June 2019

Connections at Sagewood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 **Rocky Road Day** *Tai Chi * History & Mysteries - Trivia -Eat Rocky Road Ice Cream -Book Club in Courtyard -Kickball/Emoji Ball -Jazzersize -Bell Band -Casino Card Games -Lets Dance -Sing-a-long Casino Night Dinner
2 10:00 LDS Church – SUM *Balloon Toss *Relaxing Music &Magazines -Trivia/Chicken Soup -Active Game -Sing-a-Long 3:00 Van Ride -Creative Coloring #Active Game	**3** * Tai Chi *News & Events *Musical 10:15 Sit-n-Fit - Short Stories 1:00 Piano with Hod 2:00 Yoga with Sunni 3:00 Active Games with Kim - Crafting Corner 4:00 Music Movement with Lindsay -Color me Calm # Parachute Challenge /Ball Toss	**4** * Tai Chi 10:15 Sit-n-fit summit room * Bible Study -Outdoor Walk 1:30 Exercise with Wellness 2:00 Bob Shorten -Snow cones -Remember When -Rhythm Band -Sing-a-Long #Stretches # Old-time Movie	**5** * Tai Chi 10:15 Sit-n-fit summit room 11:00 Relief society/Priesthood *Book Club *Today In History 1:30 Stand Strong with Wellness 1:30 Van Ride -Kickball & Emoji Ball -Bell Band -Lets Dance -Sing-A-Long #Balloon Toss	**6** **D-Day** *Tai Chi *Meditation *Sensory **11:00 Repertory Dance** *Chicken Soup for the soul -Outdoor Walks 1:30 Exercise with Wellness 2:00 Cooking Turnovers -Basketball -Make RA Appreciation Cards 3:00 Rhythm Band -Sing and Dance -a-Long # Musical # Pet Visits with Quin and Stacey	**7** **Doughnut Day** * Tai Chi 10:Sit-n-Fit summit room * Daily Chronical * Bible Study 1:00 Active Games with Mountain View 1:45 Doughnuts with Mountain view - Brain Fitness 2:00 Van Ride - Shuffle Board -Sing-A-Long #Friday Night Movie	**8** *Tai Chi * History & Mysteries - Trivia - Shuffle Board -Book Club in Courtyard 2:00 Snow cones -Jazzersize -Bell Band -Lets Dance -Sing-a-long
9 10:00 LDS Church – SUM *Balloon Toss *Relaxing Music &Magazines -Trivia/Chicken Soup -Active Game -Sing-a-Long 3:00 Van Ride -Creative Coloring #Active Game Shavuot	**10** * Tai Chi *News & Events *Musical 10:15 Sit-n-Fit - Short Stories 1:00 Music Therapy 2:00 Yoga with Sunni 3:00 Active Games with Kim - Crafting Corner 4:00 Music Movement with Lindsay -Color me Calm # Parachute Challenge /Ball Toss	**11** * Tai Chi 10:15 Sit-n-fit summit room * Bible Study -Outdoor Walk 1:30 Exercise with Wellness -Snow cones -Word Games -Parachute -Rhythm Band -Sing-a-Long #Stretches # Old-time Movie	**12** * Tai Chi 10:15 Sit-n-fit summit room 11:00 Relief society/Priesthood *Book Club *Today In History 1:30 Stand Strong with Wellness 1:30 Van Ride -Kickball & Emoji Ball -Bell Band -Lets Dance -Sing-A-Long #Balloon Toss	**13** *Tai Chi *Meditation 10:00 Cheryl Wyldwoods **11:00 Repertory Dance** *Chicken Soup for the soul -Outdoor Walk 1:30 Exercise with Wellness 2:00 Cooking Strawberry Twinkies 3:00 Rhythm Band -Basketball -Sing and Dance -a-Long # Musical	**14** **Flag Day** * Tai Chi 10:00 Mixed Nuts Coourtyard * Daily Chronical *Cinnamon Rolls for our RA's * Bible Study 1:00 Active Games with Mountain View 1:30 Wall of Honor Recognition -Chair Yoga - Brain Fitness 2:00 Van Ride -Sing-A-Long Flag Day (US)	**15** **Rose Day** *Tai Chi * History & Mysteries - Trivia & Songs Celebrating Roses --Bowling 2:00 Snow cones -Book Club in Courtyard -Jazzersize -Bell Band -Lets Dance -Sing-a-long
