



Independent and Assisted Living June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>09:00 St Matthews 30</p> <p>12:15 Euchre Club</p> <p>01:15 BINGO</p> <p>02:00 Country Cabinet Open for Business</p> <p>02:15 Armchair Yoga and Stretches</p> <p>03:15 New Covenant Worship</p> <p>04:00 Puzzle Club</p>	<p>HAPPY BIRTHDAY</p> <p>HAPPY BIRTHDAY</p> <p>HAPPY BIRTHDAY</p>	<p>Happy Birthday:</p> <p>6/2 - Elayne G.</p> <p>6/7 - Rhoda M.</p> <p>6/10 - Edna T.</p> <p>6/28 - Dorris B.</p> <p>6/28 - Joyce F.</p>	<p>*Calendar is subject to change*</p> <p>Contact Kari in Life Enrichment for questions. 319-533-0441</p>	<p>Store Trips:</p> <p>6/7 - Walmart</p> <p>6/14 - Dollar Tree</p> <p>6/21 - Target</p> <p>6/28 - Goodwill</p>	<p>Transportation</p> <p>319-540-3630</p> <p>Offered: M, W, Th, F 8:30 a.m. to 4:00 p.m. Call 48 hours in advance</p>	<p>10:00 Quilting with Elayne 1</p> <p>12:15 Phase 10 Card Club</p> <p>01:15 BINGO</p> <p>02:00 Country Cabinet Open for Business</p> <p>02:15 Armchair Yoga and Stretches</p> <p>02:45 Board Games</p> <p>04:00 Devotions</p>
<p>09:00 St Matthews 2</p> <p>12:15 Dominoes</p> <p>01:15 BINGO</p> <p>02:00 Country Cabinet Open for Business</p> <p>02:15 Jeopardy and Ice Cream</p> <p>03:15 New Covenant Worship</p> <p>04:00 Meditative Coloring</p>	<p>09:15 Spiritual Reading 3</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>01:30 Men's Club</p> <p>02:30 Scenic Drive</p> <p>03:00 Margarita Monday</p> <p>06:00 Dingalings Practice</p>	<p>09:15 Spiritual Reading 4</p> <p>09:30 Devotions</p> <p>10:00 Townhomes Resident Meeting</p> <p>10:15 Crafting Corner</p> <p>02:00 Outing: Prairie Woods Tour</p> <p>02:30 Walgreens</p> <p>03:00 St. Matthew's Church Mass with Father Steve</p>	<p>08:30 Outing: Donutland 5</p> <p>09:15 Spiritual Reading</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>11:30 Ladies Luncheon</p> <p>01:00 Manicures with Danae</p> <p>03:00 Pet Therapy: Oliver Visits</p> <p>03:15 Uno Club with Ginny</p>	<p>D-Day 6</p> <p>09:15 Spiritual Reading</p> <p>09:30 Devotions</p> <p>10:15 Card Club</p> <p>12:30 Wii Bowling</p> <p>03:00 Birthday Party with Harold Gray</p> <p>06:00 Dingalings Practice</p>	<p>08:30 Trip to Fareway 7</p> <p>09:15 Spiritual Reading</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>12:00 Intermediate Music Therapy Group</p> <p>12:00 Alzheimer's Education Series</p> <p>02:00 Bingo</p> <p>02:30 Store Trip</p> <p>03:00 Country Cabinet - Open for Business</p>	<p>Family Fitness & Health Day 8</p> <p>10:00 Quilting with Elayne</p> <p>12:30 Rummy Card Club</p> <p>01:15 BINGO</p> <p>02:00 Country Cabinet Open for Business</p> <p>02:15 UNO Club</p> <p>04:00 Devotions</p>
