

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# June 2019

## Mountain View Cottages – Assisted Living Plus

<p>9:45 Morning Stretch  <b>10:00 Saddleback Church Service</b>                  1:30 Relaxing Art                  2:30 Golf                  3:30 Daily Reflection</p>							<b>1</b>						
<p>9:45 Morning News                  10:15 Weights &amp; Cardio                  1:30 Fruit Décor Painting                  2:30 Brain Games                  3:00 Rhythm Sticks                  3:30 Sing Fit</p>	<b>2</b>	<p>9:45 Balloon Ball                  10:15 Chair Chi                  1:30 Pen Pal                  2:30 Guess the Fruit                  3:00 Bingo                  3:30 World Trivia</p>	<b>3</b>	<p><b>9:30 JOYRIDE</b>                  1:30 Craft &amp; Creativity                  2:00 LCR Game                  3:00 Sing Fit                  3:30 Stretch &amp; Flex</p>	<b>4</b>	<p>9:45 Morning Stretch                  10:15 Resistance Bands                  1:30 Collaging                  2:30 Blackjack                  3:00 Sing Fit                  3:30 Afternoon Stretch</p>	<b>5</b>	<p>9:45 Chair Tai Chi  <b>10:15 Boxing w/ Gary</b>                  1:30 Memories in the Making                  2:30 Sing Along                  3:00 Balloon Basketball</p>	<b>6</b>	<p>10:00 Balloon Volleyball/Commons                  1:30 <b>Courtyard Chat w/ Chaplain Mark</b>                  2:30 Price is Right                  3:30 Famous Faces</p>	<b>7</b>	<p>9:45 Sing Along  <b>10:00 Saddleback Church Service</b>  <b>10:30 Paws Pet Therapy</b>                  1:30 Bingo                  2:00 Trivia                  3:00 Floor Scrabble                  3:30 Daily Reflection</p>	<b>8</b>
<p>9:45 What is Shavuot?                  10:15 Resistance Bands  <b>2:00 Upbeat Music</b>                  3:00 Charades                  3:30 Faces &amp; places</p> <p style="text-align: right;"><small>Shavuot</small></p>	<b>9</b>	<p>9:45 Basketball                  10:15 Ball Exercise                  1:30 Memories in the Making                  3:00 Table Baseball                  3:30 Daily Reflection</p>	<b>10</b>	<p><b>9:30 JOYRIDE</b>                  1:30 Green Smoothies                  2:00 Name the States                  3:00 Racquetball                  3:30 Trivia</p>	<b>11</b>	<p>9:45 Morning News                  10:15 Weights &amp; Cardio                  1:30 Picture Bingo                  2:30 Blackjack Tournament                  3:00 Snack &amp; Chat                  3:30 Sing along</p>	<b>12</b>	<p>9:45 Chair Tai Chi  <b>10:15 Boxing w/ Gary</b>  <b>1:30 Happy Hour</b>  <b>2:00 Bob Houle</b>                  3:00 Trivia                  3:30 Daily Reflection</p>	<b>13</b>	<p>9:45 Morning Stretch                  10:00 Balloon Volleyball/Commons                  1:30 Inspirational Rock Painting                  2:30 Flag day trivia                  3:00 Bowling</p> <p style="text-align: right;"><small>Flag Day (US)</small></p>	<b>14</b>	<p>9:45 Sing Along  <b>10:00 Saddleback Church Service</b>  <b>10:30 Paws Pet Therapy</b>                  1:30 Song Bingo                  2:30 Price is right                  3:30 Daily Reflection</p>	<b>15</b>
<p>9:45 Best Dad Jokes                  10:15 Chair Tai Chi                  1:30 Father's Day Trivia                  2:30 Blackjack Tournament                  3:30 Golf</p> <p style="text-align: right;"><small>Father's Day</small></p>	<b>16</b>	<p>9:45 Sing Fit                  10:30 Morning Stretch                  1:30 Baking Cookies                  3:00 Word Trivia                  3:30 Shake Loose a Memory</p>	<b>17</b>	<p><b>9:30 JOYRIDE</b>                  1:30 Summer Crafts                  2:00 Shake Loose a Memory                  3:00 Balloon Ball                  3:30 Stretch &amp; Flex</p>	<b>18</b>	<p>9:45 Sing Fit                  10:15 Weights &amp; cardio                  1:30 Calm Coloring                  2:30 Trivia Challenge                  3:00 Interesting Facts                  3:30 Horseshoes</p>	<b>19</b>	<p>9:45 Chair Tai Chi  <b>10:15 Boxing w/ Gary</b>                  1:30 Memories in the Making                  2:30 Tabletop Balloon Ball                  3:00 Charades</p>	<b>20</b>	<p>9:45 Morning Stretch                  10:00 Balloon Volleyball/Commons                  1:30 <b>Courtyard Chat w/ Chaplain Mark</b>                  2:30 Price is Right                  3:30 Chair Dance Yoga</p> <p style="text-align: right;"><small>Summer Begins</small></p>	<b>21</b>	<p>9:45 Sing Along  <b>10:00 Saddleback Church Service</b>                  1:30 Trivia Race                  2:30 Twister                  3:00 Sing Along                  3:30 Balloon Ball</p>	<b>22</b>
<p>9:45 Sing Fit                  10:15 Morning Stretch                  1:30 Sponge Painting                  2:30 Drumming to Music                  3:00 Trivia                  3:30 Balloon Ball</p>	<b>23</b>	<p>9:45 Morning News                  10:15 Weights &amp; Cardio                  1:30 Pinata Making                  2:30 Balloon Ball                  3:00 Bowling                  3:30 Word Making</p>	<b>24</b>	<p><b>9:30 JOYRIDE</b>                  1:30 Resident Birthday Party                  2:00 Bingo                  3:00 Sing Fit                  3:30 Chair Chi</p>	<b>25</b>	<p>9:45 Resistance Bands                  10:15 Sing Fit                  1:30 Famous Faces Bingo                  2:30 Snack &amp; Chat                  3:00 Guess That Sound                  3:30 Sing Fit</p>	<b>26</b>	<p>9:45 Chair Tai Chi  <b>10:15 Boxing w/ Gary</b>  <b>1:30 Happy Hour</b>  <b>2:00 Karaoke King Roy</b>                  3:00 Balloon Basketball                  3:30 Charades</p>	<b>27</b>	<p>9:45 Morning Stretch                  10:00 Balloon Volleyball/Commons                  1:30 Cottage Photo Albums                  2:30 Music Bingo                  3:30 Famous Faces</p>	<b>28</b>	<p>9:45 Sing Along  <b>10:00 Saddleback Church Service</b>                  1:30 Music Bingo                  2:30 Refreshments                  3:00 Floor Scrabble                  3:30 Daily Reflection</p>	<b>29</b>
<p>9:45 Basketball                  10:15 Ball Exercise                  1:30 Picture Bingo                  2:30 Charades                  3:00 Yahtzee                  3:30 Sunday's Sundaes</p>	<b>30</b>	<p>Send us your letters to our Park Terrace Post:                  Email <a href="mailto:Margie.nakanishi@kiscosl.com">Margie.nakanishi@kiscosl.com</a> with pictures, stories, or memories you'd like to share with our Mountain View Cottages.</p>											