## JUNE 2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1  K 9:00 Daily Chronicle  V 10:00 Morning walk - outside  GF 11:30 The Nice Guys Club - AR  1:00 Shopping Trip 2:00 Kismet (Therapy Dogs and Daena)  GF 3:20 Wine Down Wednesday	2  K 9:00 Daily Chronicle V 10:30 Cornhole - C 1:00 Green Thumb Group - C 2:00 Chef's Circle -MP GG 3:20 Bingo Thursday - TS	<ul> <li>3</li> <li>K 9:00 Daily Chronicle</li> <li>I 10:00 Meditation/Yoga - TS</li> <li>V 10:30 Seated Legs and Core - TS</li> <li>K 1:30 Whiteboard Games - TS</li> <li>M 3:00 Happy Hour with Mo - TS</li> </ul>	4  K 9:30 Daily Chronicle V 10:30 Low impact Steps - TS M 1:30 Music Trivia & Lemonade - C  GG 3:00 Cornhole - C
<ul> <li>9:30 Daily Chronicle</li> <li>10:30 Low impact Steps - TS</li> <li>1:30 Non- Denominational Church services - Town Square</li> <li>2:00 Kindness Rocks - AR</li> <li>3:33 Cornhole - C</li> </ul>	6  K 9:00 Daily Chronicle V 10:30 Sit be fit with me -TS O 1:00 Outing Green house A 1:30 Craft: Father's Day Card - AR GG 3:20 Bingo Monday - TS	7  K 9:00 Daily Chronicle V 10:30 Golfing - C I 11:00 Catholic Church Service -TS CC 1:30 Creative Food- AR GG 3:00 Jeopardy - AR	8  K 9:00 Daily Chronicle V 10:00 Morning walk - outside O 1:00 Shopping Trip GG 1:30 Card Games - AR GF 3:20 Wine Down Wednesday -TS MM 6:00 After dinner Movie & Popcorn	9  K 9:00 Daily Chronicle V 10:30 Cornhole - C S 11:00 AL Resident Council- MP L 1:00 Green Thumb Group - C 2:00 Chef's Circle -MP GG 3:20 Bing o Thursday - TS	<ul> <li>W 9:00 Daily Chronicle</li> <li>I 10:00 Meditation/Yoga - TS</li> <li>V 10:30 Seated Legs and Core - TS</li> <li>K 1:30 Whiteboard Games - TS</li> <li>M 3:00 Happy Hour with Ty &amp; Nat - TS</li> </ul>	M 9:30 Daily Chronicle 10:30 Low impact steps - TS M 1:30 Music Trivia & Lemonade - C GG 3:33 Cornhole - C
<ul> <li>9:30 Daily Chronicle</li> <li>10:30 Low impact steps - TS</li> <li>1:30 Non- Denominational Church services - Town Square</li> <li>2:00 Inspiration Creation - AR</li> <li>3:33 Cornhole - C</li> </ul>	13  K 9:00 Daily Chronicle V 10:30 Sit be fit with me -TS 1:00 Outing Howell Nature Center 1:30 Pirate Ships on Canvas - AR GG 3:20 Bingo Monday - TS	Flag Day  K 9:00 Daily Chronicle  V 10:30 Golfing - C  I 11:00 Catholic Church Service -TS  CC 1:30 Creative Food- AR  GG 3:00 Jeopardy - AR	MM 6:00 After dinner Movie & Popcorn	16  K 9:00 Daily Chronicle V 10:30 Cornhole - C 1:00 Green Thumb Group - C 2:00 Chef's Circle - MP GG 3:20 Bingo Thursday - TS	<ul> <li>K 9:00 Daily Chronicle</li> <li>I 10:00 Meditation/Yoga - TS</li> <li>V 10:30 Seated Legs and Core - TS</li> <li>K 1:30 Whiteboard Games - TS</li> <li>M 3:00 Happy Hour with Gail - TS</li> </ul>	18  K 9:30 Daily Chronicle V 10:30 Low impact steps - TS M 1:30 Music Trivia & Lemonade - C GG 3:33 Cornhole - C
