The Willows at Citation Life Enrichment Calender/PERSONAL CARE



AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality	The Beauty Salon is open on Tuesdays from 8:30-1:30 Watch out for the Life Enrichment Handouts every Monday. It will contain fun games, information about the weeks activities, adult coloring sheet's and more.	Follow us on Facebook and Twitter! Ask a Life Enrichment Associate about Lifeshare! "All activities subject to change, you will be informed via Lifeshare"	Activity Locations: HCAR=Health Care Activity Room PCAR=Personal Care Activity Room HCDR=Health Care Dining Room CC=Charismatic Café IR=In Residents Room PCLR=Personal Care Living Room	1 K 10:30 Wordsearch Social (PCAR) V 11:30 Walking Club A 1:30 Gary Bertram Art Class (PCAR) GF 2:45 Afternoon Classic Movie (HCAR)	V 10:30 Trilogy-Fit CC 11:00 PC Individual Social Hour (IR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails W/ Harley Cannon(CC)	GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR
K 10:00 Puzzle Party M 11:00 Praise Singers (PCLR) I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)	V 10:00 Trilogy-Fit CC 10:30 PC Puzzle Party!-PCAR/ IR S 1:00 PC Calendar Planning/ Resident Council (PCAR) O 1:30 Walmart GC 3:30 Games/Resident's Choice (HCAR)	V 10:30 Walking Club CC 11:00 PC Daily Chronicles Party(IR) K 1:30 Bingo (HCAR) GF 2:30 Birthday Celebration K 3:30 Puzzles and Popcom (PC)	V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) O 11:30 Men's Club Lunch Outing I 3:30 Bible Study (HCAR) K 6:15 Twilight BINGO (HCAR)	8 K 10:30 Yahtzee (PCAR) V 11:30 Walking Club GF 1:30 Backporch Party! A 4:00 Coloring for Relaxation- (HCAR/PC)	V 10:30 Trilogy-Fit CC 11:00 PC Individual Social Hour (IR) K 11:00 IN2L Games (HCAR) CC 1:00 Shopping with Suzanne (Vendor) S 3:00 Happy Hour Cocktails (CC)	GF 10:30 Coffee & Current News K 11:00 Moming BINGO (HCAR) Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR
K10:00 Puzzle Party M11:00 Praise Singers (PCLR) S12:00 SUNDAY BRUNCH I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)	V 10:00 Trilogy-Fit CC 10:30 PC Puzzle Party!-PCAR/ IR O 1:30 Frosty's with Friends GG 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations (PCLR)	V 10:15 Gardening CC 11:00 PC Daily Chronicles Party(IR) K 1:30 Bingo (HCAR) K 3:30 Puzzles and Popcom (PC)	V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) I 3:30 Bible Study (HCAR) K 6:15 Twilight BINGO (HCAR)	A 11:00 Creative Coloring (PCAR) V 11:30 Walking Club A 3:30 Sewing with Jennifer K 4:15 Jazz-n-Puzzles (PC)	V 10:30 Trilogy-Fit CC 11:00 PC Individual Social Hour (IR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails (CC)	GF 10:30 Coffee & Current News K 11:00 Moming BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR
18 K 10:00 Puzzle Party M 11:00 Praise Singers (PCLR) I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)	V 10:00 Trilogy-Fit CC 10:30 PC Puzzle Party!-PCAR/ IR O 1:00 Red Mile GG 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations w/Larry (PCLR)	V 10:30 Walking Club CC 11:00 PC Daily Chronicles Party(IR) L 11:15 History of Las Vegas (HCAR) K 1:30 Bingo (HCAR) A 3:00 Flower Arrangements (PCAR) K 3:30 Puzzles and Popcom	21 Senior Citizens Day V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) S 12:00 Taste of Town- Subway A 1:30 Gary Bertram Art Class (PCAR) K 2:30 BINGO Auction- (HCAR) K 6:15 Twilight BINGO (HCAR)	V 11:30 Walking Club CC 3:00 Garden Party Social GC 4:00 Resident Games 5 5:00 Las Vegas Theme Dinner	V 10:30 Trilogy-Fit CC 11:00 PC Individual Social Hour (IR) IN2L Games (HCAR) Happy Hour Cocktails (CC)	GF 10:30 Coffee & Current News K 11:00 Moming BINGO (HCAR) Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR
K 10:00 Puzzle Party M 11:00 Praise Singers (PCLR) I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)	V 10:00 Trilogy-Fit CC 10:30 PC Puzzle Party!-PCAR/ IR O 1:30 Kroger GG 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations (PCLR)	V 10:30 Walking Club CC 11:00 PC Daily Chronicles Party(IR) M 11:15 Musical Showtunes K 1:30 Bingo (HCAR) S 3:00 Chef's Circle (HCAR) K 3:30 Puzzles and Popcom (PC)	V10:00 Gardening K11:00 Coffee and Conversation PCLR) M 2:30 Energizers K 6:15 Twilight BINGO (HCAR)	X 10:30 Puzzles! V 11:30 Walking Club A 1:30 Canvas paintings - (HCAR) GF 3:30 Sno Cone Social	V 10:30 Trilogy-Fit CC 11:00 PC Individual Social Hour (IR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails (CC) CC 5:00 FAMILY NIGHT- BURGERS, BRATS, and BREWS!	GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR

The Willows at Citation Life Enrichment Calendar/HEALTH CARE



AUGUST 2019

		111				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections GF - Gathering of Friends GC - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MN - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events	The Beauty Salon is open on Tuesdays from 8:30-1:30 Watch out for the Life Enrichment Handouts every Monday. It will contain fun games, Information about the weeks activities, adult coloring sheet's and more.	Follow us on Facebook and Twitter! Ask a Life Enrichment Associate about Lifeshare! "All activities subject to change, you will be informed via Lifeshare"	Activity Locations: HCAR = Health Care Activity Room PCAR = Personal Care Activity Room HCDR = Health Care Dining Room CC = Charismatic Cafe IR = In Resident Rooms PCLR = Personal Care Living	1 MP 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) A 1:30 Gary Bertram Art Class (PCAR) GF 2:45 Aftermoon Classic Movie (HCAR)	MIN 10:00 (MM) Theme Sensations- Beach (IR) V 10:30 Moming Movement (HCAR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails W/ Harley Cannon(CC)	MD 10:00 (MM) Theme Sensations- Cooking GF 10:30 Coffee & Current News K 11:00 Moming BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR
MD 10:00 (MM) Theme Sensations- Beach (IR) M 11:00 Praise Singers (PCLR) I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)	9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) 0 1:30 Walmart GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Green's Music (PCLR)	MN 10:00 (MM) Theme Sensations- Cooking V 10:30 Walking Club 11:15 Kentucky Pioneers- Early Settlers of Kentucky- 1790 (HCAR) K 1:30 Bingo (HCAR) GF 2:30 Birthday Celebration S 3:30 HC Calendar Planning/	7 MIN 9:30 (MM) Theme Sensations- Laundry (IR) V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) O 11:30 Men's Club Lunch Outing I 3:30 Bible Study (HCAR)	9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) GF 1:30 Backporch Party! A 4:00 Coloring for Relaxation- (HCAR/PC)	9 MN 10:00 (MM) Theme Sensations- Beach (IR) V 10:30 Moming Movement (HCAR) K 11:00 IN2L Games (HCAR) CC 1:00 Shopping with Suzanne (Vendor) S 3:00 Happy Hour Cocktails (CC)	MN 10:00 (MM) Theme Sensations- Cooking GF 10:30 Coffee & Current News K 11:00 Moming BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR
MN10:00 (MM) Theme Sensations- Beach (IR) M 11:00 Praise Singers (PCLR) S 12:00 SUNDAY BRUNCH I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Afternoon Movie (PCLR)	12 MIN 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) O 1:30 Frosty's with Friends GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations	MIN 10:00 (MM) Theme Sensations- Cooking V 10:15 Gardening L 11:00 Mammouth Cave (HCAR) K 1:30 Bingo (HCAR)	MIN 9:30 (MM) Theme Sensations- Laundry (IR) V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) I 3:30 Bible Study (HCAR) K 6:15 Twilight BINGO (HCAR)	9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) A 3:30 Sewing with Jennifer 4:15 Jazz-n-Puzzles (PC)	MIN 10:00 (MM) Theme Sensations- Beach (IR) V 10:30 Moming Movement (HCAR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails (CC)	MIN 10:00 (MM) Theme Sensations- Cooking GF 10:30 Coffee & Current News K 11:00 Morning BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR
18 MP 10:00 (MM) Theme Sensations- Beach (IR) MP 11:00 Praise Singers (PCLR) MP 1:00 Keith's Bible Study (PCLR) MP 2:00 Sunday Afternoon Movie (PCLR)	19 MR 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) O 1:00 Red Mile GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations	MN 10:00 (MM) Theme Sensations- Cooking V 10:30 Walking Club L 11:15 History of Las Vegas (HCAR) K 1:30 Bingo (HCAR)	 Senior Citizens Day 9:30 (MM) Theme Sensations- Laundry (IR) 10:00 Gardening 11:00 Coffee and Conversation PCLR) 12:00 Taste of Town- Subway 1:30 Gary Bertram Art Class 	9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) CC 3:00 Garden Party Social GC 4:00 Resident Games S 5:00 Las Vegas Theme Dinner	MIN 10:00 (MM) Theme Sensations- Beach (IR) V 10:30 Moming Movement (HCAR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails (CC)	MN 10:00 (MM) Theme Sensations- Cooking GF 10:30 Coffee & Current News K 11:00 Moming BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR
MP 10:00 (MM) Theme Sensations- Beach (IR) M 11:00 Praise Singers (PCLR) I 1:00 Keith's Bible Study (PCLR) GF 2:00 Sunday Aftemoon Movie (PCLR)	MIN 9:30 (MM) Theme Sensations-Baby Care (IR) CC 10:30 HC Book Club - Discussion (HCAR) O 1:30 Kroger GC 3:30 Games/Resident's Choice (HCAR) M 6:15 Musical Inspirations	MP 10:00 (MM) Theme Sensations- Cooking V 10:30 Walking Club M 11:15 Musical Showtunes K 1:30 Bingo (HCAR) S 3:00 Chef's Circle (HCAR)	MIN 9:30 (MM) Theme Sensations- Laundry (IR) V 10:00 Gardening K 11:00 Coffee and Conversation PCLR) M 2:30 Energizers K 6:15 Twilight BINGO (HCAR)	MN 9:30 (MM) Theme Sensations-Baby Care (IR) K 10:30 Puzzles! CC 10:30 HC Book Club - Discussion (HCAR) A 1:30 Canvas paintings - (HCAR) GF 3:30 Sno Cone Social	MIN 10:00 (MM) Theme Sensations- Beach (IR) V 10:30 Moming Movement (HCAR) K 11:00 IN2L Games (HCAR) S 3:00 Happy Hour Cocktails (CC) CC 5:00 FAMILY NIGHT- BURGERS, BRATS, and	MIN 10:00 (MM) Theme Sensations- Cooking GF 10:30 Coffee & Current News K 11:00 Moming BINGO (HCAR) L 2:00 Destination Exploration-HCAR A 3:30 Coloring to the Classics- PCAR

The Willows at Citation Legacy Lane



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears S - Signature Events V - Vitality	Every Moming (times are approximate) 9:00 Vitality 9:30 Keeping it sharp 10:00 Moming Refresher 10:30 Housekeeping 11:00 Artisans 11:30 Lunch Preparation	Every Afternoon (times are approximate) Relax and Recharge (following lunch) 2:30 Creative Cooking 3:00 Music to my ears 4:00 Group Games		Let's Take A Trip K American Landmarks C Cucumber Caprese Salad Relax & Recharge A No Sew Hats M Hats Off to You G Aim for the Stars Healthy Hands Hangman	V Pump It Up K Summer Vacation Ice Cream Sandwich Relax & Recharge Flower Stamps M Float With Me Happy Hour GC Sorting Fair Winners Healthy Hands LifeShare Games	V Dance Party K Summer Colors GF Coffee & Current News Watermelon Feta Salad Relax & Recharge A Balloon Prints Campfire Songs GG Name 3 Toss & Catch Healthy Hands
Mindful Movements Categories Veggie Cups Relax & Recharge Blue Collage Listen to the Wind Word Works Healthy Hands A Time For 'Vegas Night Cap!'	Drum Circle Inspired Tales Mandarin Orange Salad Relax & Recharge Bean Mosaic Dancing Monday Water Balloon Bucket Toss Healthy Hands LifeShare Games	Walk On The Beach Roll to 20! Lucy's Chocolate Truffles Relax & Recharge Crayon Melts Birthday Celebration Summer Singin' Fair Midway Games Healthy Hands	V Soccer K Yard Sale C Cherry Cobbler Relax & Recharge A Creative Storytelling M Gone Fishin' GC Velcro Catch Healthy Hands GF Shake Loose A Memory	V Let's Take A Trip K American Landmarks C Mixed Berry Oatmeal Cups Relax & Recharge A No Sew Hats M Hats Off to You G Aim for the Stars Healthy Hands GF Hangman	Pump It Up Summer Vacation Elvis' PB & Banana Sandwich Relax & Recharge Dly Resident Scrapbook Float With Me Happy Hour Sorting Fair Winners Healthy Hands LifeShare Games	V Dance Party Summer Colors GF Coffee & Current News CC Sunshine Salad Relax & Recharge Ice Cream Photos M Campfire Songs GC Name 3 Toss & Catch Healthy Hands
