The Springs at Stony Brook- AL Join us for "The Captain's Ball!" Aug. 21-27,	2022
Join us for "The Captain's Ball!" Aug. 21-27	2022

The Springs at S Join us for "The	stony Brook- AL Captain's Ball!" Aug.	21-27, 2022				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	V 11:00 Resistance Band Training K 11:30 Monday Moments GG 2:00 Bingo GF 3:30 Soaking in the Sun.	V 11:00 Armchair Aerobics K 11:30 On This Date GG 2:00 BUNCO I 6:00 The House Of God Louisville Mission	V 11:00 Morning Stretches MM 11:30 Quote of the day I 1:00 Communion with Debbie GG 2:00 Bingo! IG 3:30 Cards and Games	V 11:00 Rise and Shine 1 11:00 Resident Council Meeting 1 1:30 Chef's Circle GG 2:00 Sip and Paint A 3:00 Art appreciation 0 6:00 Movie and Popcorn	V 11:00 Wake Up and Work Out K 11:30 Blast From The Past GF 2:00 Happy Hour with Al Hilbert! M 2:30 Music & Memories	MM 11:00 Coffee Chat K 11:30 Do You Recall GF 1:00 Ice Cream Social w/SW Christian GG 2:00 Bingo
7 I 11:00 Mass on the Air I 11:30 Devotion in Motion MM 11:30 Coffee Chat GF 1:30 Games on The Patio- Ring Toss	V 11:00 Resistance Band Training K 11:30 Monday Moments GG 2:00 Bingo GF 3:30 Soaking in the Sun.	9 V 11:00 Armchair Aerobics K 11:30 On This Date GF 2:00 BUNCO K 6:00 Random Trivia	V 11:00 Morning Stretches K 11:30 Quote Of the Day I 1:00 Rosary K 2:00 Bingo!	V 11:00 Rise and Shine 11:30 Did You Know 2:00 Sip and Paint 3:00 Art appreciation GF 6:00 Movie and Popcorn	V 11:00 Wake Up and Work Out K 11:30 Blast From The Past GF 2:00 Happy Hour with Angie and Chery! M 3:00 Music & Memories	V 11:00 Morning Yoga MN 11:30 Coffee Chat K 2:00 BINGO GG 3:30 Lotto
MM 11:00 Family Brunch GF 11:30 SE Christian-Channel 2 GG 3:30 UNO	V 11:00 Resistance Band Training K 11:30 Monday Moments GG 2:00 Bingo GF 3:30 Soaking in the Sun.	V 11:00 Armchair Aerobics K 11:30 On This Date 2:00 BUNCO I 6:00 The House of God Louisville Mission	K 10:30 SPA Day V 11:00 Morning Stretches I 1:00 Communion With Debbie 2:00 Bingo IG 3:30 Corn Hole	V 11:00 Rise and Shine 1 11:30 Did You Know 1 2:00 Sip and Paint A 3:00 Art appreciation GG 6:00 Movie and Popcorn	V 11:00 Wake Up and Work Out K 11:30 Blast From The Past GF 2:00 Happy Hour with Dean Hill! M 3:00 Music & Memories	V 11:00 Morning Stroll MM 11:30 Coffee Chat C 2:00 BINGO GG 3:30 Lotto
21 Senior Citizen's Day I 11:00 Hymns of Tradition GF 11:30 SE Christian-Channel 2 MM 11:30 Coffee Chat CC 3:30 Captains Ball Decorations! V 3:30 Corn Hole	V 11:00 Resistance Band Training K 11:30 Monday Moments GG 2:00 Bingo GF 3:30 Soaking in the Sun.	V 11:00 Armchair Aerobics K 11:30 On This Date GF 2:00 Birthday Party 3:00 Craft Corner	V 11:00 Morning Stretches K 11:30 Quote Of the Day I 1:00 Rosary GG 2:00 BINGO IG 3:30 Corn Hole	V 11:00 Rise and Shine 11:30 Did You Know 1 2:00 Sip and Paint A 3:00 Art appreciation MM 6:00 Movie and Popcorn	V 11:00 Wake Up and Work Out K 11:30 Blast From The Past GF 2:00 Happy Hour with Hawaiian Dancer Marie! M 3:00 Music & Memories	11:00 Morning Stretch MM 11:00 Coffee Chat C 2:00 BINGO GG 3:30 Checkers or Dominos