Father's Day  Second Provided	Summer Begins  K 9:00 Daily Chronicle V 10:30 Sit be fit with me -TS 1:00 Ice Cream trip A 1:30 Watercolor Painting - TS GG 3:20 Bingo Monday - TS	X 9:00 Daily Chronicle X 10:30 Golfing - C I 11:00 Catholic Church Service -TS CC 1:30 Creative Food- AR GG 3:00 Jeopardy - AR GG 3:00 Jeopardy - AR	X 9:00 Daily Chronicle X 10:00 Morning walk - outside O 1:00 Lugnuts Lansing Trip GG 1:30 Card Games - AR GF 3:20 Wine Down Wed -TS MM 6:00 After dinner Movie & Popcorn	<ul> <li>P:00 Daily Chronicle</li> <li>10:30 Cornhole - C</li> <li>1:00 Green Thumb Group - C</li> <li>2:00 Chef's Circle - MP</li> <li>3:20 Bingo Thursday - TS</li> </ul>	K 9:00 Daily Chronicle 1 10:00 Meditation/Yoga - TS V 10:30 Seated Legs and Core - TS K 1:30 Whiteboard Games - TS M 3:00 Happy Hour with Mo - TS	M 3:00 Music Trivia & lemonade - C GG 3:30 Daily Chronicle V 10:30 Low impact steps - TS A 1:30 Rubbing Exploration - AR M 3:00 Music Trivia & lemonade - C
26  K 9:30 Daily Chronicle V 10:30 Low impact steps - TS A 2:00 Inspiration Creations Part 2 - AR GG 3:33 Cornhole - C	27  K 9:00 Daily Chronicle V 10:30 Sit be fit with me -TS O 1:00 Outing TBD A 1:30 Glue Art -AR GG 3:20 Bingo Monday - TS	28  K 9:00 Daily Chronicle V 10:30 Golfing - C I 11:00 Catholic Church Service -TS CC 1:30 Creative Food- AR GG 3:00 Jeopardy - AR	X 9:00 Daily Chronicle X 10:00 Morning walk - outside 1:00 Shopping Trip GG 1:30 Card Games - AR 1 2:00 Bible Study w/ D. Dale- TS 3:20 Wine Down Wed - TS MM 6:00 After dinner Movie &	30  K 9:00 Daily Chronicle V 10:30 Cornhole - C 1:00 Green Thumb Group - C 2:00 Chef's Circle - MP GG 3:20 Bingo Thursday - TS		

The Willows at Health Center	owell		Was J	UNE	E 20	22
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games 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	TS Town Square GP Griffith Parkway MP McPherson AR Activity Room C Courtyard	1  K 9:00 Daily Chronicle V 10:00 Morning walk - outside GF 11:30 The Nice Guys Club - AR O 1:00 Shopping Trip GF 3:20 Wine Down Wednesday -TS MN 6:00 After dinner Movie & Popcorn	2  K 9:00 Daily Chronicle V 10:30 Cornhole - C S 1:30 Chef's Circle- HC common Area 2:15 Roll The Dice and Break The Ice - GP GG 3:20 Bingo Thursday - TS	3  K 9:00 Daily Chronicle 10:00 Meditation/Yoga - TS V 10:30 Seated Legs and Core - TS K 1:30 Whiteboard Games - TS M 3:00 Happy Hour with Mo - TS	K 9:30 Daily Chronicle V 10:30 Low impact Steps - TS M 1:30 Music Trivia & Lemonade - C A 1:30 Northern Light - TS GG 3:00 Cornhole - C GG 6:00 Nighttime Traditions - GP
