

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Room Location Codes

William Lathrop Arts Center
WLAC 1, 2 & 3



Quote of the Month



Health is a state of body.
Wellness is a state of being.

- J. Stanford



						<p>9:30 LS: Daily Chronicle 10:00 Music & Memory 10:30 Ball Toss 12:00 Brunch of the Month: Food for Wellness 1:00 Aromatherapy & Hand Massages 3:00 Viewer's Choice Movie</p>
<p>2 9:00 LS: Daily Chronicle 9:30 Meditation: Hands of Time 10:00 Basketball Toss 11:00 St. Ephrem's Communion Service 1:30 Bye-Bye Blues w/Lisa Lyman 3:00 Sunday Cinema: My Big Fat Greek Wedding</p>	<p>3 9:30 Exercise: Monday in Motion 10:00 Music & Memory 10:30 Pet Therapy with Molly 1:00 Organic Dog Treats w/Volunteer 2:00 Witty Word Games 3:00 Hydration Station</p>	<p>4 11:15 Exercise: Balloon Volleyball 1:00 Brain Booster 1:30 Floral Arranging from my Garden in Sudan 2:30 LS: Customs, Food & Flowers from Sudan 3:00 Tech: Food Focus: Yummly App 6:00 UNO</p>	<p>5 10:45 Bible Study: Pastor Scott Mitchell (WLAC-1) 11:15 Exercise: Wednesday Wake Up 11:30 Pet Therapy: Yogi 1:00 Incredible Edibles: Baking Cookies 2:00 LS: Joke of the Day 3:00 Hydration Station 6:00 Cracker Barrel Checkers</p>	<p>6 9:30 Exercise: Light & Lively 10:00 Music & Memory 10:30 Inspirational Poetry: My Hand in His 12:00 Live in Wellness Dinner Party 1:00 Fun Fitness w/Shawn Hagney 1:30 Visiting Angels w/Robert Loper (WLAC-1) 2:30 Aromatherapy & Hand Massages</p>	<p>7 9:30 Exercise: Ball Toss 10:00 LS: Bingo 10:45 Shabbat Service 1:30 Juniper Quarterly Memorial Service (WLAC-1) 2:30 Ice Cream Sodas w/Dot Hahn 3:00 LS: C4L Focus: Medication Safety Awareness 4:00 LS: Tech: Music Box</p>	<p>8 9:30 LS: Magazine 10:00 Mindful Meditation 10:30 Knock It Down 1:00 Pinterest: Painting Strawberries 1:30 Inspirational Poetry: Your Faith in Action 3:00 Viewer's Choice Movie</p>
<p>9 9:00 LS: Magazine 9:30 Inspiration: Pause & Reflect 10:00 Ring Toss 11:00 St. Ephrem's Communion Service 1:30 Sunday Sing-a-Long w/Folk Guitarist Chris Doughty 3:00 Sunday Cinema: Ladies in Lavender</p>	<p>10 9:30 Exercise: Monday in Motion 10:00 Music & Memory 10:30 Pet Therapy with Molly 11:00 Brain Builder 11:30 Red Hat Luncheon (WLAC 2, 3) 2:00 Men's Manicures 3:00 Hydration Station</p>	<p>11 11:15 Exercise: Ball Toss 1:00 Mindful Meditation 1:30 Flower Arranging in Borneo 2:30 LS: Lyrical Music from Borneo 3:00 Citrus Fruit Parfaits 6:00 LS: Spin & Solve</p>	<p>12 10:45 Bible Study: Pastor Mathew Philip (WLAC-1) 11:15 Exercise: Wednesday Wake Up 11:30 Pet Therapy: Yogi 1:00 Delectable Desserts: Baking Cookies 2:30 Methodist Church Service 6:00 LS: Hangman</p>	<p>13 9:30 Exercise: Sunrise Stretches 10:00 LS: Tech: Crazy Keys 10:30 Inspirational Poetry: The Riches of His Grace 1:00 Fun Fitness w/Shawn Hagney 2:00 Tech: Food Focus: Yummly App 2:30 Music & Memory 3:30 Entertainment: w/Marcus</p>	<p>14 Flag Day 9:30 Exercise: Balloon Volleyball 10:00 Patriotic Trivia: Flag Day w/Bill Eldridge 10:45 Shabbat Service 1:00 Inspirational Poetry: The Winds of Fate 1:30 Ice Cream Sundaes w/Patriotic Sprinkles</p>	<p>15 9:30 LS: Daily Chronicle 10:00 LS: Bingo w/Bella 10:30 Basketball Toss 1:00 Aromatherapy & Hand Massages 1:30 Hymns w/Nick Fratelli 3:00 Viewer's Choice Movie</p>
