

**The Willows at Okemos
Assisted Living**

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears</p>	<p>Looking for independent and leisure activities? We have a Life Enrichment Cart in the ALAR full of books, puzzles, games, and music! Please feel free to borrow at any time!</p>	<p>Location Key: ALAR- Asst Liv Act Rm ALDR- Asst Liv Dining Rm ALFR- Asst Liv Fam Rm CY- Courtyard DR- Dining Rm HCAR- Health Ctr Act Rm \$- Need to Bring Money to Outing</p>	<p>Activities and activity time are subject to change. Please look to the daily chronicle for those changes.</p>	<p>Brunch is the second Sunday of the month. Residents are allowed to bring 3 guests. Any more than 3 is \$10</p>	<p>Bus runs Monday, Wednesday, Friday 8-4 for transportation. 0-49 Miles is \$20 and 50+ Miles is \$40. See Monique in Life Enrichment with any questions.</p>	<p>1 V 9:30 Trilogy Fit-HCAR L 10:30 Concentration Puzzles-HCAR M 2:00 Sing-A-Long- HCAR CC 3:00 Ice Cream Social-HCAR</p>
<p>2 V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing And Devotions-HCAR M 2:00 Classical Music- HCAR K 3:00 Porch Time Talk- Outdoors Weather Permitting</p>	<p>3 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Garden Art- HCAR K 12:00 News Update- ALDR, HCDR L 2:00 Library Book Nook- ALAR L 2:30 Its a Grand Old Flag- HCAR</p>	<p>4 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room O 11:00 Cheddars- Outing \$ K 12:00 Jokin' Around- ALDR, HCDR</p>	<p>5 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Seascape Sunset- HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 Flag Day Quotes- HCAR K 2:30 Star of the Month- HCAR L 3:00 Ann Arbor Facts- HCAR</p>	<p>6 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR S 10:00 Senior Health and Wellness Day L 10:00 Activity Cart K 12:00 Trivia- ALDR, HCDR O 2:00 Keans- Outing \$</p>	<p>7 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Cowboy Caviar- HCAR K 12:00 On This Day Facts- ALDR, HCDR S 2:30 Happy Hour - HCDR K 3:30 Creative Leisure-HCAR</p>	<p>8 V 9:30 Trilogy Fit-HCAR K 10:30 Know Your Neighbor-HCAR M 2:00 Oldies but Goodies- HCAR CC 3:00 Sweet Tooth Social-HCAR</p>
<p>9 V 9:30 Trilogy Fit-HCAR S 11:00 Father's Day Brunch S 12:15 Father's Day Brunch I 3:00 Hymn Sing and Service w/Pastor Ellen - ALAR</p>	<p>10 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR O 10:00 Potter Park Zoo- Outing K 12:00 News Update- ALDR, HCDR CC 2:00 Love on a Leash K 2:30 June IQ- HCAR</p>	<p>11 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room K 12:00 Jokin' Around- ALDR, HCDR M 2:30 Good Time Radio- HCAR</p>	<p>12 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Twin Pop Door Decor- HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 Flag Day Poems- HCAR JG 2:00 Shop Talk for Guys - ALAR</p>	<p>13 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR I 10:00 Bible Study w/ Pastor Mike L 10:00 Activity Cart K 12:00 Trivia- ALDR, HCDR O 2:00 Park Lake Creamery- Outing</p>	<p>14 Flag Day MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Lemon Brownies- HCAR K 12:00 On This Day Facts- ALDR, HCDR S 2:30 Happy Hour - HCDR K 3:30 Creative Leisure-HCAR</p>	<p>15 V 9:30 Trilogy Fit-HCAR L 10:30 Big Boggle- HCAR M 2:00 Doo- Wop- HCAR CC 3:00 Ice Cream Social-HCAR</p>
<p>16 Father's Day V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing And Devotions-HCAR M 2:00 Father's Day Jams- HCAR K 3:00 Greatest TV Dads- HCAR</p>	<p>17 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Group Sunflower Poster-HCAR K 12:00 News Update- ALDR, HCDR L 2:00 Library Book Nook- ALAR</p>	<p>18 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room O 11:00 Turkeyville- Outing \$ K 12:00 Jokin' Around- ALDR, HCDR</p>	<p>19 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Suncatcher- HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 Marine Mammals Trivia- HCAR K 2:30 Family Feud- ALAR</p>	<p>20 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR M 10:00 Music Therapy with Julie- HCAR L 10:00 Activity Cart K 12:00 Trivia- ALDR, HCDR S 2:00 Bingo - HCAR</p>	<p>21 Summer Begins MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Strawberry Salsa- HCAR K 12:00 On This Day Facts- ALDR, HCDR S 2:30 Happy Hour - HCDR K 3:30 Creative Leisure-HCAR</p>	<p>22 V 9:30 Trilogy Fit-HCAR L 10:30 Puzzle Hour- HCAR M 2:00 Classic Oldies- HCAR CC 3:00 Sweet Tooth Social-HCAR</p>