9:30 Daily Chronicle 10:30 Low impact Steps - TS 1 1:30 Non- Denominational Church services - Town Square A 2:00 Kindness Rocks - AR GG 6:00 Nighttime Traditions - GP	6  K 9:00 Daily Chronicle 10:30 Sit be fit with me -TS 1:00 Outing Green house 3:20 Bingo Monday - TS GG 6:00 Nighttime Traditions - GP	7  K 9:00 Daily Chronicle V 10:30 Golfing - C I 11:00 Catholic Church Service -TS CC 1:30 Creative Food- AR GG 3:00 Jeopardy - AR GG 6:00 Nighttime Traditions - GP	8    Signature   S	GG 6:00 Nighttime Traditions - GP	10  K 9:00 Daily Chronicle 1 10:00 Meditation/Yoga - TS V 10:30 Seated Legs and Core - TS A 1:00 Creating Memory Boards - GP K 1:30 Whiteboard Games - TS M 3:00 Happy Hour with Ty & Nat - TS GG 6:00 Nighttime Traditions - GP	M 1:30 Daily Chronicle 10:30 Low impact steps - TS M 1:30 Music Trivia & Lemonade - C A 1:30 Rain Sticks - TS GG 3:33 Cornhole - C GG 6:00 Nighttime Traditions - GP
9:30 Daily Chronicle 10:30 Low impact steps - TS 1:30 Non- Denominational Church services - Town Square A 2:00 Inspiration Creation - AR 3:33 Cornhole - C GG 6:00 Nighttime Traditions - GP	9:00 Daily Chronicle 10:30 Sit be fit with me -TS 1:00 Outing Howell Nature Center 1:30 Pirate Ships on Canvas - AR 3:20 Bingo Monday - TS 6:00 Nighttime Traditions - GP	Flag Day    Picon   Picon   Picon	9:00 Daily Chronicle 10:00 Morning walk - outside 1:00 Shopping Trip 3:20 Wine Down Wednesday -TS MM 6:00 After dinner Movie & Popcorn GG 6:00 Nighttime Traditions - GP	16  K 9:00 Daily Chronicle V 10:30 Cornhole - C S 1:30 Chef's Circle- HC common Area 2:00 HC Resident Council Postponed today and Reschedule on April 27th - HC Griffith Parkway 2:15 Roll The Dice and Break The	K 9:00 Daily Chronicle 1 10:00 Meditation/Yoga - TS 10:30 Seated Legs and Core - TS 1:30 Whiteboard Games - TS M 3:00 Happy Hour with Gail - TS GG 6:00 Nighttime Traditions - GP	9:30 Daily Chronicle 10:30 Low impact steps - TS 1:30 Music Trivia & Lemonade - C 1:30 Pineapple Pinecones - TS 3:33 Cornhole - C 6:00 Nighttime Traditions - GP
Father's Day    Second Pather   Pather   Pather	Summer Begins  K 9:00 Daily Chronicle 10:30 Sit be fit with me -TS 1:00 Ice Cream trip 3:20 Bingo Monday - TS 6:00 Nighttime Traditions - GP	X 9:00 Daily Chronicle X 10:30 Golfing - C I 11:00 Catholic Church Service -TS CC 1:30 Creative Food- AR GG 3:00 Jeopardy - AR GG 3:00 Jeopardy - AR GG 6:00 Nighttime Traditions - GP	X 9:00 Daily Chronicle 10:00 Morning walk - outside 1:00 Lugnuts Lansing Trip 3:20 Wine Down Wed -TS MM 6:00 After dinner Movie & Popcorn GG 6:00 Nighttime Traditions - GP	X 9:00 Daily Chronicle X 10:30 Cornhole - C S 11:00 HC Resident Council - GP S 1:30 Chef's Circle- HC common Area L 2:15 Roll The Dice and Break The Ice - GP GG 3:20 Bingo Thursday - TS GG 6:00 Nighttime Traditions - GP	X 9:00 Daily Chronicle 1 10:00 Meditation/Yoga - TS 10:30 Seated Legs and Core - TS 1:30 Whiteboard Games - TS M 3:00 Happy Hour with Mo - TS GG 6:00 Nighttime Traditions - GP	X 9:30 Daily Chronicle 10:30 Low impact steps - TS A 1:30 Rubbing Exploration - AR M 3:00 Music Trivia & lemonade - C GG 3:33 Cornhole - C GG 6:00 Nighttime Traditions - GP
