The Willows at East Lansing
Assisted Living

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Community Connections CC - Creative Cooking GF - Gathering of Friends I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MN - Mindful Moments	M - Music to My Ears S - Signature Events V - Vitality	**1** K 10:30 Inspired Living Committee - Calendar Planning (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) K 3:30 Newsletter Group (HCDR)	**2** A 10:30 Artisans: Wooden Bead Keychain (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) V 2:00 Noodle Ball (HCAR) CC 3:30 Local Tasty Treats: Sweetie-licious Bakery (HCDR)	**3** K 10:30 Bingo (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) V 2:00 Bocce Ball (HCDR) K 3:30 Book Club (HCAR) S 3:30 Resident Council (ALDR)	**4** I 10:00 Church Service (Broadcast Channel, 2) CC 10:30 Creative Cooking: Fresh Fruit Dip (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) L 1:30 National Geographic (Broadcast Channel, 2)	**5** A 10:30 Jewelry Club (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Ladies Club: Tea Party & Cookies in the Rose Garden V 3:30 Walking Club (Outdoor - weather permitting)
6 V 10:00 Morning Exercise (HCAR) K 10:30 Dice Game (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) I 2:00 Church Service w/Pastor Miles (HCDR) K 4:00 Movie Matinee: The	**7** I 10:15 Lutheran Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 1:30 Artisans: Flower	**8** I 11:00 Catholic Mass (HCAR) S 11:00 Chef's Circle (ALDR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) V 2:00 Seated Tai Chi (Broadcast Channel, 2) K 3:30 Poetry Club (HCDR)	**9** V 10:00 Chair Yoga (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 2:00 Artisans: Sugar Scrub (HCDR) CC 3:30 Local Tasty Treats: Gigi's Cupcakes (HCDR)	**10** I 10:00 Church Service (Broadcast Channel, 2) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) K 3:00 Men's Group (HCDR) K 3:30 Book Club (HCDR)	**11** V 9:30 Early Morning Exercise (Broadcast Channel, 2) CC 10:30 Creative Cooking: Spinach Tortilla Rollups (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) L 2:00 National Geographic	**12** I 10:30 Daily Devotions (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) V 1:30 Walking Club (Outdoors - weather permitting) GF 3:00 Root Beer Floats in the Garden (Breslin Courtyard)
13 V 10:00 Morning Exercise (HCAR) K 10:30 Card Club (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) I 2:00 Church Service w/Pastor Miles (HCDR) K 4:00 Movie Matinee: Yes	**14** Flag Day I 10:15 Lutheran Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) S 1:30 Flag Day Ceremony	**15** A 10:30 Artisans: Painted Drip Pots (HCDR) S 10:30 Resident Council (ALDR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) V 3:30 Walking Club (Outdoors - weather permitting)	**16** V 10:00 Chair Yoga (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 2:00 Artisans: Make Your Own Father's Day Cards (HCDR) CC 3:30 Local Tasty Treats: Bake N' Cakes (HCDR)	**17** K 10:30 Bingo (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) GF 2:00 Hard Cider Tasting (HCDR) K 3:30 Book Club (HCAR) V 3:30 Putt-Putt Golf (Outdoors - weather	**18** CC 10:30 Creative Cooking: Hello Summer Pretzels (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) L 2:00 Legend of Atlantis: National Geographic (Broadcast Channel, 2)	**19** Juneteenth K 10:30 Dominoes (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 1:30 Bingo (HCAR) GF 3:30 Garden Time: Weeding and Watering (Assisted Living)