<p>23 V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing & Service with Pastor Mike - HCAR M 2:00 Rewind To The 20's- HCAR K 3:00 Campus in Color- Outdoors Weather Permitting</p>	<p>24 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Pineapple Paint- HCAR K 12:00 News Update- ALDR, HCDR L 2:00 Marvelous Manatee- HCAR</p>	<p>25 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room K 12:00 Jokin' Around- ALDR, HCDR M 2:00 Musical Soundtracks- HCAR</p>	<p>26 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Seahorse Art- HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 Gone Fishin Trivia- HCAR JG 2:00 Shop Talk for Guys - ALAR GG 2:30 Price is Right- HCAR</p>	<p>27 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR I 10:00 Bible Study w/ Pastor Mike-HCAR L 10:00 Activity Cart K 12:00 Trivia- ALDR, HCDR O 2:00 Mall- Outing \$</p>	<p>28 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Summer Corn Salad- HCAR S 12:00 Taste of The Town! S 2:30 Happy Hour - HCDR S 2:30 Birthday Club -HCAR</p>	<p>29 V 9:30 Trilogy Fit-HCAR L 10:30 Charades- HCAR M 2:00 Summer Tunes- HCAR CC 3:00 Ice Cream Social-HCAR</p>
<p>30 V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing And Devotions-HCAR M 2:00 40's Hits- HCAR K 3:00 Scrabble- HCAR</p>	<p>Happy Summer!</p>					

The Willows at Okemos Health Center Calendar

JUNE 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears</p>	<p>Looking for independent and leisure activities? We have a Life Enrichment Cart in the ALAR full of books, puzzles, games, and music! Please feel free to borrow at any time!</p>	<p>Location Key: ALAR- Asst Liv Act Rm ALDR- Asst Liv Dining Rm ALFR- Asst Liv Fam Rm CY- Courtyard DR- Dining Rm HCAR- Health Ctr Act Rm \$- Need to Bring Money to Outing</p>	<p>Every second Sunday of the month we hold brunch. Residents can bring 3 guests. Please make reservations with Life Enrichment today!</p>	<p>Activities are subject to change. Look to the daily chronicle and LifeShare for those changes. Thank you!</p>	<p>Happy Summer!</p>	<p>1 V 9:30 Trilogy Fit-HCAR L 10:30 Concentration Puzzles-HCAR MM 11:30 Mindful Moments- HCAR M 2:00 Sing-A-Long- HCAR CC 3:00 Ice Cream Social-HCAR</p>
<p>2 V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing And Devotions-HCAR MM 11:30 Mindful Moments- HCAR M 2:00 Classical Music- HCAR K 3:00 Porch Time Talk- Outdoors Weather Permitting</p>	<p>3 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Garden Art- HCAR MM 11:30 Mindful Moments- HCAR K 12:00 News Update- ALDR, HCDR L 2:00 Library Book Nook- ALAR</p>	<p>4 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room O 11:00 Cheddars- Outing \$ MM 11:30 Mindful Moments- HCAR</p>	<p>5 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Seascape Sunset- HCAR MM 11:30 Mindful Moments- HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 Flag Day Quotes- HCAR K 2:30 Star of the Month- HCAR</p>	<p>6 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR S 10:00 Senior Health and Wellness Day L 10:00 Activity Cart MM 11:30 Mindful Moments- HCAR K 12:00 Trivia- ALDR, HCDR</p>	<p>7 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Cowboy Caviar- HCAR MM 11:30 Mindful Moments- HCAR K 12:00 On This Day Facts- ALDR, HCDR S 2:30 Happy Hour - HCDR</p>	<p>8 V 9:30 Trilogy Fit-HCAR K 10:30 Know Your Neighbor-HCAR MM 11:30 Mindful Moments- HCAR M 2:00 Oldies but Goodies- HCAR CC 3:00 Sweet Tooth Social-HCAR</p>
