

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Quote of the Month

To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

– William Londen



Room Location Codes

1Patio	1st floor patio outside Recreation Room
REC	1st floor Connections Recreation Room
CH	1st floor Chapel
I	Individual Therapies
2DR/3DR	2nd/3rd floor dining rooms
MNR	2nd floor Mount Nittany Room
2TV	2nd floor front TV room
2SP	2nd floor Screened Porch off Dining Room
2N/3N	2nd/3rd floor sensory Nook
3E	3rd floor End Room
W	3rd floor Willow Room
Social Corner (I)	Mon-Fri, 2:00-4:00pm, 3rd floor Willow Room
Sensory Group (I)	Mon-Fri, 2:00-4:00pm, MNR

1

10:00	Morning Meditation (2TV/3DR)
11:00	Timeslips (2TV)
2:00	Katherine Haar: Food Pyramid vs Fad Diets (W)
2:00	Sensory (I) Game Room (W)
3:00	Fun with Riddles (2TV)
3:00	Travel Slideshow with Jim Steamer (IFDR)
6:30	Reading Nook: Readers Digest (2N/3N)

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10:00	Parachute Palooza (2TV/3DR)
10:30	Local News (2TV)
11:00	Button Holes (2TV)
2:00	Sensory Group (2N or 3N)
3:00	iPad Fun: Trivia (2TV)

3

10:00	Tai Chi (2TV/3DR)
11:00	Bible Study (3DR)
2:00	Grace Between Us (2TV)
3:00	Refresh with Ocean Waves and Gentle Movement (2TV)
4:00	Poems (2N)

4

10:00	Chair Zumba (2TV/3DR)
10:30	Rt 66 Walking Club (I)
11:00	50's Karaoke (2TV)
2:00	Build a Story (2TV)
2:00	Sensory (I) Game Room (W)
3:00	Villagers Social (3DR)
6:30	Brain Fitness (2N/3N)

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10:00	Relaxation Circle (2TV/3DR)
11:00	"TASTY" Recipe App (2TV)
2:00	Sensory (I) Game Room (W)
2:00	The Silver Screen (2TV)
4:00	Word Games (2TV)
6:30	Bubble Swat (2N/3N)

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10:00	Chair Yoga (2TV/3DR)
10:30	Fancy Hands Manicures (2TV)
10:30	Country Drive: Starbucks (I)
12:00	Brain Healthy Salmon Lunch (All residents)
2:00	Sensory (I) Game Room (W)
2:00	Bingo (3DR)
3:00	Linked Senior: video (2TV)
6:30	My Travel Suitcase (2N/3N)

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10:00	Chris's Piano Music (2TV)
10:30	Our Lady of Victory Visits (I)
11:00	Cooking Creations: Apple Fritters (REC)
2:00	Sensory (I) Game Room (W)
2:00	Best Friends: Camp Fire Bananas and Ice Cream (2patio)
6:30	Picture Find (2N/3N)

8

10:00	Morning Meditation (2TV/3DR)
11:00	Men's Group: Lunch in (W)
2:00	Katherine Haar: Eating Out vs Eating In (W)
2:00	Sensory (I) Game Room (W)
3:00	Guest Speaker Dr. Frero (Inn)
3:00	Ambassador Meeting: Treats for a Cause (W)
6:30	Reading Nook: Readers Digest (2N/3N)

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10:00	Tossing and Turning (2TV/3DR)
10:30	World News (2TV)
11:00	Napkin Folding (2TV)
2:00	Sensory Group (2N or 3N)
3:00	iPad Fun: Greek Cuisine (2TV)

10

10:00	Tai Chi (2TV/3DR)
11:00	Bible Trivia (2TV)
2:00	Church Service with Pastor Ron Miller (2TV)
3:00	Refresh to Classical Music and Soothing Massage (2TV)
4:00	Word Match (W)

11

10:00	Dancercise (2TV/3DR)
11:00	Sing A Long with Elizabeth Webb (2TV)
2:00	Words That Begin With.....(2TV)
2:00	Rt 66 Walking Club (I)
2:00	Sensory (I) Game Room (W)
3:00	PAWS Pet Visit (2TV)
6:30	Brain Fitness (2TV)

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10:00	Relaxation Circle (2TV/3DR)
11:00	"Uber Eats" App (2TV)
11:00	Red Cross Blood Drive
2:00	Sensory (I) Game Room (W)
2:00	Resident Council (2TV)
2:30	Food Committee (2TV)
3:00	Linked Senior: Magazine (2TV)
6:30	Balloon Bounce (2N/3N)

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10:00	Morning Warm Up (2TV/3DR)
10:30	Fancy Hands Manicures (2TV)
10:30	On the Road with Starbucks (I)
2:00	Sensory (I) Game Room (W)
2:00	Picture Bingo (3DR)
3:00	The H'art and Soul of Nutrition with Dietician Katherine Haar (W)
6:30	Board Games (2N/3N)

14

10:00	Chris's Piano Music (2TV)
10:30	Our Lady of Victory Visits (I)
11:00	Art Therapy: Sea Shells (REC)
2:00	The Silver Screen (2TV)
2:00	Sensory (I) Game Room (W)
6:30	Odd One Out (2N/3N)