<p>09:00 St Matthews 9</p> <p>12:30 Rummy Club</p> <p>01:15 BINGO</p> <p>02:00 Country Cabinet Open for Business</p> <p>03:15 New Covenant Worship</p>	<p>09:15 Spiritual Reading 10</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>01:00 Country Steppers</p> <p>02:30 Scenic Drive</p> <p>03:00 Margarita Monday</p> <p>06:00 Dingalings Practice</p>	<p>09:15 Spiritual Reading 11</p> <p>09:30 Devotions</p> <p>10:00 Outing: Fishing Trip</p> <p>11:30 Fishing Trip Picnic Lunch</p> <p>03:30 Card Club</p> <p>03:30 Walgreens</p>	<p>08:30 Outing: Donutland 12</p> <p>09:15 Spiritual Reading</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>10:30 Outing: Kernels Baseball Game</p> <p>01:00 Manicures with Danae</p> <p>03:15 Uno Club with Ginny</p>	<p>09:15 Spiritual Reading 13</p> <p>09:30 Devotions</p> <p>10:15 Card Club</p> <p>12:30 Wii Bowling</p> <p>03:00 Happy Hour with the Heartland Band</p> <p>06:00 Dingalings Practice</p>	<p>Flag Day 14</p> <p>08:30 Trip to Hyvee</p> <p>09:15 Spiritual Reading</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>12:00 Intermediate Music Therapy Group</p> <p>02:00 Bingo</p> <p>02:30 Store Trip</p> <p>05:00 Father's Day: Beer & Bacon Party</p>	<p>10:00 Quilting with Elayne 15</p> <p>12:15 Euchre Club</p> <p>01:15 BINGO</p> <p>02:00 Country Cabinet Open for Business</p> <p>02:15 Armchair Yoga and Stretches</p> <p>02:45 Board Games</p> <p>04:00 Devotions</p>
<p>Father's Day 16</p> <p>09:00 St Matthews</p> <p>12:30 Croquet</p> <p>01:15 BINGO</p> <p>02:00 Country Cabinet Open for Business</p> <p>02:15 Brain Games</p> <p>02:30 S'mores</p> <p>03:15 New Covenant Worship</p> <p>04:00 Puzzle Club</p>	<p>09:15 Spiritual Reading 17</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>01:30 Men's Club</p> <p>02:30 Cedar Rapids Library</p> <p>03:00 Meet The Neighbors Ice-Cream Social</p> <p>06:00 Dingalings Practice</p>	<p>09:15 Spiritual Reading 18</p> <p>09:30 Devotions</p> <p>10:00 Lawn Games</p> <p>10:30 Walgreens</p> <p>12:30 Ding-A-Lings out to Milestones</p> <p>02:00 Crafting Corner</p>	<p>Juneteenth Day 19</p> <p>08:30 Outing: Donutland</p> <p>09:15 Spiritual Reading</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>11:30 Men's Luncheon</p> <p>01:00 Manicures with Danae</p> <p>03:15 Uno Club with Ginny</p>	<p>09:15 Spiritual Reading 20</p> <p>09:30 Devotions</p> <p>10:15 Card Club</p> <p>12:30 Wii Bowling</p> <p>03:00 Happy Hour with Judy Melhert</p> <p>06:00 Dingalings Practice</p>	<p>First Day of Summer 21</p> <p>08:30 Trip to Hyvee</p> <p>09:15 Spiritual Reading</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>12:00 Intermediate Music Therapy Group</p> <p>02:00 Bingo</p> <p>02:30 Store Trip</p> <p>03:00 Country Cabinet - Open for Business</p>	<p>10:00 Quilting with Elayne 22</p> <p>12:15 5 Crown Card Club</p> <p>01:15 BINGO</p> <p>02:00 Country Cabinet Open for Business</p> <p>02:45 Manicures</p> <p>04:00 Devotions</p>
<p>09:00 St Matthews 23</p> <p>12:15 Phase 10 Card Club</p> <p>01:15 BINGO</p> <p>02:00 Country Cabinet Open for Business</p> <p>02:15 Armchair Yoga and Stretches</p> <p>03:15 New Covenant Worship</p> <p>04:00 Meditative Coloring</p>	<p>09:15 Spiritual Reading 24</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>01:30 Men's Club</p> <p>02:00 Czech Accordion Trio</p> <p>02:30 Scenic Drive</p> <p>06:00 Dingalings Practice</p>	<p>09:15 Spiritual Reading 25</p> <p>09:30 Devotions</p> <p>10:00 Ulowa Art Program: Pointilism</p> <p>10:00 Outing: Riverside Casino</p> <p>02:30 Walgreens</p> <p>03:00 Resident Council Meeting</p>	<p>08:30 Outing: Donutland 26</p> <p>09:15 Spiritual Reading</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>01:00 Manicures with Danae</p> <p>02:00 Massages with Anne</p> <p>02:00 Movie Series</p> <p>03:00 Resident Meeting - Everyone</p> <p>03:30 Uno Club with Ginny</p>	<p>09:15 Spiritual Reading 27</p> <p>09:30 Devotions</p> <p>10:15 Card Club</p> <p>12:30 Wii Bowling</p> <p>03:00 Happy Hour with Bill Wenstrom</p> <p>06:00 Dingalings Practice</p>	<p>Drive your Corvette to work day 28</p> <p>08:30 Trip to Hyvee</p> <p>09:15 Spiritual Reading</p> <p>09:30 Devotions</p> <p>10:15 Live 2B Healthy</p> <p>12:00 Intermediate Music Therapy Group</p> <p>02:00 Bingo</p> <p>02:30 Store Trip</p>	<p>10:00 Quilting with Elayne 29</p> <p>12:15 Dominoes</p> <p>01:15 BINGO</p> <p>02:00 Country Cabinet Open for Business</p> <p>02:15 Crafting Corner</p> <p>04:00 Devotions</p>





Memory Care June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
<p>07:30 Morning Reading Group</p> <p>08:00 Jolene Brackey Sunday Church</p> <p>09:00 St. Matthew's</p> <p>02:00 Chat and Snack</p> <p>03:15 New Covenant Worship</p> <p>03:30 Household Chores</p> <p>04:30 Fun with Kelsie</p> <p>05:00 Music Hour</p>	<p>30</p> <p>HAPPY BIRTHDAY</p> <p>HAPPY BIRTHDAY</p> <p>HAPPY BIRTHDAY</p>	<p>Happy Birthday: 6/2 - Elayne G. 6/7 - Rhoda M. 6/10 - Edna T. 6/28 - Dorris B. 6/28 - Joyce F.</p>	<p>*Calendar is subject to change*</p> <p>Contact Kari in Life Enrichment for questions. 319-533-0441</p>	<p>*Calendar is subject to change*</p> <p>Contact Kari in Life Enrichment for questions. 319-533-0441</p>		<p>07:30 Morning Reading Group</p> <p>01:00 Relaxation and Reading</p> <p>02:00 Resident Choice</p> <p>03:30 Household Chores</p> <p>04:30 Fun with Kelsie</p> <p>05:00 Saturday Movie Night</p> <p>07:00 The Lawrence Welk Show</p>							
<p>07:30 Morning Reading Group</p> <p>08:00 Jolene Brackey Sunday Church</p> <p>09:00 St. Matthew's</p> <p>09:00 Mandalas</p> <p>02:00 Chat and Snack</p> <p>03:15 New Covenant Worship</p> <p>03:30 Household Chores</p> <p>04:30 Fun with Kelsie</p> <p>05:00 Music Hour</p>	<p>2</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Manicures</p> <p>10:00 Mystery Games</p> <p>12:00 Alzheimer's Education Series</p> <p>01:30 Relaxation and Meditation</p> <p>02:00 Card Club</p> <p>02:30 Scenic Drive</p> <p>03:30 Household Chores</p> <p>05:00 National Park Tour</p>	<p>3</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Music Therapy</p> <p>01:00 Sensory Relaxation</p> <p>02:00 Bingo</p> <p>03:00 Card Club</p> <p>03:00 St. Matthew's Church Mass with Father Steve</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>4</p>	<p>07:30 Morning Reading Group</p> <p>09:00 Exercise</p> <p>10:00 Art Club</p> <p>01:00 Manicures with Danae</p> <p>01:30 Relaxation with Music</p> <p>02:00 Summer Sensations</p> <p>03:00 Pet Therapy with Oliver</p> <p>03:00 Social Club</p> <p>03:30 Household Chores</p>	<p>5</p>	<p>D-Day</p> <p>07:30 