<p>9 V 9:30 Trilogy Fit-HCAR S 11:00 Father's Day Brunch S 12:15 Father's Day Brunch I 3:00 Hymn Sing and Service w/Pastor Ellen - ALAR</p>	<p>10 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR O 10:00 Potter Park Zoo- Outing MM 11:30 Mindful Moments- HCAR K 12:00 News Update- ALDR, HCDR CC 2:00 Love on a Leash</p>	<p>11 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room MM 11:30 Mindful Moments- HCAR K 12:00 Jokin' Around- ALDR, HCDR</p>	<p>12 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Twin Pop Door Decor-HCAR MM 11:30 Mindful Moments- HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 Flag Day Poems- HCAR</p>	<p>13 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR I 10:00 Bible Study w/ Pastor Mike L 10:00 Activity Cart MM 11:30 Mindful Moments- HCAR K 12:00 Trivia- ALDR, HCDR O 2:00 Park Lake Creamery-</p>	<p>14 Flag Day MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Lemon Brownies- HCAR MM 11:30 Mindful Moments- HCAR K 12:00 On This Day Facts- ALDR, HCDR S 2:30 Happy Hour - HCDR</p>	<p>15 V 9:30 Trilogy Fit-HCAR L 10:30 Big Boggle- HCAR MM 11:30 Mindful Moments- HCAR M 2:00 Doo- Wop- HCAR CC 3:00 Ice Cream Social-HCAR</p>
<p>16 Father's Day V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing And Devotions-HCAR MM 11:30 Mindful Moments- HCAR M 2:00 Father's Day Jams- HCAR K 3:00 Greatest TV Dads- HCAR</p>	<p>17 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Group Sunflower Poster-HCAR MM 11:30 Mindful Moments- HCAR K 12:00 News Update- ALDR, HCDR</p>	<p>18 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room O 11:00 Turkeyville- Outing \$ MM 11:30 Mindful Moments- HCAR</p>	<p>19 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Suncatcher- HCAR MM 11:30 Mindful Moments- HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 Marine Mammals Trivia-HCAR</p>	<p>20 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR M 10:00 Music Therapy with Julie-HCAR L 10:00 Activity Cart MM 11:30 Mindful Moments- HCAR K 12:00 Trivia- ALDR, HCDR</p>	<p>21 Summer Begins MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Strawberry Salsa- HCAR MM 11:30 Mindful Moments- HCAR K 12:00 On This Day Facts- ALDR, HCDR S 2:30 Happy Hour - HCDR</p>	<p>22 V 9:30 Trilogy Fit-HCAR L 10:30 Puzzle Hour- HCAR MM 11:30 Mindful Moments- HCAR M 2:00 Classic Oldies- HCAR CC 3:00 Sweet Tooth Social-HCAR</p>
<p>23 V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing & Service with Pastor Mike - HCAR MM 11:30 Mindful Moments- HCAR M 2:00 Rewind To The 20's- HCAR K 3:00 Campus in Color- Outdoors Weather Permitting</p>	<p>24 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Pineapple Paint- HCAR MM 11:30 Mindful Moments- HCAR K 12:00 News Update- ALDR, HCDR L 2:00 Marvelous Manatee-</p>	<p>25 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR GG 10:00 Book Club-ALAR MM 10:30 Activity Cart- Room to Room MM 11:30 Mindful Moments- HCAR K 12:00 Jokin' Around- ALDR, HCDR</p>	<p>26 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR A 10:30 Seahorse Art- HCAR MM 11:30 Mindful Moments- HCAR K 12:00 Health Tips- ALDR, HCDR L 2:00 Gone Fishin Trivia- HCAR JG 2:00 Shop Talk for Guys - ALAR</p>	<p>27 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR I 10:00 Bible Study w/ Pastor Mike-HCAR L 10:00 Activity Cart MM 11:30 Mindful Moments- HCAR K 12:00 Trivia- ALDR, HCDR</p>	<p>28 MM 8:15 Morning Mashup- HCDR, ALDR V 9:30 Trilogy Fit-HCAR CC 10:30 Summer Corn Salad-HCAR MM 11:30 Mindful Moments- HCAR S 12:00 Taste of The Town! S 2:30 Happy Hour - HCDR</p>	<p>29 V 9:30 Trilogy Fit-HCAR L 10:30 Charades- HCAR MM 11:30 Mindful Moments- HCAR M 2:00 Summer Tunes- HCAR CC 3:00 Ice Cream Social-HCAR</p>
<p>30 V 9:30 Trilogy Fit-HCAR I 10:00 Hymn Sing And Devotions-HCAR MM 11:30 Mindful Moments- HCAR M 2:00 40's Hits- HCAR K 3:00 Scrabble- HCAR</p>						