

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations JG - Just the Guys K - Keeping it Sharp/Reminisce L - Lifelong Learning</p>	<p>M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>		<p>1 V 10:30 Move to the Music K 2:00 Table Games GF 3:30 Wine Down Wednesday (HCDR) L 4:00 Book Club Short Stories</p>	<p>2 O 10:30 Tropical Smoothie K 2:00 Bingo (HCAR) M 3:00 Blues Music K 3:30 Trouble Makers</p>	<p>3 CC 10:30 Creative Cooking (HCAR) V 1:30 Walking Club (Meet in ALAR) S 3:00 Happy Hour (HCDR)</p>	<p>4 K 10:30 Bingo (HCAR) A 2:00 Jewelry Club (ALAR)</p>
<p>5 V 11:00 Sunday Brunch I 2:00 Church Service with Pastor Miles (HCAR) I 3:30 Hymn Sing-Along (HCAR)</p>	<p>6 I 10:15 Bible Study & Worship Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) GF 3:30 Mocktail Monday (HCDR)</p>	<p>7 O 10:00 Potters Park Zoo JG 10:30 Men's Coffee Break K 2:00 Bingo (HCDR) CC 3:00 Creative Cooking GF 3:30 Tasting Tuesdays</p>	<p>8 V 10:30 Chair Aerobics M 3:00 Corn Husk Races (HCDR) GF 3:30 Wine Down Wednesday (HCDR) L 4:00 Book Club Short Stories</p>	<p>9 O 10:30 Stroll in the Park M 12:00 Piano Music w/ Wendy K 2:00 Bingo (HCAR) M 3:00 Blues Music GF 3:00 Lemonade on the AL Patio K 3:30 Garden Club (AL Patio)</p>	<p>10 CC 10:30 Creative Cooking (HCAR) V 1:30 Walking Club (Meet in ALAR) GF 2:00 Sun Tea on the AL Patio S 3:00 Happy Hour (HCDR)</p>	<p>11 K 10:30 Bingo (HCAR)</p>
<p>12 I 2:00 Church Service with Pastor Miles (HCAR) I 3:30 Hymn Sing-Along (HCAR)</p>	<p>13 I 10:15 Bible Study & Worship Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) GF 3:30 Mocktail Monday (HCDR)</p>	<p>14 Flag Day K 10:30 MSU Drive K 2:00 Bingo (HCDR) CC 3:00 Creative Cooking GF 3:30 Tasting Tuesdays GF 6:00 Putt-Putt on the AL Patio</p>	<p>15 V 10:30 Work Out Wednesday JG 1:00 Game Day Tigers! (HCAR) GF 3:30 Wine Down Wednesday (HCDR) L 4:00 Book Club Short Stories</p>	<p>16 O 10:30 Hobby Lobby S 11:00 Resident Council (HCAR) K 2:00 Bingo (HCAR) GF 3:00 Lemonade on the AL Patio I 3:30 Drama Club Games (HCAR)</p>	<p>17 CC 10:30 Creative Cooking (HCAR) V 1:30 Walking Club (Meet in ALAR) GF 2:00 Drinks on the AL Patio S 3:00 Fathers Day Happy Hour (HCDR)</p>	<p>18 K 10:30 Bingo (HCAR) K 2:00 Jewelry Club</p>
<p>19 Father's Day L 9:30 Juneteenth History (HCAR) GF 10:30 Funny Dad Stories (HCAR) I 2:00 Church Service with Pastor Miles (HCAR) I 3:30 Hymn Sing-Along (HCAR)</p>	<p>20 Summer Begins I 10:15 Bible Study & Worship Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) GG 2:00 Patio Games (AL Patio) GF 3:30 Mocktail Monday (HCDR)</p>	<p>21 O 10:30 Granger Park K 2:00 Bingo (HCDR) CC 3:00 Creative Cooking GF 3:30 Tasting Tuesdays GG 6:00 Would you Rather Game on the AL Patio</p>	<p>22 V 10:30 Trilogy Fit (HCAR) M 3:00 Oldies but Goodies (HCDR) GF 3:30 Wine Down Wednesday (HCDR) L 4:00 Book Club Short Stories (HCDR)</p>	<p>23 O 10:30 River Trail (Outing) K 2:00 Bingo (HCAR) GF 3:00 Lemonade (AL Patio) I 3:30 Drama Club Games (HCAR) S 3:30 Resident Council (ALAR)</p>	<p>24 CC 10:30 Creative Cooking (HCAR) V 1:30 Walking Club (Meet in ALAR) GF 2:00 Sun Tea on the AL Patio S 3:00 Happy Hour (HCDR)</p>	<p>25 K 10:30 Bingo (HCAR) K 2:00 Yarn Club (HCAR)</p>
