# June 2019
## Memory Support

created with Sagely

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| June cont'd<br>**30**<br>8:30 Morning Meditation & Daily Chronicles<br>9:15 SS The Church of Jesus Christ of Latter Day Saints<br>10:00 Daily Devotional and Snack<br>10:30 Simply Stretch<br>1:00 Discovering Nature<br>1:30 Music W/ Nancy Bjorn<br>2:30 Name That Tune Sing Along w/ Tamie<br>3:30 Noodle Ball | The Wentworth at The Meadows<br>Assisted Living & Memory Care<br>950 South 400 East<br>St. George, UT 84770<br>435-628-0090 | AE Artistic Expression<br>CC Community Connections<br>CE Continuing Education<br>LL Lifestyle & Leisure<br>PE Physical Engagement<br>SS Spiritual Support | Healthy Snacks & Hydration offered throughout each day! | | | **1**<br>8:30 CC Boarding the Plane for Hawaii<br>9:30 Airplane Movie and Snacks<br>10:00 Daily Devotional and Snack<br>10:30 Island Exploration<br>1:00 Ben Alder Piano Concert<br>2:00 Dole Whips & Pineapple Plantation<br>2:30 Luau Entertainment<br>2:30 CE Pearl Harbor tour in Oahu<br>3:30 Hula Exercise |
| **2**<br>9:15 SS The Church of Jesus Christ of Latter Day Saints<br>10:00 Daily Devotional and Snack<br>10:30 Simply Stretch<br>11:00 Sentimental Reflection<br>1:00 Sentimental Journies<br>1:30 Music W/ Nancy Bjorn<br>2:30 Name That Tune Sing Along w/ Tamie<br>3:30 Noodle Ball | **3**<br>9:30 Exercise w/ Tamie<br>10:00 Daily Devotional and Snack<br>10:30 Bingo<br>1:30 CC Scenic Drive & Dog Cookie Delivery<br>2:30 Monday Matinee<br>5:30 Old Time TV | **4**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Chair Dancing Through the Decades<br>10:00 Daily Devotional and Snack<br>10:30 Bible Stories w/Karen<br>12:45 Leisa Higbee Concert<br>1:30 Crafters Corner<br>3:00 LL Games and Puzzles w/ Suntree<br>4:00 Who What and When?(Surfing Fun) | **5**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 PE Chair Yoga<br>10:00 Daily Devotional and Snack<br>10:30 Where In The World Is Samoa<br>1:00 Matinee Movie & Popcorn<br>3:00 Bean Bag Challenge<br>3:30 Karaoke Singing<br>5:30 Family Night | **6**<br>8:30 Morning Meditation & Daily Chronicles<br>9:00 Wags and Wiggles with Cathy and Zoe<br>9:30 Volleyball/Bean Bag Toss<br>10:00 Daily Devotional and Snack<br>10:30 AE Painting w/Harold<br>12:45 Carol Larsen Entertainment<br>2:30 Poetry and Book Club<br>3:30 Sit and Fit Brain Workout<br>4:00 The Nosy Narwhal | **7**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Boxing for Exercise (in Chair)<br>10:00 Daily Devotional and Snack<br>10:30 Read Discover & Explore<br>1:00 Mysteries of the Bermuda Triangle<br>3:00 CE Field Trip to AL for Pamela Music and Trivia<br>5:30 Night at the Movies | **8**<br>8:30 Morning Meditation & Daily Chronicles<br>9:00 Baking Homeade Cinnamon Rolls for Firefighters<br>9:30 Noodle Javelin<br>10:00 Daily Devotional and Snack<br>10:30 Choir Practice<br>1:00 Learning About Shavout<br>1:30 Dairy Dessert Cooking Class<br>2:30 First Fruits Card Game<br>3:30 Stars and Stripes Fitness |
| **9**<br>8:30 Morning Meditation & Daily Chronicles<br>9:15 SS The Church of Jesus Christ of Latter Day Saints<br>10:00 Daily Devotional and Snack<br>10:30 Simply Stretch<br>1:00 Discovering Nature<br>1:30 Music W/ Nancy Bjorn<br>2:30 Name That Tune Sing Along w/ Tamie<br>3:30 Noodle Ball | **10**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Exercise w/ Tamie<br>10:00 Daily Devotional and Snack<br>10:45 Can-Do Concert<br>1:30 CC Scenic Drive& Delivery to Firestation 1<br>2:30 A Day at the Matinee<br>5:30 Old Time TV | **11**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Chair Salsa<br>10:00 Daily Devotional and Snack<br>10:30 Bible Stories w/Karen<br>12:45 Indian Flute and Drumming<br>1:30 Crafters Corner<br>3:00 LL Games and Puzzles w/ Suntree<br>4:00 Who What and When?(Loofah) | **12**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 PE Chair Yoga<br>10:00 Daily Devotional and Snack<br>10:30 Where In The World Is Portugal<br>12:30 Matinee Movie & Popcorn<br>3:00 Bean Bag Challenge<br>3:30 Karaoke Singing<br>5:30 Family Night | **13**<br>8:30 Morning Meditation & Daily Chronicles<br>9:00 Wags and Wiggles with Cathy and Zoe<br>9:30 Volleyball/Bean Bag Toss<br>10:00 Daily Devotional and Snack<br>10:30 AE Painting w/Harold<br>12:45 Carol Larsen Entertainment<br>2:00 The Marvelous Manatee<br>2:30 Poetry and Book Club<br>3:30 Sit and Fit Osteoporosis Workout | **14**<br>**Flag Day**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Boxing for Exercise (in Chair)<br>10:00 Daily Devotional and Snack<br>10:30 Read Discover & Explore (Flag Day Fun)<br>1:00 Virtual Vacation Costa Rica Tourism<br>3:00 CE Field Trip to AL for Pamela Music and Trivia<br>5:30 Night at the Movies | **15**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Noodle Knockdown<br>10:00 Daily Devotional and Snack<br>10:30 Concert Cameron Holdaway<br>12:45 Gone Fishin' Get Together<br>2:30 Bingo<br>3:30 Stars and Stripes Fitness |