20 Father's Day V 10:00 Morning Exercise (HCAR) K 10:30 Jeopardy (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) S 2:00 Father's Day Celebration (HCDR) K 4:00 Movie Matinee:	**21** I 10:15 Lutheran Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 1:30 Artisans: DIY Rope	**22** S 11:00 Chef's Circle (ALDR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) GF 3:30 Cheese Tasting (HCDR)	**23** V 10:30 Chair Yoga (HCAR) K 11:00 Big Word, Little Word (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 2:00 Artisans: Cactus Painting (HCDR) CC 3:30 Local Tasty Treats:	**24** V 10:00 Seated Exercise (Broadcast Channel, 2) K 10:30 Bingo (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Poetry Club (HCDR) K 3:30 Book Club (HCAR)	**25** CC 10:30 Creative Cooking: Blueberry Muffins (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) L 2:00 National Geographic Documentary (Broadcast Channel, 2)	**26** V 10:30 Stretching and Zumba (ALDR) M 12:00 Food and Tunes (Broadcast Channel, 2) MN 1:30 Spa Day (HCDR) GF 3:30 Garden Time: Watering and Weeding (Breslin)
27 V 10:00 Morning Exercise (HCAR) GF 10:30 Garden Time: Salsa Making (Breslin Courtyard) M 12:00 Food and Tunes (Broadcast Channel, 2) I 2:00 Church Service	**28** I 10:15 Lutheran Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 1:30 Artisans: Shaving	**29** A 10:30 Coffee and Coloring (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) V 3:30 Putt-Putt Golf (Outdoors - weather permitting)	**30** V 10:30 Chair Yoga (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 2:00 Artisans: Sharpie Coasters (HCDR) L 2:00 Our Planet: National Geographic (Broadcast Channel, 2)	For our community connections this month, we will be sampling various treats from local shops in the East Lansing area! Every Wednesday in June, we will have a sampling day to try a new food item from the shops.	Tune in to our broadcast channel on your own television (channel 2) each day to watch virtual programs! If you have any questions about this opportunity, please ask one of the Life Enrichment staff	

The Willows at East Lansing
Health Center Calendar

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Locations: HCAR-Health Center Activities Room ALAR-Assisted Living Activities Room HCDR-Health Center Dining Room ALLR-AL Living Room (500 Hall) CW-Campus Wide	1 K 10:30 Inspired Living Committee - Calendar Planning (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) K 3:30 Newsletter Group (HCDR)	2 A 10:30 Artisans: Wooden Bead Keychain (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) V 2:00 Noodle Ball (HCAR) CC 3:30 Local Tasty Treats: Sweetie-licious Bakery (HCDR)	3 K 10:30 Bingo (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) V 2:00 Bocce Ball (HCDR) MM 3:00 Nails and Hand Massages (HCDR) K 3:30 Book Club (HCAR)	4 I 10:00 Church Service (Broadcast Channel, 2) CC 10:30 Creative Cooking: Fresh Fruit Dip (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) L 1:30 National Geographic (Broadcast Channel, 2)	5 A 10:30 Jewelry Club (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Ladies Club: Tea Party & Cookies in the Rose Garden V 3:30 Walking Club (Outdoor - weather permitting)
