

June 2019

White Oaks at Williamsburg

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
<p>Open to the Public</p> <p>4th-10am-3pm Virtual Dementia Tour 11th-3pm-Dementia Support Group with Encompass Home Health 19th-12:30pm-Parkinson's Support Group 28th 2pm- The Longest Day Celebration</p>	 <p>HAPPY FATHER'S DAY WE HONOR YOU</p>	 <p><i>Happy Flag Day</i></p>				<p>1</p> <ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Daily Chronicles 10:30 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time 				
2	3	4	5	6	7	8				
<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Chat 10:30 Spiritual Sing (Youtube) 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Daily Chronicles 10:30 What Am I? 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Food Channel 6:00 Floor Games 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Daily Chronicles 10:30 Beach Ball Toss 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Music w/Dan Smith 3:30 Car Racing 4:00 Reminiscing with soft music 6:00 Adult Coloring 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Daily Chronicles 10:30 Crafts 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Karaoke Sing Along 3:30 Fun with Peanut Butter Jelly 4:00 Food Channel 6:00 Movie 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Daily Chronicles 10:30 Make Father's Day Cards 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Hand massages w/scented lotions 3:30 Coloring 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Zumba w/Peggy 10:00 Snack & Daily Chronicles 10:30 Gardening 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 3:30 Brain Fitness 3:30 Manicures & Hand Massages 4:00 Food Channel 6:00 Floor Games 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Daily Chronicles 10:30 Bean Bag Toss 10:30 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time 				
9	10	11	12	13	14	15				
<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Daily Chronicles 10:30 Spiritual Sing (Youtube) 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Trivia 3:30 Table Games 4:00 Reminiscing with soft music 6:00 Television Time 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Daily Chronicles 10:30 It's Subtraction 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Story Time 3:30 Brain Fitness Games 4:00 Food Channel 6:00 Floor Games 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Spiritual Study w/Rev. Cheryl 10:30 Snack & Daily Chronicles 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 ABC Game 3:30 Water Painting 4:00 Reminiscing with soft music 6:00 Adult Coloring 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Daily Chronicles 10:30 Beach Ball Toss 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Karaoke Sing Along 3:30 Fun with assorted fruit 4:00 Food Channel 6:00 Movie 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Cooking French Toast w/Chef Amrdray 10:30 Daily Chronicles 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Travel to Mexico 3:30 Chips & Salsa 4:00 Reminiscing with soft music 6:00 Puzzles & Table Games 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Exercise 10:00 Snack & Daily Chronicles 10:30 Flag Day Quotes 11:00 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Music w/Jon Durfee 3:30 Brain Fitness 4:00 Food Channel 6:00 Floor Games 	<ul style="list-style-type: none"> 9:00 Newspaper Readings 9:30 Fitness Card Flash 10:00 Snack & Daily Chronicles 10:30 Bean Bag Toss 10:30 Outside Time 11:30 Hand Washing 4 Lunch 1:00 Relaxing Time/One-on-One 2:00 Snack & Chat 2:30 Adult Coloring 3:30 Table Games 4:00 Food Channel 6:00 Television Time 				
16	17	18	19	20	21	22				
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23	24	25	26	27	28	29				
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30	 <p>HAPPY SUMMER</p>									<p>DIMENSIONS OF WELLNESS</p> <ul style="list-style-type: none"> <li style="width: 50%;">Physical <li style="width: 50%;">Emotional <li style="width: 50%;">Spiritual <li style="width: 50%;">Environmental <li style="width: 50%;">Vocational <li style="width: 50%;">Social <li style="width: 50%;">Intellectual <li style="width: 50%;">Nutritional <li style="width: 50%;">Purposeful

"If you would like to request an activity/service not reflected on the calendar, please notify the RSC or Administrator".