<p>26 I 2:00 Church Service with Pastor Miles (HCAR) I 3:30 Hymn Sing-Along (HCAR)</p>	<p>27 I 10:15 Bible Study & Worship Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) GG 2:00 Patio Games (AL Patio) S 2:00 Resident Council (HCAR)</p>	<p>28 O 10:30 World Market K 2:00 Bingo (HCDR) CC 3:00 Creative Cooking (HCAR) GF 3:30 Tasting Tuesdays (HCAR)</p>	<p>29 V 10:30 Trilogy Fit (HCAR) M 3:00 Oldies but Goodies (HCDR) GF 3:30 Wine Down Wednesday (HCDR) L 4:00 Book Club Short Stories (HCDR)</p>	<p>30 O 10:30 Picnic in the Park (Outing) K 2:00 Bingo (HCAR) GF 3:00 Lemonade (AL Patio) K 3:30 Card Games Residents Choice (HCAR) K 6:00 Orange Julius (AL Patio)</p>		

The Willows at East Lansing Health Center Calendar

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 V 10:30 Move to the Music K 2:00 Table Games GF 3:30 Wine Down Wednesday (HCDR) L 4:00 Book Club Short Stories	2 O 10:30 Tropical Smoothie K 2:00 Bingo (HCAR) M 3:00 Blues Music K 3:30 Trouble Makers K 6:00 Name that Tune (AL Patio)	3 CC 10:30 Creative Cooking (HCAR) V 1:30 Walking Club (Meet in ALAR) S 3:00 Happy Hour (HCDR)	4 K 10:30 Bingo (HCAR) A 2:00 Jewelry Club (ALAR)
5 V 11:00 Sunday Brunch I 2:00 Church Service with Pastor Miles (HCAR) I 3:30 Hymn Sing-Along (HCAR)	6 I 10:15 Bible Study & Worship Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) L 2:00 Looking Back on D-Day GF 3:30 Mocktail Monday (HCDR)	7 O 10:00 Potters Park Zoo IG 10:30 Men's Coffee Break K 2:00 Bingo (HCDR) CC 3:00 Creative Cooking GF 3:30 Tasting Tuesdays K 6:00 Name that Tune (AL Patio)	8 V 10:30 Chair Aerobics A 2:00 Painting Hot Air Balloons M 3:00 Corn Husk Races (HCDR) GF 3:30 Wine Down Wednesday (HCDR) L 4:00 Book Club Short Stories	9 O 10:30 Stroll in the Park M 12:00 Piano Music w/ Wendy K 2:00 Bingo (HCAR) M 3:00 Blues Music GF 3:00 Lemonade on the AL Patio K 3:30 Garden Club (AL Patio) K 6:00 Name that Tune (AL)	10 CC 10:30 Creative Cooking (HCAR) V 1:30 Walking Club (Meet in ALAR) GF 2:00 Sun Tea on the AL Patio S 3:00 Happy Hour (HCDR)	11 K 10:30 Bingo (HCAR) A 2:00 Yarn Club (ALAR)
12 V 10:30 Chair Yoga I 2:00 Church Service with Pastor Miles (HCAR) I 3:30 Hymn Sing-Along (HCAR)	13 I 10:15 Bible Study & Worship Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) GF 2:00 Ice Cream Social GF 3:30 Mocktail Monday (HCDR)	14 Flag Day K 10:30 MSU Drive CC 2:00 Bingo (HCDR) GF 3:00 Creative Cooking GF 3:30 Tasting Tuesdays GF 6:00 Putt-Putt on the AL Patio	15 V 10:30 Work Out Wednesday IG 1:00 Game Day Tigers! (HCAR) M 3:00 Oldies but Goodies GF 3:30 Wine Down Wednesday (HCDR) L 4:00 Book Club Short Stories	16 O 10:30 Hobby Lobby K 2:00 Bingo (HCAR) GF 3:00 Lemonade on the AL Patio I 3:30 Drama Club Games (HCAR) K 6:00 Puzzles and Tea (HCAR)	17 CC 10:30 Creative Cooking (HCAR) V 1:30 Walking Club (Meet in ALAR) GF 2:00 Drinks on the AL Patio S 3:00 Fathers Day Happy Hour (HCDR)	18 K 10:30 Bingo (HCAR) K 2:00 Jewelry Club