6 K 10:30 Dice Game (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) I 2:00 Church Service w/Pastor Miles (HCDR) K 4:00 Movie Matinee: The Bee Movie (Broadcast Channel, 2)	7 I 10:15 Lutheran Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 1:30 Artisans: Flower	8 S 10:30 Chef's Circle (HCAR) I 11:00 Catholic Mass (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) V 2:00 Seated Tai Chi (Broadcast Channel, 2) K 3:30 Poetry Club (HCDR)	9 V 10:00 Chair Yoga (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 2:00 Artisans: Sugar Scrub (HCDR) CC 3:30 Local Tasty Treats: Gigi's Cupcakes (HCDR)	10 I 10:00 Church Service (Broadcast Channel, 2) S 10:30 Resident Council (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) K 3:00 Men's Group (HCDR)	11 V 9:30 Early Morning Exercise (Broadcast Channel, 2) CC 10:30 Creative Cooking: Spinach Tortilla Rollups (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) L 2:00 National Geographic	12 I 10:30 Daily Devotions (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) V 1:30 Walking Club (Outdoors - weather permitting) GF 3:00 Root Beer Floats in the Garden (Breslin Courtyard)
13 K 10:30 Card Club (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) I 2:00 Church Service w/Pastor Miles (HCDR) K 4:00 Movie Matinee: Yes Day (Broadcast Channel, 2)	14 Flag Day I 10:15 Lutheran Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) S 1:30 Flag Day Ceremony	15 A 10:30 Artisans: Painted Drip Pots (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) V 3:30 Walking Club (Outdoors - weather permitting)	16 V 10:00 Chair Yoga (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 2:00 Artisans: Make Your Own Father's Day Cards (HCDR) CC 3:30 Local Tasty Treats: Bake N' Cakes (HCDR)	17 K 10:30 Bingo (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) GF 2:00 Hard Cider Tasting (HCDR) K 3:30 Book Club (HCAR) V 3:30 Putt-Putt Golf (Outdoors - weather	18 CC 10:30 Creative Cooking: Hello Summer Pretzels (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) L 2:00 Legend of Atlantis: National Geographic (Broadcast Channel, 2)	19 Juneteenth K 10:30 Dominoes (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 1:30 Bingo (HCAR) GF 3:30 Garden Time: Weeding and Watering (Assisted Living)
20 Father's Day K 10:30 Jeopardy (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) S 2:00 Father's Day Celebration (HCDR) K 4:00 Movie Matinee: Madagascar: Escape 2 Africa (Broadcast	21 I 10:15 Lutheran Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 1:30 Artisans: DIY Rope	22 S 10:30 Chef's Circle (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Bingo (HCDR) GF 3:30 Cheese Tasting (HCDR)	23 V 10:30 Chair Yoga (HCAR) K 11:00 Big Word, Little Word (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) A 2:00 Artisans: Cactus Painting (HCDR) CC 3:30 Local Tasty Treats:	24 V 10:00 Seated Exercise (Broadcast Channel, 2) K 10:30 Bingo (HCDR) M 12:00 Food and Tunes (Broadcast Channel, 2) K 2:00 Poetry Club (HCDR) K 3:30 Book Club (HCAR)	25 CC 10:30 Creative Cooking: Blueberry Muffins (HCAR) M 12:00 Food and Tunes (Broadcast Channel, 2) L 2:00 National Geographic Documentary (Broadcast Channel, 2)	26 V 10:30 Stretching and Zumba (ALDR) M 12:00 Food and Tunes (Broadcast Channel, 2) MM 1:30 Spa Day (HCDR) GF 3:30 Garden Time: Watering and Weeding (Breslin)
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Daily Rhythms
The Willows at East Lansing Legacy Lane

June 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality		1 V Dancing in the Rain K Matching Colors CC Lemonade Cookies Relax & Recharge A Flower Impressions M Music and Mosaics GG Finish the Quilt Card Game Healthy Hands	2 V Chair Samba K Categories CC Lemon Berry Muffins Relax & Recharge A Cactus Painting M Celebrate Swing GG Baseball Healthy Hands	3 V Laughter Yoga K Best Friends CC Garden Spread Finger Sandwiches Relax & Recharge A Wooden Beads Keychain M Hats Off to You GG Musical Balls	4 V Stop and Smell the Roses K Funny Fridays CC Caramel Chocolate Chunk Cookies Relax & Recharge A Coffee Filter Butterflies M June Happy Hour GG Horse Racing	5 V Batman Workout K Turn Over CC Mexican Cream Cheese Dip Relax & Recharge A Shaving Cream Paint M Car-a-oke Road Trip GG Memory Matching Healthy Hands
