# June 2019

## Life Enrichment Calendar

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | | 1<br>10:30 Devotions with Louise<br>1:30 Rummikub with Millie<br>2:00 Sing Along with Resident Care<br>3:30 Nail Spa with Resident Care<br>5:30 Evening Movie Showing |
| 2<br>10:15 Sing Along<br>1:00 Scenic Ride with Vance<br>2:00 Household Chores with Resident Care<br>3:30 Walking Club<br>**4:00-6:00 Camp Waltonwood Event** | 3<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 National Gardening Week – Gardening Club<br>2:00 National Fishing & Boating Week – Fishing Trivia & Go Fish!<br>2:30 Origami Boats<br>3:30 Chair Fitness – Dance Edition<br>4:00 Nail Spa/ Relaxation Session – Sensory Blankets<br>6:00 Evening Movie | 4<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions/Sing Along<br>2:00 Baking Group – Birthday Cupcakes!<br>3:00 Forever Fit - Better Balance Class<br>3:30 Special Dance Performance<br>6:00 Evening Movie | 5<br>10:00 Music & Memory<br>Memory<br>10:30 Chair Fitness<br>11:00 Lunch Outing to Carolina Ale House<br>**2:00 LaQuita's Birthday Celebration**<br>3:00 Forever Fit Open Gym<br>3:30 Scenic Ride with Mary<br>6:00 Evening Movie | 6<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions<br>**2:00 Live Entertainment with Paul Bailey – Carolina Troubadour**<br>3:15 Flower Arranging<br>4:00 Forever Fit Walking Club<br>6:00 Hand Massages | 7<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Hand Writing – Appreciation Card for Pet Therapy<br>**1:30 National Banana Split BINGO Social & Pet Appreciation Day Social**<br>3:30 Donut Trivia<br>4:00 Forever Fit Chair Fitness – "Working it with Weights"<br>5:30 Evening Movie | 8<br>10:30 Devotions with Louise<br>1:30 Rummikub with Millie<br>2:00 Sing Along with Resident Care<br>3:30 Nail Spa with Resident Care<br>5:30 Evening Movie Showing |
| 9<br>10:15 Sing Along<br>2:00 Household Chores with Resident Care<br>3:30 Walking Club<br>4:00 Bowling<br>Shavuot | 10<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Hand Writing – Appreciation Cards for Resident Care!<br>2:00 Baking – Nutella Brownies!<br>3:00 Balloon Volleyball<br>3:30 Chair Fitness – Dance Edition<br>4:00 US Open Golf Championship Kickoff – Trivia!<br>6:00 Evening Movie | 11<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions/Sing Along<br>2:00 "2 Truths and a Lie" Game<br>2:30 Gardening Club with Wake Co. Master Gardeners (AL Grand Central Station)<br>3:00 Forever Fit 1:1s<br>3:30 Nail Spa/Aroma Therapy<br>6:00 Evening Movie | 12<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions/Sing Along<br>1:30 Outing to Village Art Circle & Once in a Blue Moon Bakery<br>3:00 Forever Fit Open Gym<br>3:30 Scenic Ride with Mary<br>6:00 Walking Club | 13<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions<br>**2:00 Live Entertainment with Dennis – Piano Concert**<br>3:15 Hot Potato<br>4:00 Forever Fit Walking Club<br>6:00 Hand Massages | 14<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Father's Day Reminiscing Group<br>**1:30 CNA Appreciation Social** (AL Grand Central Station)/ Pet Therapy<br>3:30 Balloon Volleyball<br>4:00 Forever Fit Chair Fitness – Resistance<br>5:30 Evening Movie<br>Flag Day (US) | 15<br>10:30 Devotions with Louise<br>1:30 Rummikub with Millie<br>2:00 Sing Along with Resident Care<br>3:30 Nail Spa with Resident Care<br>5:30 Evening Movie Showing |
