

ASSISTED LIVING

Engagement Calendar

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01

10:30	Sunday Service	TV
11:00	Virtual Reality	AR
2:00	Bid Euchre Group	TV
2:00	Balloon Volleyball	AT
2:30	Scrabble Games	AR
3:30	Hot Chocolate Social	AR

02

9:30	Exercises	AR
10:30	Basic Line Dancing	AR
11:00	Chair Yoga	ER
2:00	Bingo!	AR
3:00	Discover China	AR
3:30	Community Sing Group	ER
6:00	Meditation Mondays	ER

03

9:30	Exercises	AR
10:30	OLYMPICS Beanbag Baseball	AR
11:00	Watercolor Flower Craft	AR
2:00	Bridge Group	TV
2:30	Card Bingo	AR
3:00	Icecream Sandwich Social	AR
3:30	Writers Group	L

04

9:30	Exercises	AR
10:30	Brain & Body Exercises	AR
2:00	Hear Canada Clinic	L
3:00	Scenic Drives	FD
4:00	Happy Hour & Live Music	AR
7:00	Bingo!	AR

05

9:30	Exercises	AR
11:00	Specialty Coffee Club	FD
10:30	Bingo!	AR
2:00	Making Soap!	AR
3:15	Our Life Stories	TV

06

9:30	Exercises	AR
11:00	Art Gallery Outing & Lunch	FD
2:00	Bingo!	AR
3:00	Cooking Class	AR
7:00	Bridge Group	TV

07

9:30	Exercises	AR
10:00	Arts & Crafts	AR
10:30	Smoothie Station	AR
2:00	Big Euchre Group	AR
2:00	Family Feud	AR
6:00	Movie Night: Forrest Gump	TV

08

10:30	Sunday Service	TV
11:00	Virtual Reality	AR
2:00	Bid Euchre Group	TV
2:00	Balloon Volleyball	AT
2:30	Scrabble Games	AR
3:00	Hot Chocolate Social	AR
3:30	Student Music Recital	AR

09

9:30	Exercises	AR
10:30	Basic Line Dancing	AR
11:00	Chair Yoga	ER
2:00	Bingo!	AR
3:00	Discover Italy	AR
3:30	Community Sing Group	ER
6:00	Meditation Mondays	ER

10

9:30	Exercises	AR
10:30	OLYMPICS Beanbag Baseball	AR
11:00	Watercolor Flower Craft	AR
2:00	Bridge Group	TV
2:30	Card Bingo	AR
3:00	Icecream Sundae Social	AR

11

9:30	Exercises	AR
10:30	Brain & Body Exercises	AR
2:00	Hear Canada Clinic	L
3:00	Scenic Drives	FD
4:00	Happy Hour & Live Music	AR
7:00	Bingo!	AR

12

9:30	Exercises	AR
11:00	Specialty Coffee Club	FD
10:30	Bingo!	AR
2:00	Making Soap!	AR
3:15	Our Life Stories	TV

13

9:30	Exercises	AR
11:00	Bowling in Town	FD
2:00	Bingo!	AR
3:00	Cooking Class	AR
7:00	Bridge Group	TV

14

9:30	Exercises	AR
10:00	Arts & Crafts	AR
10:30	Smoothie Station	AR
2:00	Big Euchre Group	AR
2:00	Family Feud	AR
6:00	Movie Night: Julie & Julia	TV

15

10:30	Sunday Service	TV
11:00	Virtual Reality	AR
2:00	Bid Euchre Group	TV
2:00	Balloon Volleyball	AT
2:30	Scrabble Games	AR
3:30	Hot Chocolate Social	AR

16

9:30	Exercises	AR
10:30	Basic Line Dancing	AR
11:00	Chair Yoga	ER
2:00	Bingo!	AR
3:00	Discover Australia	AR
3:30	Community Sing Group	ER
6:00	Meditation Mondays	ER

17

9:30	Exercises	AR
10:30	OLYMPICS Beanbag Baseball	AR
11:00	Watercolor Flower Craft	AR
2:00	Bridge Group	TV
2:30	Card Bingo	AR
3:00	Banana Split Social	AR
3:30	Writers Group	L

18

9:30	Exercises	AR
10:30	Brain & Body Exercises	AR
2:00	Hear Canada Clinic	L
3:00	Scenic Drives	FD
4:00	Happy Hour & Live Music	AR
7:00	Bingo!	AR

19

9:30	Exercises	AR
11:00	Specialty Coffee Club	FD
10:30	Bingo!	AR
2:00	Making Soap!	AR
3:15	Our Life Stories	TV

20

9:30	Exercises	AR
11:00	Art Gallery Outing & Lunch	FD
2:00	Bingo!	AR
3:00	Cooking Class	AR
7:00	Bridge Group	TV

21

9:30	Exercises	AR
10:00	Arts & Crafts	AR
10:30	Smoothie Station	AR
2:00	Big Euchre Group	AR
2:00	Family Feud	AR
6:00	Movie Night: The Intern	TV

22

10:30	Sunday Service	TV
11:00	Virtual Reality	AR
2:00	Bid Euchre Group	TV
2:00	Balloon Volleyball	AT
2:30	Scrabble Games	AR
3:30	Hot Chocolate Social	AR

23

9:30	Exercises	AR
10:30	Basic Line Dancing	AR
11:00	Chair Yoga	ER
2:00	Bingo!	AR
3:00	Discover Brazil	AR
3:30	Community Sing Group	ER
6:00	Meditation Mondays	ER

24

9:30	Exercises	AR
10:30	OLYMPICS Beanbag Baseball	AR
11:00	Watercolor Flower Craft	AR
2:00	Bridge Group	TV
2:30	Card Bingo	AR
3:00	Popsicle Social	AR

25

9:30	Exercises	AR
10:30	Brain & Body Exercises	AR
2:00	Hear Canada Clinic	L
3:00	Scenic Drives	FD
4:00	Happy Hour & Live Music	AR
7:00	Bingo!	AR

26

9:30	Exercises	AR
11:00	Specialty Coffee Club	FD
10:30	Bingo!	AR
2:00	Making Soap!	AR
3:15	Our Life Stories	TV

27

9:30	Exercises	AR
11:00	Art Gallery Outing & Lunch	FD
2:00	Bingo!	AR
3:00	Cooking Class	AR
7:00	Bridge Group	TV

28

9:30	Exercises	AR
10:00	Arts & Crafts	AR
10:30	Smoothie Station	AR
2:00	Big Euchre Group	AR
2:00	Family Feud	AR
6:00	Movie Night: Grease	TV

Meeting Places

- AR Activity Room L Library
- AT Atrium ER Exercise Room
- FD Front Door TV TV Room

Dimensions of Wellness

- Creative ■ Physical
- Social ■ Emotional
- Cognitive ■ Purposeful