6 V Imaginary Fishing Trip K Suspenders and Neckties CC Cucumber Relish Relax & Recharge A Sharpie Coasters M Name That Croon! GG Hardware Store Shopping Healthy Hands	7 V Catch and Reminisce! K Spring Babies CC Homemade Ice Cream Relax & Recharge A Rock Photo Holder M Movement Mondays GG Color Wheel Trivia Healthy Hands	8 V Dancing in the Rain K Matching Colors CC Peach Muffins Relax & Recharge A Pineapple Pinecones M Music and Mosaics GG Finish the Quilt Card Game Healthy Hands	9 V Chair Samba K Categories CC Swedish Dilled Cucumber Salad Relax & Recharge A Picture Prompt M Celebrate Swing GG Baseball Healthy Hands	10 V Laughter Yoga K Best Friends CC Marinated Fresh Vegetable Medley Relax & Recharge A Opposites Collage M Hats Off to You GG Musical Balls	11 V Stop and Smell the Roses K Funny Fridays CC Chocolate Chip Cheese Ball Relax & Recharge A Gel Air Freshener M June Happy Hour GG Horse Racing Healthy Hands	12 V Batman Workout K Turn Over CC Homemade Ice Cream Sandwiches Relax & Recharge A Flip Flop Wreath M Car-a-oke Road Trip GG Memory Matching
13 V Imaginary Fishing Trip K Suspenders and Neckties CC Raisin Pecan Oatmeal Cookies Relax & Recharge A DIY Kinetic Sand M Name That Croon! GG Hardware Store Shopping Healthy Hands	14 Flag Day V Catch and Reminisce! K Spring Babies CC Fresh Bruschetta Spread Relax & Recharge A Coffee Filter Flag M Movement Mondays GG Color Wheel Trivia Healthy Hands	15 V Dancing in the Rain K Matching Colors CC Blueberry Cream Cheese Crisp Relax & Recharge A DIY Rope Basket M Music and Mosaics GG Finish the Quilt Card Game Healthy Hands	16 V Chair Samba K Categories CC Mini Corn Dog Muffins Relax & Recharge A Shirt Cuff Pouch M Celebrate Swing GG Baseball Healthy Hands	17 V Laughter Yoga K Best Friends CC Banana Pudding Lasagna Relax & Recharge A Doily Resist Painting M Hats Off to You GG Musical Balls Healthy Hands	18 V Stop and Smell the Roses K Funny Fridays CC Fresh Fruit Dip Relax & Recharge A Summer Lanterns: Day 1 M June Happy Hour GG Horse Racing Healthy Hands	19 Juneteenth V Batman Workout K Turn Over CC Rainbow Veggie Pinwheels Relax & Recharge A Summer Lanterns: Day 2 M Car-a-oke Road Trip GG Memory Matching Healthy Hands
20 Father's Day V Imaginary Fishing Trip K Suspenders and Neckties CC Father's Day Mancakes Relax & Recharge A Father's Day Cards M Fatherly Sitcom Tunes GG Hardware Store Shopping Healthy Hands	21 V Catch and Reminisce! K Spring Babies CC Peanut Butter Cookies Relax & Recharge A Kandinsky Collaborative Art M Movement Mondays GG Color Wheel Trivia Healthy Hands	22 V Dancing in the Rain K Matching Colors CC Summer Corn Salad Relax & Recharge A Homemade Brownie Mix in a Jar M Music and Mosaics GG Finish the Quilt Card Game Healthy Hands	23 V Chair Samba K Categories CC Vegetable Casserole Relax & Recharge A Creative Storytelling M Celebrate Swing GG Baseball Healthy Hands	24 V Laughter Yoga K Best Friends CC No Bake Banana Split Cake Relax & Recharge A DIY Mosaic Garden Pots M Hats Off to You GG Musical Balls Healthy Hands	25 V Stop and Smell the Roses K Funny Fridays CC Tangy Poppy Seed Fruit Salad Relax & Recharge A Glue Art M June Happy Hour GG Horse Racing Healthy Hands	26 V Batman Workout K Turn Over CC Coconut Macaroons Relax & Recharge A Painted Drip Pots M Car-a-oke Road Trip GG Memory Matching Healthy Hands