16 **Fathers Day** 10:00 LDS Church – SUM *Balloon Toss *Sitcom Sunday *Relaxing Music & Magazines -Fatherly wit and wisdom -Tie one on card game -Active Game -Sing-a-Long 3:00 Van Ride -Father's Day Coloring #Musical Father's Day	**17** * Tai Chi *News & Events *Musical 10:15 Sit-n-Fit - Short Stories 1:00 Cheryl Wylwoods 2:00 Yoga with Sunni 3:00 Active Games with Kim - Crafting Corner 4:00 Music Movement with Lindsay -Color me Calm # Parachute Challenge /Ball Toss	**18** **National Picnic Day** * Tai Chi 10:15 Sit-n-fit summit room * Bible Study -Outdoor Walk 12:00 Courtyard Picnic 1:30 Exercise with Wellness 2:00 Robyn K Simper -Parachute -Remember When -Rhythm Band -Sing-a-Long #Stretches	**19** * Tai Chi 10:15 Sit-n-fit summit room 11:00 Relief society/Priesthood *Book Club *Today In History -Outdoor Walk 1:30 Stand Strong with Wellness 1:30 Van Ride -Kickball & Emoji Ball -Bell Band -Lets Dance -Sing-A-Long # Balloon Toss	**20** **Milkshake Day** *Tai Chi *Meditation *Sensory **11:00 Repertory Dance** *Chicken Soup for the soul -Outdoor Walk 1:30 Exercise with Wellness 2:00 Cooking Strawberry Milk Shakes 3:00 Rhythm Band -Basketball -Sing and Dance -a-Long # Musical	**21** **First Day of Summer** * Tai Chi 10:Sit-n-Fit summit room * Daily Chronical * Bible Study 1:00 Van Ride -Jazzersize - Brain Fitness 3:00 Social in Lobby Rhythm Band Preform -Sing-A-Long #Friday Night Movie Summer Begins	**22** **National Yoga Day** *Tai Chi * History & Mysteries - Trivia -Hally Ball 2:00 Snow cones --Chair Yoga -Book Club in Courtyard -Jazzersize -Bell Band -Lets Dance -Sing-a-long
23 10:00 LDS Church – SUM *Balloon Toss *Relaxing Music &Magazines -Trivia/Chicken Soup -Active Game -Sing-a-Long 3:00 Van Ride -Creative Coloring #Active Game	**24** * Tai Chi *News & Events *Musical 10:15 Sit-n-Fit - Short Stories 1:00 Debbie Bower 2:00 Yoga with Sunni 3:00 Active Games with Kim - Crafting Corner 4:00 Music Movement with Lindsay -Color me Calm # Parachute Challenge /Ball Toss	**25** **National Pink Day** * Tai Chi 10:15 Sit-n-fit summit room * Bible Study -Outdoor Walk 1:30 Exercise with Wellness -Parachute -Snow cones -Word Games -Rhythm Band -Sing-a-Long #Stretches # Old-time Movie	**26** * Tai Chi 10:15 Sit-n-fit summit room 11:00 Relief society/Priesthood *Book Club *Today In History -Outdoor Walk 1:30 Stand Strong with Wellness 1:30 Van Ride -Kickball & Emoji Ball -Bell Band -Lets Dance -Sing-A-Long #Balloon Toss	**27** **National Waffle Day** *Tai Chi *Meditation 10:00 Jennifer Bradshaw **11:00 Repertory Dance** *Chicken Soup for the soul -Outdoor Walk 1:30 Exercise with Wellness 2:00 Cooking Dessert Waffles 3:00 Rhythm Band -Basketball -Sing and Dance -a-Long # Musical	**28** * Tai Chi 10:Sit-n-Fit summit room * Daily Chronical * Bible Study 1:00 Active Games with Mountain View - Brain Fitness 2:00 Van Ride -Sing-A-Long #Friday Night Movie	**29** *Tai Chi * History & Mysteries - Trivia --Noodleball 2:00 Snow cones -Book Club in Courtyard -Jazzersize -Bell Band -Lets Dance -Sing-a-long
30 10:00 LDS Church – SUM *Balloon Toss *Relaxing Music &Magazines -Trivia/Chicken Soup -Active Game -Sing-a-Long 3:00 Van Ride -Creative Coloring #Active Game	**All Activities Subject to change** ***Morning Activities** **-Afternoon Activities** **# Evening** **Activities in Red Are combine with AL and or Mountain View** **Activities on Blue are done Volunteers** **Outings** **Entertainment** **Special Event**					