Morning Reading Group</p> <p>09:30 Beauty Spot</p> <p>10:00 Games</p> <p>01:30 Relaxation for the mind</p> <p>02:00 Balloon Volleyball</p> <p>03:00 Birthday Party with Harold Gray</p> <p>03:30 Household Chores</p> <p>05:00 Scentsory Smells</p>	<p>6</p>	<p>07:30 Morning Reading Group</p> <p>09:00 Exercise</p> <p>09:30 Music Therapy</p> <p>10:15 Indoor Walking Club</p> <p>01:30 Relaxation with Music</p> <p>02:00 Sing-A-Long</p> <p>03:00 Picture Look</p> <p>03:30 Household Chores</p>	<p>7</p>	<p>07:30 Morning Reading Group</p> <p>01:00 Relaxation and Reading</p> <p>03:30 Household Chores</p> <p>04:30 Fun with Kelsie</p> <p>05:00 Saturday Movie Night</p> <p>07:00 The Lawrence Welk Show</p>	<p>8</p>
<p>07:30 Morning Reading Group</p> <p>08:00 Jolene Brackey Sunday Church</p> <p>09:00 St. Matthew's</p> <p>02:00 Chat and Snack</p> <p>03:15 New Covenant Worship</p> <p>03:30 Household Chores</p> <p>04:30 Fun with Kelsie</p> <p>05:00 Music Hour</p>	<p>9</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Manicures</p> <p>10:00 Mystery Games</p> <p>01:30 Relaxation and Meditation</p> <p>02:00 Card Club</p> <p>02:30 Scenic Drive</p> <p>03:30 Household Chores</p> <p>05:00 National Park Tour</p> <p>07:00 Busy Baskets</p>	<p>10</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Music Therapy</p> <p>01:00 Sensory Relaxation</p> <p>02:00 Bingo</p> <p>03:00 Card Club</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>11</p>	<p>07:30 Morning Reading Group</p> <p>09:00 Exercise</p> <p>10:00 Art Club</p> <p>01:00 Manicures with Danae</p> <p>01:30 Relaxation with Music</p> <p>02:00 Movie & Popcorn</p> <p>02:00 Summer Sensations</p> <p>03:00 Social Club</p> <p>03:30 Household Chores</p>	<p>12</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Beauty Spot</p> <p>10:00 Games</p> <p>01:30 Relaxation for the mind</p> <p>02:00 Balloon Volleyball</p> <p>03:00 Happy Hour with the Heartland Band</p> <p>03:30 Household Chores</p> <p>05:00 Scentsory Smells</p>	<p>13</p>	<p>Flag Day</p> <p>07:30 Morning Reading Group</p> <p>09:00 Exercise</p> <p>09:30 Music Therapy</p> <p>10:15 Indoor Walking Club</p> <p>01:30 Relaxation with Music</p> <p>02:00 Kitchen Band</p> <p>02:00 Sing-A-Long</p> <p>03:00 Picture Look</p> <p>03:30 Household Chores</p>	<p>14</p>	<p>07:30 Morning Reading Group</p> <p>01:00 Relaxation and Reading</p> <p>02:00 Resident Choice</p> <p>03:30 Household Chores</p> <p>04:30 Fun with Kelsie</p> <p>05:00 Saturday Movie Night</p> <p>07:00 The Lawrence Welk Show</p>	<p>15</p>
<p>Father's Day</p> <p>07:30 Morning Reading Group</p> <p>08:00 Jolene Brackey Sunday Church</p> <p>09:00 St. Matthew's</p> <p>02:00 Chat and Snack</p> <p>03:15 New Covenant Worship</p> <p>03:30 Household Chores</p> <p>04:30 Fun with Kelsie</p> <p>05:00 Music Hour</p>	<p>16</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Manicures</p> <p>10:00 Mystery Games</p> <p>01:30 Relaxation and Meditation</p> <p>02:00 Card Club</p> <p>02:30 Scenic Drive</p> <p>03:30 Household Chores</p> <p>05:00 National Park Tour</p> <p>07:00 Busy Baskets</p>	