27 V Imaginary Fishing Trip K Suspenders and Neckties CC Fruit Salsa with Cinnamon Chips Relax & Recharge A Creating Memory Boards: Day 1 M Name That Croon! GG Hardware Store Shopping Healthy Hands	28 V Catch and Reminisce! K Spring Babies CC Lemon Slicers Relax & Recharge A Creating Memory Boards: Day 2 M Movement Mondays GG Color Wheel Trivia	29 V Dancing in the Rain K Matching Colors CC Chocolate Covered Strawberry Brownies Relax & Recharge A Memory Boards Gala M Music and Mosaics GG Finish the Quilt Card Game	30 V Chair Samba K Categories CC Baked Veggie Kabobs Relax & Recharge A Creative Storytelling M Celebrate Swing GG Baseball Healthy Hands	Daily Rhythm About Times: Morning 9:30 Vitality 10:00 Keeping it Sharp/Reminisce 10:30 Morning Refresher 10:45 Creative Cooking 11:30 Healthy Hands/Lunch Prep Early Afternoon 12:45 Relax & Recharge	Late Afternoon 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions Note: Housekeeping can take	

Daily Rhythms
The Willows at East Lansing Legacy

June 2021

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Daily Rhythm About Times: Morning 9:30 Vitality 10:00 Keeping it Sharp/Reminisce 10:30 Morning Refresher 10:45 Creative Cooking 11:30 Healthy Hands/Lunch Prep Early Afternoon 12:45 Relax & Recharge	Late Afternoon 3:00 Afternoon Refresher 3:30 Musical Celebration 4:00 Group Games 4:30 Healthy Hands/Dinner Prep Evening 6:00 Gathering of Friends 7:00 Nighttime Traditions Note: Housekeeping can take	**1** V Dancing in the Rain K Matching Colors CC Lemonade Cookies Relax & Recharge A Flower Impressions M Music and Mosaics GG Finish the Quilt Card Game Healthy Hands	**2** V Chair Samba K Categories CC Lemon Berry Muffins Relax & Recharge A Cactus Painting M Celebrate Swing GG Baseball Healthy Hands	**3** V Laughter Yoga K Best Friends CC Garden Spread Finger Sandwiches Relax & Recharge A Wooden Beads Keychain M Hats Off to You GG Musical Balls	**4** V Stop and Smell the Roses K Funny Fridays CC Caramel Chocolate Chunk Cookies Relax & Recharge A Coffee Filter Butterflies M June Happy Hour GG Horse Racing	**5** V Batman Workout K Turn Over CC Mexican Cream Cheese Dip Relax & Recharge A Shaving Cream Paint M Car-a-oke Road Trip GG Memory Matching Healthy Hands
6 V Imaginary Fishing Trip K Suspenders and Neckties CC Cucumber Relish Relax & Recharge A Sharpie Coasters M Name That Croon! GG Hardware Store Shopping Healthy Hands	**7** V Catch and Reminisce! K Spring Babies CC Homemade Ice Cream Relax & Recharge A Rock Photo Holder M Movement Mondays GG Color Wheel Trivia Healthy Hands	**8** V Dancing in the Rain K Matching Colors CC Peach Muffins Relax & Recharge A Pineapple Pinecones M Music and Mosaics GG Finish the Quilt Card Game Healthy Hands	**9** V Chair Samba K Categories CC Swedish Dilled Cucumber Salad Relax & Recharge A Picture Prompt M Celebrate Swing GG Baseball Healthy Hands	**10** V Laughter Yoga K Best Friends CC Marinated Fresh Vegetable Medley Relax & Recharge A Opposites Collage M Hats Off to You GG Musical Balls	**11** V Stop and Smell the Roses K Funny Fridays CC Chocolate Chip Cheese Ball Relax & Recharge A Gel Air Freshener M June Happy Hour GG Horse Racing Healthy Hands	**12** V Batman Workout K Turn Over CC Homemade Ice Cream Sandwiches Relax & Recharge A Flip Flop Wreath M Car-a-oke Road Trip GG Memory Matching
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