<p>16 Happy Father's Day 9:00 LS: Daily Chronicle 9:30 Reflection: Hope Renewed 11:00 St. Ephrem's Communion Service 1:30 Classic Summer Songs w/Lou Aiello 2:30 Father's Day Dessert: Brownies 3:00 Sunday Cinema: Father's Little Dividend</p>	<p>17 9:30 Exercise: Monday Movement 10:00 Music & Memory 10:30 Pet Therapy with Molly 1:00 Men's Club: Occupations 2:00 Tech: Food Focus: Yummly App 3:00 Balloon Volleyball</p>	<p>18 International Picnic Day 11:15 Exercise: Tuesday Trim Up 1:00 Mindful Meditation 1:30 International Flower Arranging 2:30 Tuesday Trivia: Picnic Foods Around the World 3:00 Watermelon Anyone? 5:00 Harp Magic, Bedside Harp w/ Mary Cupo-Cruz 6:00 LS: Chalked Words</p>	<p>19 10:45 Bible Study: Pastor Tom Dingwall (WLAC-1) 11:15 Exercise: Wake & Shake 11:30 Pet Therapy: Yogi 1:00 Cookie Baking w/ my BFF 1:00 Miracle Ear, Dr. Kyle (WELL) 3:00 Hydration Station 6:00 Skip Bo Card Game</p>	<p>20 Birthday Day 9:30 Exercise: Light & Lively 10:30 Inspirational Poetry: Your Faith in Action 1:00 Fun Fitness w/Shawn Hagney 1:30 Singing Happy Birthday 2:30 Reminisce: Birthday Celebrations w/Audrey Forest 3:00 Color My World</p>	<p>21 First Day of Summer 9:30 Exercise: Chair Dancing 10:00 LS: Tech: Painter's Palette 10:45 Shabbat Service 1:30 Strength and Guidance; Poetry 2:15 Cartoons & Lunch Boxes W/Duane Abel 3:00 Music & Memory</p>	<p>22 9:30 LS: Magazine 10:00 LS: Bingo 10:30 Balloon Volleyball 1:00 Pinterest: Sea Shell Art 1:30 Aromatherapy & Hand Massages 3:00 Viewer's Choice Movie</p>
<p>23 9:00 LS: Magazine 9:30 Contemplation: Boundless Love 10:00 Ball Darts 11:00 St. Ephrem's Communion Service 1:30 Summer Songs w/Kim Montalvo 2:30 Art & Wine Festival: Peddlers Village, Pa: A Toast</p>	<p>24 9:30 Exercise: Morning Movement 10:00 Music & Memory 10:30 Pet Therapy with Molly 11:30 Resident Council & Food Committee: Snacks</p>	<p>25 11:15 Exercise: Balloon Volleyball 1:30 Flower Arranging: June Weddings 2:30 LS: Wedding Customs in other Countries 3:00 Hydration Station w/ Snacks 4:00 Current Events 6:00 Perquackey Dice Game</p>	<p>26 10:45 Bible Study: Pastor Mathew Philip (WLAC-1) 11:15 Exercise: Wednesday Wake Up 11:30 Pet Therapy: Yogi 1:00 Cookie Connoisseur: Baking 1:30 Villagers Program: Marilyn Guzman 6:00 Po Ke No</p>	<p>27 9:30 Exercise: Thursday Trim Up 10:00 Music & Memory 10:30 Inspirational Poetry: Food for the Soul 11:00 Brain Booster 1:00 Fun Fitness w/Shawn Hagney 2:00 Aromatherapy & Hand Massages 3:00 Hydration Station 3:30 Entertainment: w/John Callaghan (C&W)</p>	<p>28 9:30 Exercise: Focused Fitness 10:00 LS: Tech: Music Box 10:45 Shabbat Service 1:00 Inspirational Poetry: Peace of Mind 1:30 LS: Foods for Wellness 2:00 Fresh Fruit Social w/Dot Hahn 3:00 Balloon Volleyball</p>	<p>29 9:30 LS: Daily Chronicle 10:00 Conversation Corner w/Coffee 10:30 Ball Toss 1:00 Mindful Meditation 1:30 LS: Bingo 3:00 Viewer's Choice Movie</p>
<p>30 9:00 LS: Daily Chronicle 9:30 Meditation: Symbols of His Love 10:00 Magnetic Rocket Game 11:00 St. Ephrem's Communion Service 1:30 Spiritual Hymns w/Nick Fratelli 3:00 Sunday Cinema: The Cutting Edge</p>	<p>1:00 Brain Builder 2:00 Tech: Food Focus: Yummly App 3:00 Color My World</p>					

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