

If you would like to see an activity/service not reflected on the calendar please see RSC/Administrator.

SUMMER TIME

Nursing monthly wellness checks

all activities are subject to change

JUNE 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Dimensions of Wellness

- Physical
- Spiritual
- Social
- Intellectual
- Nutritional
- Purposeful

Meeting Places

- A** Your Apartment
- ML** Main Lobby
- DR** Dinning Room
- HC** Hall Cart
- GS** General Store
- ECS** Elevator Common Space
- B** Bistro
- PL** Parking Lot
- TR** Theater Room
- AR** Activity Room

Please Speak with Activities or Reception to help set up family visits. You must be off quarantine.

When out of your room, please wear a mask and wash your hands

	Please schedule a daily walk with Peyton in activities or Donna at the front desk. Lets get out and explore	Resident Council is for everyone to participate. A survey will be shared with everyone who is unable to attend because they are finishing their quarantine.	10:00a GS General Store Open 10:00a DR Small Group Scrabble 01:00p ML Shopping Trip: Walmart	01 09:30a ML Morning Walk 01:00p A Word Play: Word/Letter Puzzle Packets 03:00p A Independent card Games	02 10:00a ECS Going Fishing 01:30p DR Resident Council 03:00p DR Small Group Bingo	03 08:30a DR Breakfast With Management 02:00p B Ice Cream Shop 03:00p A Weekend Packet-Passed Out	04 08:00a A Work on Weekend Packet 02:00p A Independent Exercise 02:00p A Quarantine Pen Pals	
	07:00a A Religious Service Listing 11:00a A Relaxation at Home: Meditation & Breathing 11:30a A Coloring Collection	10:00a ECS Yoga Ball Exercise 02:00p PL Bean Bag Toss: Outdoors 05:30p TR Musical Monday	10:00a DR Small Group Scrabble 01:00p ML Shopping Trip: Walmart 03:00p ML Karaoke Hour	09:30a ML Morning Walk 01:00p A Word Play: Word/Letter Puzzle Packets 03:00p A Independent card Games	10:00a B Ladies Tea 01:00p DR Spiral Straw Mobile 03:00p DR Small Group Bingo	10:00a GS General Store Open 02:00p B Ice Cream Shop 03:00p A Weekend Packet-Passed Out	08:00a A Work on Weekend Packet 02:00p A Independent Exercise 02:00p A Quarantine Pen Pals	
	07:00a A Religious Service Listing 11:00a A Relaxation at Home: Meditation & Breathing 11:30a A Coloring Collection	10:00a ECS Yoga Ball Exercise 02:00p DR Card Lotto Game 03:30p DR Skip-Bo Card game	10:00a GS General Store Open 11:00a ML Shopping Trip: Target 02:00p DR Small Group Scrabble	09:30a ML Morning Walk 01:00p A Word Play: Word/Letter Puzzle Packets 03:00p A BINGO	10:00a PL Book Mobile 10:00a B Father's Day Men's Hour: Coffee & Donuts 03:00p DR Small Group Bingo	10:00a A Weekend Packet-Passed Out 02:00p B Ice Cream Shop 05:00p TR Movie Night	08:00a A Work on Weekend Packet 02:00p A Independent Exercise 02:00p A Quarantine Pen Pals	
	07:00a A Religious Service Listing 11:00a A Relaxation at Home: Meditation & Breathing 11:30a A Coloring Collection	10:00a ECS Yoga Ball Exercise 01:30p AR cooking with Dave 03:00p B The Price is Right	10:00a DR Small Group Scrabble 01:00p ML Shopping Trip: Walmart 03:00p HC Karaoke Hour	09:30a ML Morning Walk 01:00p A Word Play: Word/Letter Puzzle Packets 03:00p A Independent card Games	10:00a ECS Morning Trivia 01:00p B Jeopardy 03:00p DR Small Group Bingo	10:00a GS General Store Open 02:00p B Ice Cream Shop 03:00p A Weekend Packet-Passed Out	08:00a A Work on Weekend Packet 02:00p A Independent Exercise 02:00p A Quarantine Pen Pals	
	07:00a A Religious Service Listing 11:00a A Relaxation at Home: Meditation & Breathing 11:30a A Coloring Collection	10:00a ECS Yoga Ball Exercise 01:00p DR Card Lotto Game 03:00p B Wheel Of Fortune	10:00a GS General Store Open 10:00a DR Small Group Scrabble 01:00p ML Shopping Trip: Kroger	09:30a ML Morning Walk 01:00p A Word Play: Word/Letter Puzzle Packets 03:00p A Independent card Games	Religious Service listings: First Christian Church: Online on FCCOC.org or on the Radio 91.1 FM 11:30-12pm North Christian Church: Follow on Facebook and Youtube for online services.		All small group activities must be signed up for, call reception to be put on the list	