| **16**<br>**Fathers Day**<br>8:30 Morning Meditation & Daily Chronicles<br>9:15 SS The Church of Jesus Christ of Latter Day Saints<br>10:00 Daily Devotional and Snack<br>10:30 Simply Stretch<br>1:00 Fatherly Wit and Wisdomfollowed by Donuts for Dads<br>1:30 Music W/ Nancy Bjorn<br>2:30 Name That Tune Sing Along w/ Tamie<br>3:30 Noodle Ball | **17**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Exercise w/ Tamie<br>10:00 Daily Devotional and Snack<br>10:30 Bingo<br>1:30 CC Scenic Drive& Delivery to Firestation 2<br>2:30 A Day at the Matinee<br>5:30 Old Time TV | **18**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Simply Stretch<br>10:00 Daily Devotional and Snack<br>10:30 Bible Stories w/Karen<br>12:30 Old Time Radio Show<br>1:30 Crafters Corner<br>2:30 LL Games w/Suntree<br>4:00 Who What and When?(Michael Phelps)<br>5:30 Family Bowling Night<br>5:30 La La Land Movie for Residents Not Bowling | **19**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 PE Chair Yoga<br>10:00 Daily Devotional and Snack<br>10:30 Where In The World Is Vancouver and Whistler Canada<br>1:00 Book Club<br>1:30 Roy Larsen Concert<br>2:30 Taste and Tell with Chef Jeff<br>3:00 Bean Bag Challenge<br>3:30 Classical Music or Broadway Show<br>5:30 Family Night | **20**<br>**Happy Birthday Misa H.**<br>8:30 Morning Meditation & Daily Chronicles<br>9:00 Wags and Wiggles with Cathy and Zoe<br>9:30 Noodleball<br>10:00 Daily Devotional and Snack<br>10:30 AE Painting w/Harold<br>12:45 Carol Larsen Entertainment<br>2:30 Poetry and Book Club<br>3:30 Sit and Fit Brain Workout<br>6:00 Concert by Cameron Holdaway | **21**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Boxing for Exercise (in Chair)<br>10:00 Daily Devotional and Snack<br>10:30 Empowerment Concert by Monica<br>1:00 Virtual Vacation Alaskan Cruise<br>3:00 CE Field Trip to AL for Pamela Music and Trivia<br>5:30 Night at the Movies | **22**<br>**Happy Birthday Boyd B.**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Noodle Croquet<br>10:00 Daily Devotional and Snack<br>10:30 Choir Practice<br>12:45 Movie Star of the Month Marilyn Monroe<br>2:30 Bingo<br>2:30 Concert w/ Timpanogas Chorale<br>3:30 Stars and Stripes Fitness |
| **23**<br>8:30 Morning Meditation & Daily Chronicles<br>9:15 SS The Church of Jesus Christ of Latter Day Saints<br>10:00 Daily Devotional and Snack<br>10:30 Simply Stretch<br>1:00 Discovering Nature<br>1:30 Music W/ Nancy Bjorn<br>2:30 Name That Tune Sing Along w/ Tamie<br>3:30 Noodle Ball | **24**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Exercise w/ Tamie<br>10:00 Daily Devotional and Snack<br>10:45 Can-Do Concert<br>1:30 CC Scenic Drive & Delivery to Firestation 3<br>2:30 A Day at the Matinee<br>5:30 Old Time TV | **25**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Chair Salsa<br>10:00 Daily Devotional and Snack<br>10:30 Bible Stories w/Karen<br>12:30 Old Time Radio Show<br>1:30 Crafters Corner<br>3:00 LL Games and Puzzles w/ Suntree<br>4:00 Who What and When?(Anthony Bourdain) | **26**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 PE Chair Yoga<br>10:00 Daily Devotional and Snack<br>10:30 Where in The World are the Canary Islands<br>1:00 Matinee Movie & Popcorn<br>3:00 Bean Bag Challenge<br>3:30 Karaoke Singing<br>5:30 Family Night | **27**<br>8:30 Morning Meditation & Daily Chronicles<br>9:00 Wags and Wiggles with Cathy and Zoe<br>9:30 Volleyball/Bean Bag Toss<br>10:00 Daily Devotional and Snack<br>10:30 AE Painting w/Harold<br>12:45 Carol Larsen Entertainment<br>2:00 Throwback Thursday Trivia<br>2:30 Poetry and Book Club<br>3:00 Harp Concert by Zahlia/Zions Way<br>3:30 Sit and Fit Osteoporosis Workout | **28**<br>8:30 Morning Meditation & Daily Chronicles<br>9:30 Boxing for Exercise (in Chair)<br>10:00 Daily Devotional and Snack<br>10:30 Read Discover & Explore<br>1:00 Virtual Vacation Exploring Portugal<br>3:00 CE Field Trip to AL for Pamela Music and Trivia<br>5:30 Night at the Movies | **29**<br>8:30 Morning Meditation and Daily Chronicles<br>9:30 Noodle ball<br>10:00 Daily Devotional and Snack<br>10:30 Singing Concert<br>1:00 Trivia Time<br>2:30 Bingo<br>3:30 Stars and Stripes Fitness<br>Continued at top |