking Club w/ Gaby 1st Floor East Kitchen

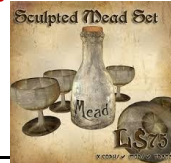


3:45 Walking Club
Meet in the Gathering Place

11:15 Exercise w/ Rachel-GP
 1:30 Puzzles and Pieces- 2nd Fl. West
 3:00 Floral Arrangements- 2nd Fl. East



11:15 Exercise w/ Aliyah-GP
 2:00 TED Talk & Discussion-2nd Fl. East
 4:00 **Medieval Themed Happy Hour- 1st Fl. East**



11:15 Exercise w/ Rachel-GP
 1:30 Origami-1st Fl. East
 2:30 Word Games and Brain Teasers- 2nd Fl. East
 3:30 "What's in the Bag?" 2nd Fl. West
 4:00 Let's Play Uno!- 1st Fl. East

10:30 **Roman Catholic Communion-1st Fl. East Parlor**
 11:15 Exercise w/ Sarah-GP
 1:30 Bingo Hour!- GP
 2:30 Ultimate Crossword w/ Sarah-2nd Fl. East
 3:00 **Stories of Inspiration- LI**
 4:15 Knitting Club- 1E Parlor
 4:15 Current Events- Café

11:15 Cardio w/ Aliyah-GP
 1:00 **Trip: Nail Salon-O**
 2:00 IN2L Game Show- 2nd Fl. East
 3:00 **Ladies Club: Pudding Making 1st Fl. East Kitchen**
 4:15 Headbands- 2nd Fl. West

10:30 Open Shopping-O
 11:15 Yoga w/ Jess-GP
 1:30 Guided Meditation w/ Pastor G-GP
 1:45 **Shakespeare Reading "Henry VI"- MT**
 3:30 **Book Lover's Day! Social & Discussion- GP**

11:15 Exercise w/ Bianca- GP
 1:30 Bingo Hour- GP
 3:30 iN2L Trivia 2nd Floor East LR

11:15 Exercise w/ Sarah-GP
 1:30 Music w/ Jahwula 2E
 2:00 Mini Manicures & Massages w/ Sarah- 1st Fl. East
 4:00 Scrabble Game w/ Sarah - 2nd Fl. East

11:15 Yoga w/ Jess-GP
 2:00 Patio Discussion w/ Jess-2nd Fl. West
 2:30 **Ecumenical Worship Service -GP**
 4:00 iN2L Trivia w/ Jess- 2nd Fl. East

11:15 Cardio w/ Aliyah-GP
 1:45 **Movie Matinee- "Pavarotti Documentary" 2017film -MT**
 2:00 Manicures- 2nd Fl. West P
 3:00 **Sip & Paint w/ Aliyah Summer Edition- ML**

10:15 Guided Meditation w/ Pastor G-GP
 11:15 Exercise w/ Sarah-GP
 1:30 Bingo Hour!- GP
 2:00 Coffee & Conversation-Café
 2:30 Ultimate Crossword w/ Sarah-1st Fl. East
 4:15 Knitting Club 1E Parlor
 4:15 Current Events- Café

National Relaxation Day
 11:15 **Special Yoga Class with Helanah-GP**
 2:00 **Spa Hour w/ Aliyah 2nd Fl. parlor (sign up for appointment)**
 4:00 Sign Language 2nd Fl. East LR
 6:30 **History lecture w/ Mike Jesberger- GP**

10:30 Open Shopping-O
 11:15 Exercise w/ Aliyah-GP
 11:45 **Trip: Lunch Outing Restaurant TBD**
 2:00 Independent Puzzles- 2nd Fl. East
 3:00 iN2L Game Show- 2nd Fl. West
 4:00 Terrarium Creations- 1st FL. East

11:15 Exercise w/ Gaby-GP
 2:00 Creative Art's Class - GP



3:45 Walking Club
Meet in the Gathering Place

11:15 Exercise Rachel-GP
 1:30 Music w/ Jahwula 2West
 1:45 Baking Class: Lemon Bars- 1st Fl. East
 3:00 **Showing Hopscotch-MT**
 3:30 Card Club-GP



11:15 Exercise w/ Sarah-GP
 2:30 **Ecumenical Worship Service -GP**
 3:30 World Honey Bee Day Discussion- 1st Fl. East
 4:00 **Honey Mead Happy Hour -1st Fl. East**

10:00 **Music Therapy w/ Dan Poulos 2nd Fl. West**
 11:15 Exercise w/ Rachel-GP
 2:00 **Fox Rehab Presents "Memory Strategies" By Kate- GP**
 2:15 Jewelry Making w/ Aliyah 2nd Fl. East
 3:30 Book Club Meeting- LI

10:30 **Roman Catholic Communion-1st Fl. East Parlor**
 11:15 Exercise w/ Sarah-GP
 1:30 Bingo Hour!-GP
 2:30 Ultimate Crossword 2nd Fl. East LR
 3:00 **Stories of Inspiration- LI**
 4:15 Knitting Club- 1E Parlor
 4:15 Current Events- Café

11:15 Cardio w/ Aliyah-GP
 2:00 **Live Entertainment with Emmet Robinson-ML**
 3:30 Knights of the Hearth: Men's Club- GP
 3:30 Watercolor Stationary Tutorial w/ Sarah- 1st Fl. E

11:15 Exercise w/ Sarah-GP
 1:30 Guided Meditation w/ Pastor G-GP
 1:45 **Shakespeare Reading "Henry VI"- MT**
 3:00 Let's Create: Beeswax Birthday Candles- GP

11:15 Fitness Program with Bianca- GP
 1:30 Bingo Hour-GP
 3:00 **Showing Cinderella by Rudolf Nureyev de Paris-MT**
 3:30 Did You Know?? Trivia 1st Floor East LR

11:15 Cardio with Aliyah-GP
 2:00 TED Talk Discussion in Movie Theater
 3:30 Creative Art's Group in Gathering Place

11:15 Exercise w/ Sarah-GP
 1:00 **Resident Council-GP**
 2:30 **Ecumenical Worship Service -GP**
 3:00 Crafting with Tote Bags w/ Sarah- 1st Fl. East
 4:00 Rummikub Board Game w/ Sarah- 2nd Fl. East

10:00 **Music Therapy w/ Dan Poulos 1st Fl. East**
 11:15 Exercise w/ Rachel-GP
 2:00 Word Games and Brain Teasers- 2nd Fl. East
 3:30 **Passports to Paradise Thailand Edition- GP**

10:15 Guided Meditation w/ Pastor G-GP
 11:15 Exercise w/ Sarah-GP
 1:00 **Trip: Constitution Center**
 1:30 Bingo Hour!-GP
 2:00 Coffee & Conversation-Café
 4:15 Knitting Club 1E Parlor
 4:15 Current Events-Café

11:15 Cardio w/ Aliyah-GP
 1:30 Reminiscing Hour- 2nd Fl. East
 3:00 Water Coloring 2nd Fl. West
 6:00 **Music Under the Stars w/ a Performance by Pete Innaurato-ML**

11:15 Exercise w/ Rachel-GP
 2:00 **Music Therapy Session w/ Audrey- 1st FL. East HH**
 3:00 Card Club- GP
 4:00 Table Top Games- 2nd FL. West

11:15 Exercise with Gaby- GP
 2:00 Scrabble Game 2nd Floor West
 3:45 Walking Club
Meet in the Gathering Place