15

10:00	Morning Meditation (2TV/3DR)
11:00	Sports Shorts (2TV)
2:00	Katherine Haar: The Healthier Choice (W)
2:00	Sensory (I) Game Room (W)
3:00	Fruit Kabobs on the Patio (2porch)
6:30	Reading Nook: Readers Digest (2N/3N)

16

10:00	Work It (2TV/3DR)
10:30	Environmental News (2TV)
11:00	Matching and Balling Socks (2TV)
2:00	Sensory Group (2N or 3N)
3:00	iPad Fun: Chinese Cuisine (2TV)

17

10:00	Tai Chi (2TV/3DR)
11:00	Spiritual Readings(2TV)
2:00	Refresh with the Sounds of Nature (2TV)
3:00	Alliance Christian Fellowship (2TV)
4:00	Adult Coloring Pages (W)

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National Picnic Day

10:00	Ribbon Dancing (2TV/3DR)
10:30	Rt 66 Walking Club (I)
11:00	Mop Ball (2TV)
2:00	Sensory (I) Game Room (W)
2:00	Bingo (3DR)
3:00	All About National Picnic Day (2TV)
6:30	Brain Fitness (2N/3N)

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10:00	Relaxation Circle (2TV/3DR)
11:00	"My Fitness Pal" App (2TV)
2:00	Sensory (I) Game Room (W)
2:00	The Silver Screen (2TV)
6:30	Mop Ball (2N/3N)

20

10:00	Musical Scarves (2TV/3DR)
10:30	Fancy Hands Manicures (2TV)
10:30	Shopping Trip (I)
2:30	Judy Sherwood Musical Entertainment (2TV)
3:30	Linked Senior: trivia (2TV)
6:30	Card Games (2N/3N)

21

10:00	Chris's Piano Music (2TV)
10:30	Our Lady of Victory Visits (I)
11:00	Cooking Creations: Peaches and Cream (REC)
2:00	Giant Crosswords (W)
3:30	Happy Hour with Tommy Wareham (2DR)
6:30	Massage and Soft Music (2N/3N)

22

10:00	Morning Meditation (2TV/3DR)
10:30	Therapy Dog Visits with Sam (2TV/I)
11:00	Men's Group: Favorite Vacation Spots and Boardwalk Fries (W)
2:00	Katherine Haar: the Importance of Hydration (W)
2:00	Sensory (I) Game Room (W)
3:00	Ambassador Meeting: Cards for a Cause (2TV)
6:30	Reading Nook: Readers Digest (2N/3N)

23

10:00	Morning Warm Up (2TV/3DR)
10:30	Inspirational News (2TV)
11:00	Weavers Corner (2TV)
2:00	Sensory Group (2N or 3N)
3:00	iPad Fun: Mexican Cuisine (2TV)

24

10:00	Tai Chi (2TV/3DR)
10:30	Daily Devotional (3DR)
11:30	Family Picnic (outdoors)
2:00	Bible Word Find (W)
2:30	Sunday Worship with Maxine (2TV)
3:30	Refresh with Hand Massage and Relaxation DVD (2TV)

25

10:00	Stretch with Me (2TV/3TV)
10:30	Rt 66 Walking Club (I)
11:00	On the Porch with Music and Lemonade (Conn Patio)
2:30	Monthly Birthday Bash with John Thompson (2DR)
6:30	Brain Fitness (2N/3N)

26

10:00	Relaxation Circle (2TV/3DR)
11:00	Map My Run" App (2TV)
2:00	Sensory (I)
2:00	The Silver Screen (2TV)
6:30	Gentle Stretch to Music (2N/3N)

27

10:00	Upper Body Fitness (2TV/3DR)
10:30	Fancy Hands Manicures (2TV)
10:30	On the Road with McD's Shakes (I)
2:00	Sensory (I) Game Room (W)
2:00	Bingo (3DR)
3:00	Linked Senior: Slideshow (2TV)
6:30	Adult Coloring Pages (2N/3N)

28

10:00	Chris's Piano Music (2TV)
10:30	Our Lady of Victory Visits (I)
11:00	Art Therapy: Butterfly Pottery (REC)
2:00	Sensory (I) Game Room (W)
2:00	Red Hat Club: Favorite Vacation Destinations and Funnel Cakes (REC)
3:00	Basket Ball (2TV)
6:30	Tea and Conversation (2N/3N)

29

10:00	Morning Meditation (2TV/3DR)
11:00	Sports Trivia Challenge (2TV)
2:00	Katherine Haar: Why Dark Chocolate? (2TV)
3:00	S'mores on the Patio (1Patio)
6:30	Reading Nook: Readers Digest (2N/3N)

30

10:00	Dancercise (2TV/3TV)
10:30	Local News (2TV)
11:00	Beading and Chit Chat (2TV)
2:00	Sensory Group (2N or 3N)
3:00	iPad Fun: Italian Cuisine (2TV)

*All musical features are provided for therapeutic purposes only to support memory and cognitive functioning.