

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|--|---|--|
| <p>AR - Activity Room APD - Aspen Peak Dining D - Dining Room R—Roof LR - Living Room O - Outside K - Kitchen PGP - Palisades Gathering Place WR - Willamette Activities Room TRDK - Two Rivers Demo Kitchen S- Sip on 5th</p> | | <p>1 9:30 Daily Chronicles (D) 10:00 Trivia/Jokes (LR) 11:00 Stretch & Flex (AR) 11:30 Meet Katie (LR) 1:00 Short Stroll (O) 2:00 Word Play (AL) 3:30 Painting (AR) 6:30 Movie (LR)</p> | <p>2 9:30 Chronicles (DR) 10:00 Whiteboard Games (R) 11:00 Stretch & Flex (AR) 1:30 Long Walk (O) 3:00 Happy Hour (AL) 6:30 Movie (LR)</p> | <p>3 10:00 Eldergrow Garden Club (LR) 11:00 Non-Denominational Bible Study (PGP) 11:00 Weight Training (AR) 1:30 Long Walk (O) 2:30 Reminiscing (LR) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> | <p>4 10:00 Baking Club (K) 11:00 Daily Chronicles (K) 1:00 Chair Yoga (AR) 1:00 Scenic Drive (BUS) 4:00 Sing-a-Long (LR) 4:45 Helping Hands (K) 6:30 Movie (LR)</p> | <p>5 9:00 Exercise Video Ch. 1971 (LR) 10:30 Crafting (AR) 1:00 Mad Libs (LR) 2:30 Bingo (AR) 3:00 Bowling (O) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> |
| <p>6 9:30 Dailies Chronicles (K) 10:00 Stretch & Flex (AR) 11:30 Helping Hands (K) 1:00 Short Stroll (O) 3:30 Reminiscing (LR) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> | <p>7 9:30 Daily Chronicles (K) 10:00 Long Stroll (O) 11:00 Workout with Weights (AR) 1:00 Short Stroll (O) 2:15 Craft Circle—Patriotic Red White and Blue Burlap & Button Flag (AR) 4:00 Happy Hour (LR) 6:30 Movie (LR)</p> | <p>8 9:30 Daily Chronicles (K) 10:00 Trivia/Jokes (LR) 11:00 Stretch & Flex (AR) 1:00 Short Stroll (O) 2:00 Arts & Crafts—Father’s Day Cards (AL) 3:15 Bingo (AR) 3:00 Accordion Man (LR) 6:30 Movie (LR)</p> | <p>9 9:30 Daily Chronicles (K) 1:30 Long Walk (O) 3:00 Happy Hour featuring Pianist Linda Smith (AL) 4:30 Helping Hands (K) 6:30 Movie (LR) <i>*Activities in training 10-12:00</i></p> | <p>10 9:30 Daily Chronicles (K) 10:00 Baking Club (AR) 11:00 Catholic Communion (S) 11:00 Workout with Weights (AR) 2:00 Short Stroll (O) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> | <p>11 10:00 Baking Club (K) 11:00 Daily Chronicles (K) 1:00 Chair Yoga (AR) 3:30 Desi The Therapy Dog (LR) 4:00 Sing-a-Long (LR) 4:45 Helping Hands (K) 6:30 Movie (LR)</p> | <p>12 9:00 Exercise Video Ch. 1971 (LR) 10:30 Crafting (AR) 1:00 Trivia (LR) 2:30 Bingo (AR) 4:00 Cornhole (O) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> |
