

Forest Springs Assisted Living Programming

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations ADA- All Dining Area HCRR- Health Care Recreation Room PCRR- Personal Care Recreation Room R2R- Room to Room PCLR- Personal Care Living Room	A - Artisans GF - Gathering of Friends I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality	Catholic Mass Ch 104- Sundays @ 10:30 Southeast Christian Church- Sundays @ 11:00 Mass- Wednesdays @ 7:30PM	1 V 10:00 Chair Yoga- HCRR I 10:30 Communion R2R M 10:30 Hydration and Hymns- HCRR A 11:00 Watermelon Coasters- HCRR K 2:15 Bingo HCRR	2 V 10:00 Trilogy Fit- HCRR A 10:30 Creative Cooking- HCRR K 11:00 Read Along Book Club- HCRR L 2:00 The Lemonade Report- Courtyard K 6:00 Games Residents Choice- PCRR	3 V 10:00 Tai Chi Aerobics - HCRR K 10:30 UNO- HCRR S 11:00 Calendar Planning Meeting - HCRR M 2:00 Happy Hour with Tom Cunningham	4 M 10:00 Coffee, Music and Prayer- HCRR K 10:30 Cheesy Trivia- HCRR A 11:00 Cheese Tasting-HCRR K 2:00 Bingo- HCRR
5 I 9:30 Communion- R2R V 10:00 Let's Get Movin'- HCRR K 10:30 Pictionary V 11:00 Balloon Volleyball- HCRR I 2:30 Catholic Prayer Service- HCRR	6 V 10:00 Trilogy Fit- HCRR M 10:30 Hydration and Hymns- HCRR GF 11:00 Donuts & Discussions-HCRR S 2:00 Resident Council Meeting HC- HCRR	7 V 9:30 Stretching to the Oldies- HCRR M 10:00 Name that Tune- HCRR O 10:30 OUTING SIGN UP- Cheddar's GF 2:00 Ice Cream Social- HCRR	8 V 10:00 Chair Yoga- HCRR I 10:30 Communion R2R M 10:30 Hydration and Hymns- HCRR I 11:00 Devotions with Ron- HCRR K 2:15 Bingo HCRR	9 V 10:00 Trilogy Fit- HCRR A 10:30 Creative Cooking- HCRR L 11:00 Armchair Travel- Hawaii K 2:00 Left, Right, Center Game- HCRR K 6:00 Games Residents Choice- PCRR	10 V 10:00 Tai Chi Aerobics - HCRR K 10:30 BUNCO! - HCRR V 11:00 Cow Tipping Game- HCRR M 2:00 Happy Hour with Al Hibbert- PCLR	11 M 10:00 Coffee, Music and Prayer- HCRR K 10:30 Hangman- HCRR K 11:00 This was the Year- HCRR K 2:00 Bingo- HCRR S 6:47 Belmont Stakes Viewing