| 16<br>10:15 Sing Along<br>1:00 Scenic Ride with Vance<br>2:00 Household Chores with Resident Care<br>3:30 Walking Club<br>**4:00 – 6:00 Father's Day Cookout**<br>Father's Day | 17<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>10:30 Walking Club<br>11:00 Devotions/Sing Along<br>2:00 Cooking Class – Homemade Pizza!<br>3:00 Pizza Party & Reminiscing Group<br>3:30 Chair Fitness – Dance Edition<br>4:00 Spelling Bee Competition<br>6:00 Evening Movie | 18<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions/Sing Along<br>2:00 Burble BINGO<br>2:30 Gardening Club<br>3:00 Forever Fit - Better Balance Class<br>3:30 International Sushi Day – Did You Know?<br>6:00 Evening Movie | 19<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Lunch Outing to Mellow Mushroom<br>1:30 Outing to V's Barber Shop<br>2:30 Forever Fit Open Gym<br>3:30 Scenic Ride with Mary<br>6:00 Evening Movie | 20<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions/Sing Along<br>2:00 Flower Arranging<br>**3:30 Live Entertainment with Rich – Chair Dancing**<br>4:00 Forever Fit Walking Club<br>6:00 Hand Massages | 21<br>10:00 Music & Memory<br>**10:30 Longest Day Walking Club! – Visit Tents**<br>11:00 Sing Along<br>2:00 Sing Along & Aroma Therapy<br>2:30 Pet Therapy<br>3:30 Nail Spa<br>4:00 Forever Fit – Cardio Class<br>5:30 Evening Movie<br>Summer Begins | 22<br>10:30 Devotions with Louise<br>1:30 Rummikub with Millie<br>2:00 Sing Along with Resident Care<br>3:30 Nail Spa with Resident Care<br>5:30 Evening Movie Showing |
| 23<br>10:15 Sing Along<br>2:00 Household Chores with Resident Care<br>3:30 Walking Club<br>4:00 Sing Along | 24<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions/Sing Along<br>2:00 Cooking Class – Homemade Parsley Pesto<br>3:00 Music Group – Kazoos!<br>3:30 Chair Fitness – Dance Edition<br>4:00 Charades<br>6:00 Evening Movie | 25<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions/Sing Along<br>2:00 Gardening Club<br>2:30 "Name that Fruit" Trivia<br>3:00 Forever Fit - Better Balance Class<br>3:30 Sorting Activity<br>4:00 Relaxation Session – Sensory Blankets<br>6:00 Evening Movie | 26<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions/Sing Along<br>1:30 SPCA of Wake County<br>3:00 Forever Fit Open Gym<br>3:30 Scenic Ride with Mary<br>**6:00-7:00 Family Mixer** | 27<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00 Devotions/Sing Along<br>**2:00 Live Entertainment with Caroline**<br>3:15 Whale Week Fun Facts & Trivia<br>4:00 Forever Fit Walking Club – Whale Watching Edition<br>6:00 Hand Massages | 28<br>10:00 Music & Memory<br>10:30 Chair Fitness<br>11:00<br>**2:00 BINGO Social**/ Pet Therapy<br>3:30<br>4:00 Forever Fit Chair Fitness – Stretching<br>5:30 Evening Movie | 29<br>10:30 Devotions with Louise<br>1:30 Rummikub with Millie<br>2:00 Sing Along with Resident Care<br>3:30 Nail Spa with Resident Care<br>5:30 Evening Movie Showing |
| 30<br>10:15 Sing Along<br>1:00 Scenic Ride with Vance<br>2:00 Household Chores with Resident Care<br>3:30 Walking Club<br>4:00 Sing Along | | | | | | |

Waltonwood Cary Parkway

Calendar is subject to change. For questions/concerns, please contact Allison Whitaker, LRT/CTRS, Life Enrichment Manager Memory Care. Allison.whitaker@ymchmail.com