19 Father's Day L 9:30 Juneteenth History (HCAR) GF 10:30 Funny Dad Stories (HCAR) I 2:00 Church Service with Pastor Miles (HCAR) I 3:30 Hymn Sing-Along (HCAR)	20 Summer Begins I 10:15 Bible Study & Worship Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) GG 2:00 Patio Games (AL Patio) GF 3:30 Mocktail Monday (HCDR)	21 O 10:30 Granger Park K 2:00 Bingo (HCDR) CC 3:00 Creative Cooking GF 3:30 Tasting Tuesdays GG 6:00 Would you Rather Game on the AL Patio	22 V 10:30 Trilogy Fit (HCAR) M 3:00 Oldies but Goodies (HCDR) GF 3:30 Wine Down Wednesday (HCDR) L 4:00 Book Club Short Stories (HCDR)	23 O 10:30 River Trail (Outing) K 2:00 Bingo (HCAR) GF 3:00 Lemonade (AL Patio) I 3:30 Drama Club Games (HCAR) K 6:00 Game Night (AL Patio)	24 CC 10:30 Creative Cooking (HCAR) V 1:30 Walking Club (Meet in ALAR) GF 2:00 Sun Tea on the AL Patio S 3:00 Happy Hour (HCDR) MM 3:30 June B-day Happy Hour	25 K 10:30 Bingo (HCAR) K 2:00 Yarn Club (HCAR)
26 I 10:30 Name that Tune I 2:00 Church Service with Pastor Miles (HCAR) I 3:30 Hymn Sing-Along (HCAR)	27 I 10:15 Bible Study & Worship Service (Private Dining off HCDR) I 11:00 Catholic Church Service (HCAR) GG 2:00 Patio Games (AL Patio) S 2:00 Resident Council (HCAR)	28 O 10:30 World Market K 2:00 Bingo (HCDR) CC 3:00 Creative Cooking (HCAR) GF 3:30 Tasting Tuesdays (HCAR) GF 6:00 Corn Hole (AL Patio)	29 V 10:30 Trilogy Fit (HCAR) M 3:00 Oldies but Goodies (HCDR) GF 3:30 Wine Down Wednesday (HCDR) L 4:00 Book Club Short Stories (HCDR)	30 O 10:30 Picnic in the Park (Outing) K 2:00 Bingo (HCAR) GF 3:00 Lemonade (AL Patio) K 3:30 Card Games Residents Choice (HCAR) K 6:00 Orange Julius (AL Patio)		

Daily Rhythms
The Willows at East Lansing Legacy

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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</p>	<p>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</p>	<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games K - Keeping it Sharp/Reminisce M - Music to My Ears V - Vitality</p>	<p>1 V Reach as High as You Can K Wacky Word Wednesday CC German Chocolate Fudge Relax & Recharge A Shaving Cream Paint M It's A Wonderful World GG Lollipop Paddle Healthy Hands</p>	<p>2 V Legacy200 K Garden Beginnings CC Cheesy Bread Relax & Recharge A Kandinsky Collaborative Art M Music Trivia GG Baseball Healthy Hands</p>	<p>3 V Stop and Smell the Roses K Letter to Besties CC Veggie Mini Pizzas Relax & Recharge A Creating Memory Boards M Music That Made Movies Unforgettable-Happy Hour! GG Woodland Memory Matching</p>	<p>4 V Pigs in a Blanket K Spring Babies CC Toffee Cake Relax & Recharge A Northern Lights M Bust Your Move GG Horseracing Healthy Hands</p>
<p>5 V Wildflower Tour K Devotion Sunday CC Tomato Spinach Quiche Relax & Recharge A Kindness Rocks M Praise and Worship GG Golfing Healthy Hands</p>	<p>6 V Gardening Exercise K Suspenders and Neckties CC S'more Puppy Chow Relax & Recharge A Pirate Ship Art M Match The Song to the Sitcom GG Corn Hole Healthy Hands</p>	<p>7 V Can't Stop the Feeling K Penny Ante CC Cabbage Soup Relax & Recharge A Creative Storytelling M Who Sang It? GG Sorting Fair Winners Healthy Hands</p>	<p>8 V Reach as High as You Can K Wacky Word Wednesday CC Peanut Butter Fudge Relax & Recharge A Picture Prompts M It's A Wonderful World GG Lollipop Paddle Healthy Hands</p>	<p>9 V Legacy200 K Garden Beginnings CC Braided Nutella Loaf Relax & Recharge A Watercolor Bookmarks M Music Trivia GG Baseball Healthy Hands</p>	<p>10 V Stop and Smell the Roses K Letter to Besties CC Margarita Mini Pizza Relax & Recharge A Creating Memory Boards M Music That Made Movies Unforgettable-Happy Hour! GG Woodland Memory Matching</p>	<p>11 V Pigs in a Blanket K Spring Babies CC Chocolate Chip Cake Relax & Recharge A Rain Sticks M Bust Your Move GG Horseracing Healthy Hands</p>