12 S Sunday Brunch I 9:30 Communion- R2R V 10:00 Let's Get Movin'- HCRR A 10:30 Sketching Class- How to draw a Castle K 11:00 Summer Categories- HCRR K 2:00 Pass The Bag- HCRR	13 V 10:00 Trilogy Fit- HCRR M 10:30 Hydration and Hymns- HCRR K 11:00 Lucky Dog- HCRR K 2:00 Deal or No Deal	14 Flag Day V 9:30 Stretching to the Oldies- HCRR L 10:00 History of the US Flag- HCRR O 10:30 OUTING SIGN UP- Cracker Barrel K 2:00 Name That Flag- HCRR A 2:30 Making Flag Kabobs- HCRR	15 V 10:00 Chair Yoga- HCRR M 10:30 Musical Performance- 2ND Act I 10:30 Communion R2R K 2:15 Bingo HCRR	16 V 10:00 Trilogy Fit- HCRR A 10:30 Creative Cooking- HCRR K 11:00 Read Along Book Club O 2:00 OUTING SIGN UP- Scenic Ride K 6:00 Games Residents Choice- PCRR	17 V 10:00 Tai Chi Aerobics - HCRR K 10:30 Monthly Gazette- HCRR K 11:00 Price Is Right- HCRR M 2:00 Happy Hour with Ron Marks	18 M 10:00 Coffee, Music and Prayer- HCRR V 10:30 Bowling at Forest Springs- HCRR K 11:00 Crazy 8s Cards- HCRR K 2:00 Bingo- HCRR
19 Father's Day I 9:30 Communion- R2R V 10:00 Let's Get Movin'- HCRR K 10:30 Bonkers Dice- HCRR K 11:00 Dad Trivia - HCRR L 2:00 Traveling the Underground Railroad- HCRR	20 Summer Begins V 10:00 Trilogy Fit- HCRR M 10:30 Hydration and Hymns- HCRR K 11:00 Phase 10 Dice Game- HCRR K 2:00 Penny Auction- HCRR	21 V 9:30 Stretching to the Oldies- HCRR A 10:00 Stamping Fun- HCRR O 10:30 OUTING SIGN UP- Red Robin A 2:00 Bookmark Craft- HCRR	22 V 10:00 Chair Yoga- HCRR I 10:30 Communion R2R M 10:30 Hydration and Hymns- HCRR K 11:00 Yahtzee- HCRR K 2:15 Bingo HCRR	23 V 10:00 Trilogy Fit- HCRR A 10:30 Creative Cooking- HCRR K 11:00 Tenzi Dice Game- HCRR GF 2:00 Movie Matinee- HCRR K 6:00 Games Residents Choice- PCRR	24 V 10:00 Tai Chi Aerobics - HCRR K 10:30 Lucky Dog- HCRR K 11:00 The Lemonade Report- Courtyard M 2:00 Happy Hour with Ellen Gould	25 M 10:00 Coffee, Music and Prayer- HCRR K 10:30 UNO- HCRR K 11:00 Pass The Bag- HCRR K 2:00 Bingo- HCRR
26 I 9:30 Communion- R2R V 10:00 Let's Get Movin'- HCRR K 10:30 Dice BINGO- HCRR K 11:00 Left, Right, Center Game A 2:00 Peel Away Painting- HCRR	27 V 10:00 Trilogy Fit- HCRR M 10:30 Hydration and Hymns- HCRR A 11:00 Color Creations - HCRR S 2:00 Resident Council Meeting PC- PCRR	28 V 9:30 Stretching to the Oldies- HCRR K 10:30 Hangman- HCRR A 11:00 Pineapple Painting- HCRR O 2:00 OUTING SIGN UP- Ice Cream Scenic Ride	29 V 10:00 Chair Yoga- HCRR I 10:30 Communion R2R M 10:30 Hydration and Hymns- HCRR K 11:00 Family Feud K 2:15 Bingo HCRR	30 V 9:30 Trilogy Fit- HCRR K 10:00 Read Along Book Club O 10:30 OUTING SIGN UP- Olive Garden K 2:00 Finish the Story- HCRR K 6:00 Games Residents Choice- PCRR		