26  K 9:30 Daily Chronicle V 10:30 Low impact steps - TS 2:00 Inspiration part 2 - GP GG 3:33 Cornhole - C GG 6:00 Nighttime Traditions - GP	X 9:00 Daily Chronicle 10:30 Sit be fit with me -TS 1:00 Outing TBD 2:00 Glue Art - GP GG 3:20 Bingo Monday - TS GG 6:00 Nighttime Traditions - GP	X 9:00 Daily Chronicle X 10:30 Golfing - C I 11:00 Catholic Church Service -TS CC 1:30 Creative Food- AR GG 3:00 Jeopardy - AR GG 6:00 Nighttime Traditions - GP	K 9:00 Daily Chronicle V 10:00 Morning walk - outside O 1:00 Shopping Trip I 2:00 Bible Study w/ D. Dale-TS S 3:20 Wine Down Wed - TS MIM 6:00 After dinner Movie & Popcorn GG 6:00 Nighttime Traditions - GP	9:00 Daily Chronicle 10:30 Cornhole - C 1:30 Chef's Circle- HC common Area 2:15 Roll The Dice and Break The Ice - GP 3:20 Bingo Thursday - TS GG 6:00 Nighttime Traditions - GP		

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The Willows at Howell Lega	acy Neighborhood			22
Daily Rhythms Calendar	100			
No.				
				27.63

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily Rhythm About Times: Morning 9:00 Vitality 9:30 Keeping it Sharp/Reminisce 10:00 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	<u>Birthdays</u>	I  K Daily Chronicle  V Reach as High as You Can  K Wacky Word Wednesday  German Chocolate Fudge Relax & Recharge A Shaving Cream Paint  M It's A Wonderful World  GG Lollipop Paddle	K Daily Chronicle Legacy200 K Garden Beginnings C Cheesy Bread Relax & Recharge A Kandinsky Collaborative Art M Music Trivia G Baseball	K Daily Chronicle V Stop and Smell the Roses K Letter to Besties C Veggie Mini Pizzas Relax & Recharge Outing - TBD A Creating Memory Boards M Music That Made Movies	V Pigs in a Blanket K Spring Babies C Toffee Cake Relax & Recharge A Northern Lights M Bust Your Move GG Horseracing Healthy Hands
<ul> <li>Wildflower Tour</li> <li>Devotion Sunday</li> <li>Tomato Spinach Quiche Relax &amp; Recharge</li> <li>Kindness Rocks</li> <li>Praise and Worship</li> <li>Golfing Healthy Hands</li> </ul>	<ul> <li>K Daily Chronicle</li> <li>V Gardening Exercise</li> <li>K Suspenders and Neckties</li> <li>C S'more Puppy Chow Relax &amp; Recharge</li> <li>A Pirate Ship Art</li> <li>M Match The Song to the Sitcom</li> <li>G Corn Hole</li> </ul>	V Can't Stop the Feeling K Daily Chronicle K Penny Ante C Cabbage Soup Relax & Recharge A Creative Storytelling M Who Sang It? G Sorting Fair Winners	K Daily Chronicle V Reach as High as You Can K Wacky Word Wednesday C Peanut Butter Fudge Relax & Recharge A Picture Prompts M It's A Wonderful World GG Lollipop Paddle	Music Trivia Baily Chronicle Legacy200 K Garden Beginnings C Braided Nutella Loaf Relax & Recharge Music Trivia GG Baseball	IO  K Daily Chronicle V Stop and Smell the Roses K Letter to Besties C Margarita Mini Pizza Relax & Recharge Outing - TBD A Creating Memory Boards M Music That Made Movies	V Pigs in a Blanket Spring Babies Chocolate Chip Cake Relax & Recharge A Rain Sticks M Bust Your Move GG Horseracing Healthy Hands