<p>17</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Music Therapy</p> <p>01:00 Sensory Relaxation</p> <p>02:00 Bingo</p> <p>03:00 Card Club</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>18</p>	<p>07:30 Morning Reading Group</p> <p>09:00 Exercise</p> <p>10:00 Art Club</p> <p>01:00 Manicures with Danae</p> <p>01:30 Relaxation with Music</p> <p>02:00 Summer Sensations</p> <p>03:00 Social Club</p> <p>03:30 Household Chores</p>	<p>19</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Beauty Spot</p> <p>10:00 Games</p> <p>01:30 Relaxation for the mind</p> <p>02:00 Balloon Volleyball</p> <p>03:00 Happy Hour with Judy Melhert</p> <p>03:30 Household Chores</p> <p>05:00 Scentsory Smells</p>	<p>20</p>	<p>First Day of Summer</p> <p>07:30 Morning Reading Group</p> <p>09:00 Exercise</p> <p>09:30 Music Therapy</p> <p>10:15 Indoor Walking Club</p> <p>01:30 Relaxation with Music</p> <p>02:00 Sing-A-Long</p> <p>03:00 Picture Look</p> <p>03:30 Household Chores</p>	<p>21</p>	<p>07:30 Morning Reading Group</p> <p>01:00 Relaxation and Reading</p> <p>03:30 Household Chores</p> <p>04:30 Fun with Kelsie</p> <p>05:00 Saturday Movie Night</p> <p>07:00 The Lawrence Welk Show</p>	<p>22</p>
<p>07:30 Morning Reading Group</p> <p>08:00 Jolene Brackey Sunday Church</p> <p>09:00 St. Matthew's</p> <p>02:00 Chat and Snack</p> <p>03:15 New Covenant Worship</p> <p>03:30 Household Chores</p> <p>04:30 Fun with Kelsie</p> <p>05:00 Music Hour</p>	<p>23</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Manicures</p> <p>10:00 Mystery Games</p> <p>01:30 Relaxation and Meditation</p> <p>02:00 Card Club</p> <p>02:30 Scenic Drive</p> <p>03:30 Household Chores</p> <p>05:00 National Park Tour</p> <p>07:00 Busy Baskets</p>	<p>24</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Music Therapy</p> <p>10:00 Ulowa Art Program</p> <p>01:00 Sensory Relaxation</p> <p>02:00 Bingo</p> <p>02:30 Resident Council Meeting</p> <p>03:00 Card Club</p> <p>03:30 Household Chores</p> <p>05:00 Music Hour</p>	<p>25</p>	<p>07:30 Morning Reading Group</p> <p>09:00 Exercise</p> <p>10:00 Art Club</p> <p>01:00 Manicures with Danae</p> <p>01:30 Massages with Anne</p> <p>01:30 Relaxation with Music</p> <p>02:00 Summer Sensations</p> <p>03:00 Resident Meeting</p> <p>03:00 Social Club</p>	<p>26</p>	<p>07:30 Morning Reading Group</p> <p>09:30 Beauty Spot</p> <p>10:00 Games</p> <p>01:30 Relaxation for the mind</p> <p>02:00 Balloon Volleyball</p> <p>03:00 Happy Hour with Bill Wenstrom</p> <p>03:30 Household Chores</p> <p>05:00 Scentsory Smells</p>	<p>27</p>	<p>07:30 Morning Reading Group</p> <p>09:00 Exercise</p> <p>09:30 Music Therapy</p> <p>10:15 Indoor Walking Club</p> <p>01:30 Relaxation with Music</p> <p>02:00 Kitchen Band</p> <p>02:00 Sing-A-Long</p> <p>03:00 Picture Look</p> <p>03:30 Household Chores</p>	<p>28</p>	<p>07:30 Morning Reading Group</p> <p>01:00 Relaxation and Reading</p> <p>02:00 Resident Choice</p> <p>03:30 Household Chores</p> <p>04:30 Fun with Kelsie</p> <p>05:00 Saturday Movie Night</p> <p>07:00 The Lawrence Welk Show</p>	<p>29</p>