<p>12 V Wildflower Tour K Devotion Sunday CC Bacon Cheddar Quiche Relax & Recharge A Inspiration Creations M Praise and Worship GG Golfing Healthy Hands</p>	<p>13 V Gardening Exercise K Suspenders and Neckties CC Brownie Puppy Chow Relax & Recharge A Pirate Ships on Canvas M Match The Song to the Sitcom GG Corn Hole Healthy Hands</p>	<p>14 Flag Day V Can't Stop the Feeling K Penny Ante CC Vegetable Soup Relax & Recharge A Ask a Beautiful Question M Who Sang It? GG Sorting Fair Winners Healthy Hands</p>	<p>15 V Reach as High as You Can K Wacky Word Wednesday CC Mint Chocolate Oreo Fudge Relax & Recharge A DIY Kinetic Sand M It's A Wonderful World GG Lollipop Paddle Healthy Hands</p>	<p>16 V Legacy200 K Garden Beginnings CC Stuffed Bread Relax & Recharge A Rainy Day Umbrella M Music Trivia GG Baseball Healthy Hands</p>	<p>17 V Stop and Smell the Roses K Letter to Besties CC Hawaiian Mini Pizzas Relax & Recharge A Memory Boards Gala M Music That Made Movies Unforgettable-Happy Hour! GG Woodland Memory Matching</p>	<p>18 V Pigs in a Blanket K Spring Babies CC Toasted Nuts Cake Relax & Recharge A Pineapple Pinecones M Bust Your Move GG Horseracing Healthy Hands</p>
<p>19 Father's Day V Wildflower Tour K Devotion Sunday CC Mushroom Garlic Pepper Quiche Relax & Recharge A Father's Day Cards M Praise and Worship GG Golfing Healthy Hands</p>	<p>20 Summer Begins V Gardening Exercise K Suspenders and Neckties CC Funfetti Puppy Chow Relax & Recharge A Cactus Painting M Match The Song to the Sitcom GG Corn Hole Healthy Hands</p>	<p>21 V Can't Stop the Feeling K Penny Ante CC Baked Potato Soup Relax & Recharge A Creative Storytelling M Summertime GG Sorting Fair Winners Healthy Hands</p>	<p>22 V Reach as High as You Can K Wacky Word Wednesday CC White Chocolate Peppermint Fudge Relax & Recharge A Opposites Collage M It's A Wonderful World GG Lollipop Paddle</p>	<p>23 V Legacy200 K Garden Beginnings CC Grandma's Irish Soda Bread Relax & Recharge A Sunrise M Music Trivia GG Baseball Healthy Hands</p>	<p>24 V Stop and Smell the Roses K Letter to Besties CC Create your own Mini Pizzas Relax & Recharge A Fashion Throwback M Music That Made Movies Unforgettable-Happy Hour! GG Woodland Memory Matching</p>	<p>25 V Pigs in a Blanket K Spring Babies CC Fruitcake Relax & Recharge A Rubbings Exploration M Bust Your Move GG Horseracing Healthy Hands</p>
<p>26 V Wildflower Tour K Devotion Sunday CC Ham and Cheese Quiche Relax & Recharge A Inspiration Creations- Part 2 M Praise and Worship GG Golfing Healthy Hands</p>	<p>27 V Gardening Exercise K Suspenders and Neckties CC Flutternutter Puppy Chow Relax & Recharge A Glue Art M Match The Song to the Sitcom GG Corn Hole Healthy Hands</p>	<p>28 V Can't Stop the Feeling K Penny Ante CC Corn Chowder Relax & Recharge A Ask a Beautiful Question M Who Sang It? GG Sorting Fair Winners Healthy Hands</p>	<p>29 V Reach as High as You Can K Wacky Word Wednesday CC Chocolate Pecan Fudge Relax & Recharge A Doily Resist Painting M It's A Wonderful World GG Lollipop Paddle Healthy Hands</p>	<p>30 V Legacy200 K Garden Beginnings CC Pretzels Relax & Recharge A Watercolor Flowers M Music Trivia GG Baseball Healthy Hands</p>		