Activities are Subject to Change

Forest Springs Health Center Programming

JUNE 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

A - Artisans GF - Gathering of Friends I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality	All Activities Are Subject To Change	Catholic Mass Ch 104- Sundays @ 10:30 Southeast Christian Church- Sundays @ 11:00 Mass- Wednesdays @ 7:30PM	1 V 10:00 Chair Yoga- HCRR I 10:30 Communion R2R M 10:30 Hydration and Hymns- HCRR A 11:00 Watermelon Coasters- HCRR K 2:15 Bingo HCRR MM 3:00 Chicken Soup for the Soul- HCRR	2 V 10:00 Trilogy Fit- HCRR A 10:30 Creative Cooking- HCRR K 11:00 Read Along Book Club- HCRR L 2:00 The Lemonade Report- Courtyard MM 3:30 Relaxation and Aroma Therapy- HCRR K 6:00 Games Residents Choice- PCRR	3 V 10:00 Tai Chi Aerobics - HCRR K 10:30 UNO- HCRR S 11:00 Calendar Planning Meeting - HCRR M 2:00 Happy Hour with Tom Cunningham MM 3:30 Magical Painting- HCRR	4 M 10:00 Coffee, Music and Prayer- HCRR K 10:30 Cheesy Trivia- HCRR A 11:00 Cheese Tasting-HCRR K 2:00 Bingo- HCRR MM 3:30 Nature Videos Ch.4
5 I 9:30 Communion- R2R V 10:00 Let's Get Movin'- HCRR K 10:30 Pictionary V 11:00 Balloon Volleyball- HCRR I 2:30 Catholic Prayer Service- HCRR MM 3:30 Trivia - HCRR	6 V 10:00 Trilogy Fit- HCRR M 10:30 Hydration and Hymns- HCRR GF 11:00 Donuts & Discussions-HCRR S 2:00 Resident Council Meeting HC- HCRR MM 3:30 Hand Massages- HCRR	7 V 9:30 Stretching to the Oldies- HCRR M 10:00 Name that Tune- HCRR O 10:30 OUTING SIGN UP- Cheddar's GF 2:00 Ice Cream Social- HCRR MM 3:30 Noodlesize- HCRR	8 V 10:00 Chair Yoga- HCRR I 10:30 Communion R2R M 10:30 Hydration and Hymns- HCRR K 2:15 Bingo HCRR MM 3:00 Chicken Soup for the Soul- HCRR	9 V 10:00 Trilogy Fit- HCRR A 10:30 Creative Cooking- HCRR L 11:00 Armchair Travel- Hawaii K 2:00 Left, Right, Center Game- HCRR MM 3:30 Relaxation and Aroma Therapy- HCRR K 6:00 Games Residents Choice- PCRR	10 V 10:00 Tai Chi Aerobics - HCRR K 10:30 BUNCO! - HCRR V 11:00 Cow Tipping Game- HCRR M 2:00 Happy Hour with Al Hibbert- PCRR MM 3:30 Magical Painting- HCRR	11 M 10:00 Coffee, Music and Prayer- HCRR K 10:30 Hangman- HCRR K 11:00 This was the Year- HCRR K 2:00 Bingo- HCRR S 6:47 Belmont Stakes Viewing
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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

5:00 Villa Dinner on HC

2

9:00 Office Hours
10:00 Trilogy Fit

3

2:00 Bingo and Happy Hour

4

5

6

5:00 Monday Night Dinner-
provided by Kitchen in
Clubhouse

7

9:00 Office Hours
10:00 Trilogy Fit

8

5:00 Villa Dinner on HC

9

9:00 Office Hours
10:00 Trilogy Fit

10

2:00 Bingo and Happy Hour

11

12

S Sunday Brunch

13

11:00 Book Club
5:00 Monday Night Dinner-
provided by Kitchen in
Clubhouse

14

Flag Day

9:00 Office Hours
10:00 Trilogy Fit
11:00 Community Meeting

15

5:00 Villa Dinner on HC

16

9:00 Office Hours
10:00 Trilogy Fit

17

2:00 Bingo and Happy Hour

18

19

Father's Day

2:00 Hens Club

20

Summer Begins

5:00 Monday Night Dinner-
provided by Kitchen in
Clubhouse

21

9:00 Office Hours
10:00 Trilogy Fit

22

5:00 Villa Dinner on HC

23

9:00 Office Hours
10:00 Trilogy Fit
2:00 Movie in Clubhouse

24

2:00 Bingo and Happy Hour

25

26

27

5:00 Monday Night Dinner-
provided by Kitchen in
Clubhouse

28

9:00 Office Hours
10:00 Trilogy Fit

29

2:00 1st BUNCO Party
5:00 Villa Dinner on HC

30

9:00 Office Hours
10:00 Trilogy Fit