<ul> <li>Wildflower Tour</li> <li>Devotion Sunday</li> <li>Bacon Cheddar Quiche Relax &amp; Recharge</li> <li>Inspiration Creations</li> <li>Praise and Worship</li> <li>Golfing Healthy Hands</li> </ul>	K Daily Chronicle Gardening Exercise Suspenders and Neckties Brownie Puppy Chow Relax & Recharge A Pirate Ships on Canvas M Match The Song to the Sitcom GG Corn Hole	<ul> <li>Flag Day</li> <li>Can't Stop the Feeling</li> <li>Daily Chronicle</li> <li>Penny Ante</li> <li>Vegetable Soup</li> <li>Relax &amp; Recharge</li> <li>Ask a Beautiful Question</li> <li>Who Sang It?</li> <li>Sorting Fair Winners</li> </ul>	K Daily Chronicle V Reach as High as You Can K Wacky Word Wednesday C Mint Chocolate Oreo Fudge Relax & Recharge A DIY Kinetic Sand M It's A Wonderful World G Lollipop Paddle	K Daily Chronicle Legacy200 K Garden Beginnings C Stuffed Bread Relax & Recharge A Rainy Day Umbrella M Music Trivia GG Baseball	K Daily Chronicle Stop and Smell the Roses Letter to Besties Hawaiian Mini Pizzas Relax & Recharge Outing - TBD Memory Boards Gala M Music That Made Movies	V Pigs in a Blanket Spring Babies C Toasted Nuts Cake Relax & Recharge A Pineapple Pinecones M Bust Your Move GG Horseracing Healthy Hands
<ul> <li>Devotion Sunday</li> <li>Mushroom Garlic Pepper Quiche Relax &amp; Recharge</li> <li>Father's Day Cards</li> <li>Praise and Worship</li> <li>Golfing</li> </ul>	Funfetti Puppy Chow Relax & Recharge Cactus Painting Match The Song to the Sitcom	V Can't Stop the Feeling K Daily Chronicle K Penny Ante C Baked Potato Soup Relax & Recharge A Creative Storytelling M Summertime G Sorting Fair Winners	K Daily Chronicle V Reach as High as You Can K Wacky Word Wednesday White Chocolate Peppermint Fudge Relax & Recharge A Opposites Collage M It's A Wonderful World	K Daily Chronicle Legacy200 K Garden Beginnings C Grandma's Irish Soda Bread Relax & Recharge A Sunrise M Music Trivia G Baseball	K Daily Chronicle Stop and Smell the Roses Letter to Besties C Create your own Mini Pizzas Relax & Recharge Outing - TBD A Fashion Thowback M Music That Made Movies	V Pigs in a Blanket K Spring Babies C Fruitcake Relax & Recharge A Rubbings Exploration M Bust Your Move GG Horseracing Healthy Hands
CC Devotion Sunday CC Ham and Cheese Quiche Relax & Recharge A Inspiration Creations- Part 2 M Praise and Worship GG Golfing	K Daily Chronicle Gardening Exercise Suspenders and Neckties Flutternutter Puppy Chow Relax & Recharge Glue Art M Match The Song to the Sitcom GG Corn Hole	V Can't Stop the Feeling K Daily Chronicle K Penny Ante C Corn Chowder Relax & Recharge A Ask a Beautiful Question M Who Sang It? G Sorting Fair Winners	K Daily Chronicle V Reach as High as You Can K Wacky Word Wednesday C Chocolate Pecan Fudge Relax & Recharge A Doily Resist Painting M It's A Wonderful World GG Lollipop Paddle	K Daily Chronicle V Legacy200 K Garden Beginnings C Pretzels Relax & Recharge A Watercolor Flowers M Music Trivia G Baseball		