| <p>13 9:30 Dailies Chronicles (K) 10:00 Stretch & Flex (AR) 11:30 Helping Hands (K) 1:00 Short Stroll (O) 3:30 Reminiscing (LR) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> | <p>14 Flag Day 9:30 Daily Chronicles (K) 10:00 Long Stroll (O) 11:00 Workout with Weights (AR) 1:00 Short Stroll (O) 2:15 Craft Circle—Rag Wreath (AR) 4:00 Happy Hour (LR) 6:30 Movie (LR)</p> | <p>15 9:30 Daily Chronicles (K) 10:00 Trivia/Jokes (LR) 11:00 Stretch & Flex (AR) 1:00 Short Stroll (O) 2:00 Word Play (AL) 3:00 Keyboardist & Vocalist Dave Aston (APD) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> | <p>16 9:30 Daily Chronicles (K) 10:00 Riddles (LR) 11:00 Workout with Weights (AR) 11:30 Helping Hands (K) 1:30 Long Walk (O) 3:00 Happy Hour (AL) 6:30 Movie (LR)</p> | <p>17 10:00 Eldergrow Garden Club (K) 11:00 Non-Denominational Bible Study (PGP) 11:00 Workout with Weights (AR) 1:30 Long Walk (O) 2:30 Reminiscing (LR) 6:30 Movie (LR)</p> | <p>18 10:00 Baking Club (K) 11:00 Daily Chronicles (K) 1:00 Chair Yoga (AR) 1:00 Scenic Drive (BUS) 4:00 Sing-a-Long (LA) 4:45 Helping Hands (K) 6:30 Movie (LA)</p> | <p>19 9:00 Exercise Video Ch. 1971 (LR) 10:30 Crafting (AR) 1:00 Whiteboard Games (LA) 2:30 Bingo (AR) 4:00 Roof-Top Putt Putt (R) 4:30 Helping Hands (K) 6:30 Movie (LA)</p> |
| <p>20 Father’s Day 9:30 Dailies Chronicles (K) 10:00 Stretch & Flex (AR) 11:30 Helping Hands (K) 1:00 Short Stroll (O) 3:30 Reminiscing (LA) 4:30 Father’s Day Dinner (K) 6:30 Movie (LA)</p> | <p>21 9:30 Daily Chronicles (K) 10:00 Long Stroll (O) 11:00 Workout with Weights (AR) 1:00 Short Stroll (O) 2:15 Craft Circle—Felt Sand Dollars (AR) 4:00 Happy Hour (LR) 6:30 Movie (LR)</p> | <p>22 9:30 Daily Chronicles (K) 10:00 Trivia/Jokes (LR) 11:00 Stretch & Flex (AR) 1:00 Short Stroll (O) 2:00 Arts & Crafts Flower Arranging (AL) 3:00 Accordion Man (LR) 6:30 Movie (LR)</p> | <p>23 9:30 Daily Chronicles (K) 11:30 Helping Hands (K) 1:30 Long Walk (O) 3:00 Happy Hour (AL) 6:30 Movie (LR) <i>*Activities in training 10-12:00</i></p> | <p>24 9:30 Daily Chronicles (K) 10:00 Baking Club (AR) 11:00 Catholic Mass (S) 11:00 Workout with Weights (AR) 11:30 Helping Hands (K) 1:30 Long Walk (O) 2:00 Reminiscing (LR) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> | <p>25 10:00 Baking Club (K) 11:00 Daily Chronicles (K) 1:00 Chair Yoga (AR) 2:00 TV Time (LR) 3:30 Desi The Therapy Dog (LR) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> | <p>26 9:00 Exercise Video Ch. 1971 (LR) 1:00 Riddles (LR) 2:30 Bingo (AR) 4:00 Bowling (O) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> |
| <p>27 9:30 Dailies Chronicles (K) 10:00 Stretch & Flex (AR) 11:30 Helping Hands (K) 1:00 Short Stroll (O) 3:30 Reminiscing (LR) 4:30 Helping Hands (K) 6:30 Movie (LR)</p> | <p>28 9:30 Daily Chronicles (K) 10:00 Long Stroll (O) 11:00 Workout with Weights (AR) 1:00 Short Stroll (O) 2:15 Craft Circle—Tie Dyed Drink Coasters (AR) 4:00 Happy Hour (LR) 6:30 Movie (LR)</p> | <p>29 9:30 Daily Chronicles (K) 10:00 Trivia/Jokes (LR) 11:00 Stretch & Flex (AR) 1:00 Short Stroll (O) 2:00 Arts & Crafts for 4th of July (AL) 3:30 Painting (AR) 6:30 Movie (LR)</p> | <p>30 9:30 Daily Chronicles (K) 11:00 Workout with Weights (AR) 11:30 Helping Hands (K) 1:30 Long Walk (O) 3:00 Birthday Happy Hour with John Vanbeek (AL) 4:30 Pizza Party (K) 6:30 Movie (LR)</p> | | | |