June 2019						anatal Colored
In The Moment - Me	emory Support					created with
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June cont'd 10:00 PE Tai Chi (AL) 11:00 GE Brawny Brain games 1:30 LL SCENIC DRIVE 1:30 LL Spanish Loteria!! 2:30 LL Ice Cream Social 3:00 PE Get up and move!! 3:30 GE Topic of the Day 6:00 LL Table Games	SAGE MOUNTAIN SENIOR LIVING Caring · Inspiring · Rewarding	3499 Grande Vista Drive Thousand Oaks, California 91320 (805)375-0695	AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement	Healthy Snacks & Hydration offered throughout each day!	Location Keys LIVING ROOM LR MULTI-PURPOSE ROOM MPR THEATRE T	9:30 PE Fit Happens!! (cardio) 10:30 Pushups for the Brain 11:00 Pushups for the Brain 12:00 Pushups for the Brain 13:00 Pushups for the Brain 13:00 Pushups for the Brain 13:00 Pushups for the Brain 14:00 Pushups for the Brain 14:00 Pushups for the Brain 15:00 Pushups for the Brain 16:00 Pushups for the Brain 16:00 Pushups for the Brain 17:00 Pushups for the Brain 17:00 Pushups for the Brain 17:00 Pushups for the Brain 18:00 Pushups for the Brain 19:00 Pushups
10:00 PE Tai Chi (AL) 11:00 CE Brawny Brain games 1:30 LL SCENIC DRIVE 1:30 LL Spanish Loteria!! 2:30 LL Ice Cream Social 3:00 PE Get up and move!! 3:30 CE Topic of the Day 6:00 LL Table Games	10:00 PE Yoga (AL) 11:00 CE Mental Marathon 1:30 LL Movie & Popcorn!! [T] 3:00 PE Let's Walk & Talk 3:30 CE Daily Chronicle 4:00 CE I Didn't Know That!?!? 6:00 LL Table Games	9:30 PE Stretch, Bend, Twist (flexibility) 10:30 CE Spelling Bee Champs! 11:00 CE Daily Chronicle 1:30 CE Quicken your Mind! 3:00 CC HAPPY HOUR (AL) 4:00 PE Afternoon Stroll 6:00 LE Table Games	9:30 PE Wake up & Work out w/ Angel!! (cardio) 10:30 LL Marc on the Piano 11:30 LL LUNCH OUTING 1:30 AE Works of Art!! 3:00 PE Afternoon Stroll 3:30 CE Daily Chronicle 4:00 CE Great Minds! 6:00 LL Table Games	9:30 PE Let's get Lean & Mean (strength) 10:30 CE Grease your Noggin! 11:00 CE Daily Chronicle 1:30 CE 10 Things in the News! 2:00 CE Learn something New 2:30 LL Cookie Social 3:00 AE Sing Along, Let's Dance! (AL) [LR] 6:00 LL Table Games	9:30 PE Chair Yoga (flexibility) 10:30 CE Cognition Crossfit 1:45 CE The "IF" game 2:15 PE Move & Groove! 6:00 LL Table Games	9:30 PE Fit Happens!! (cardio) 10:30 Pushups for the Brain 11:00 Pushups
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10:00 PE Tai Chi (AL) 11:00 CE Brawny Brain games 1:30 LL SCENIC DRIVE 1:30 LL Spanish Loteria!! 2:30 LL Ice Cream Social 3:00 PE Get up and move!! 3:30 CE Topic of the Day 6:00 LL Table Games	10:00 PE Yoga (AL) 11:00 CE Mental Marathon 1:30 Movie & Popcorn!! [T] 3:00 PE Let's Walk & Talk 3:30 CE Daily Chronicle 4:00 CE I Didn't Know That!?!? 6:00 Table Games	9:30 PE Stretch, Bend, Twist (flexibility) 10:30 CE Spelling Bee Champs! 11:00 CE Daily Chronicle 1:30 CE Quicken your Mind! 3:00 CC HAPPY HOUR (AL) 4:00 PE Afternoon Stroll 6:00 III Table Games	9:30 PE Wake up & Work out w/ Angel!! (cardio) 10:30 III Marc on the Piano 11:30 III LUNCH OUTING 1:30 AE Works of Art!! 3:00 PE Afternoon Stroll 3:30 GE Daily Chronicle 4:00 GE Great Minds! 6:00 III Table Games	9:30 PE Let's get Lean & Mean (strength) 10:30 CE Grease your Noggin! 11:00 CE Daily Chronicle 1:30 CE 10 Things in the News! 2:00 CE Learn something New 2:30 COOKIE Social 3:00 AE Sing Along, Let's Dance! (AL) [LR] 6:00 CE Table Games	9:30 PE Chair Yoga (flexibility) 10:30 CE Cognition Crossfit 1:45 CE The "IF" game 2:15 PE Move & Groove! 6:00 Table Games	9:30 PE Fit Happens!! (cardio) 10:30 Pushups for the Brain 11:00 Pushups for the Brain