Mindful Movements Categories Summer Com Salad Relax & Recharge Kindness Rock Painting Listen to the Wind Word Works Healthy Hands F A Time For 'Vegas Night Cap!'	Drum Circle Inspired Tales CC Orange Creamsicles Relax & Recharge Partner Prints Dancing Monday GC Water Balloon Bucket Toss Healthy Hands LifeShare Games	Walk On The Beach Roll to 20! S'mores Rice Krispy Relax & Recharge Recycled Art Summer Singin' Fair Midway Games Healthy Hands Reminiscing Through Photos	V Soccer K Yard Sale Berry-Banana Smoothie Relax & Recharge Rubbings Exploration M Gone Fishin' GC Velcro Catch Healthy Hands GF Shake Loose A Memory	V Let's Take A Trip K American Landmarks C Oreo Cookie Pops Relax & Recharge A No Sew Hats M Hats Off to You G Aim for the Stars Healthy Hands Hangman	V Pump It Up Summer Vacation Stuffed Celery Relax & Recharge Ask a Beautiful Question Float With Me Happy Hour Sorting Fair Winners Healthy Hands LifeShare Games	V Dance Party Summer Colors Coffee & Current News Co Tomato Bruschetta Relax & Recharge Fabric Bowls M Campfire Songs GG Name 3 Toss & Catch Healthy Hands
Mindful Movements Categories Crunchy Corn Avocado Salad Relax & Recharge Fabric Bowls Listen to the Wind Word Works Healthy Hands A Time For 'Vegas Night Cap!'	V Walk on Vegas Strip Inspired Tales CC Domino Brownies Relax & Recharge Vegas Poker Top Hat Dancing Monday GC Water Balloon Bucket Toss Healthy Hands LifeShare Games	V Stomp K Roll to 20! CC Las Vegas Queen of Hearts Cupcakes Relax & Recharge Card Crown M Summer Singin' GC Five Card Flip Healthy Hands	V MGM Boxing Gym Yard Sale Banana Split Silver Dollar Pancakes Taste of Town- Subway Relax & Recharge A Card Neck Ruff K BINGO Auction- (HCAR) M Gone Fishin'	V Lion Face Yoga K American Landmarks CC High Roller Antipasta Kabobs Relax & Recharge A No Sew Hats M Name That Croon GC Aim for the Stars Healthy Hands Las Vegas Theme Dinner	V Pump It Up K Summer Vacation C Casino Royale Mocktail Relax & Recharge DIY Sharpie Mug M Float With Me Happy Hour G Horseracing Healthy Hands LifeShare Games	V Dance Party K Summer Colors GF Coffee & Current News CC Woodland Donut Holes Relax & Recharge A Fairy Garden Mason Jar Toppe M Campfire Songs GC Name 3 Toss & Catch Healthy Hands
Mindful Movements Categories Raspberry Jello Salad Relax & Recharge Sun Print Wall Art Listen to the Wind Word Works Healthy Hands A Time For 'Vegas Night Cap!'	V Drum Circle Inspired Tales CC Herbed Cream Cheese Cucumber Cracker Relax & Recharge Com Syrup Painting Dancing Monday GC Water Balloon Bucket Toss Healthy Hands	Walk On The Beach Roll to 20! CC Mug Bread Pudding Relax & Recharge Glue Batik Aprons Summer Singin' GC Fair Midway Games Healthy Hands GF Reminiscing Through Photos	V Soccer K Yard Sale C Tomato Basil Mozzerella Puff Pastry Relax & Recharge A Stained Glass Painting M Gone Fishin' GC Velcro Catch Healthy Hands	V Let's Take A Trip K American Landmarks C Cowboy Cavier Relax & Recharge A No Sew Hats M Hats Off to You G Aim for the Stars Healthy Hands GF Hangman	V Pump It Up K Summer Vacation CC Potato Poppers Relax & Recharge Create a Sensory Book M Float With Me Happy Hour GC Sorting Fair Winners Healthy Hands CC FAMILY NIGHT- BURGERS, BRATE	V Dance Party Summer Colors GF Coffee & Current News CC Banana Split Bites Relax & Recharge Have a Gentle Conversation Campfire Songs GG Name 3 Toss & Catch Healthy Hands