MM 11:00 Coffee Chat GF 11:30 SE Christian-Channel 2 GG 1:00 Games on the patio	V 11:00 Resistance Band Training K 11:30 Monday Moments GG 2:00 Bingo GF 3:30 Soaking in the Sun.	V 11:00 Armchair Aerobics K 11:30 On This Date GF 2:00 BUNCO	V 11:00 Morning Stretches K 11:30 Quote Of the Day GG 2:00 BINGO G 3:30 JENGA			

The Springs at Stony Brook Health Care Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	K 10:30 Monday Moments M 1:00 Name That Tune- Rock	V 10:00 Morning Yoga K 10:30 On This Date A 2:00 Sip & Paint M 3:00 Music Appreciation I 6:00 The House Of God Louisville Mission	V 10:00 Morning Stretches K 10:30 Quote of the Day I 1:00 Communion with Debbie GG 2:00 Bingo! JG 3:30 Cards and Games	V 10:00 Rise and Shine K 10:30 Did You Know? O 11:00 Derby Dinner Playhouse outing! GG 2:00 BUNCO TIME! CC 6:00 Movie and Popcorn! CC 6:00 Movie and Popcorn	GF 2:00 Happy Hour with Al Hilbert! M 2:30 Music to my ears!	V 10:00 Sunshine Stroll K 10:30 Remember When? M 1:00 Ice Cream Social with SW Christian GG 2:00 Bingo! GG 4:00 Lotto
1 10:00 Mass on the Air V 10:00 A Calming Breath GG 2:00 BUNCO MM 3:30 Craft Corner		9 V 10:00 Morning stroll K 10:30 On This Date A 2:00 Sip & Paint M 3:00 Music Appreciation L 5:30 Random Trivia	10 V 10:00 Morning Stretches GF 10:30 Spa Day! I 1:00 Rosary K 2:00 Bingo!	11 V 10:00 Rise and Shine K 10:30 Did You Know? CC 11:00 Resident Council GG 2:00 BUNCO TIME! CC 6:00 Movie and Popcorn	GF 2:00 Happy Hour with Angie and Cheryl!	V 10:00 Sunshine Stroll K 10:30 Remember When? 2:00 Bingo! M 3:30 Soaking in the Sun GG 4:00 Lotto
1 10:00 Mass on the Air V 10:30 A Calming Breath MM 11:00 Family Brunch GG 2:00 BUNCO MM 3:30 Craft Corner	V 10:00 Morning Stretches K 10:30 Monday Moments M 1:00 Name That Tune- Rock GG 2:00 Bingo!	V 10:00 Morning yoga K 10:30 On This Date A 2:00 Sip & Paint I 6:00 The House of God Louisville Mission	V 10:00 Morning Stretches CC 10:30 Quote of the day I 1:00 Communion With Debbie GG 2:00 Bingo IG 3:30 Corn Hole	18 V 10:00 Rise and Shine K 10:30 Did You Know? GG 2:00 BUNCO TIME! CC 6:00 Movie and Popcorn	GF 2:00 Happy Hour with Dean	V 10:00 Sunshine Stroll K 10:30 Remember When? M 2:00 Bingo GG 4:00 Checkers
21 Senior Citizen's Day 1 10:00 Mass on the Air V 10:30 A Calming Breath 3G 2:00 BUNCO CC 3:30 Captains Ball Decorations! MM 4:00 Craft Corner	K 10:30 Beach Ball Games!M 1:00 Name That Tune- Rock	V 10:00 Morning Yoga K 10:30 On This Date GF 2:00 Sip and Paint L 3:30 Photo Booth!	V 10:00 Morning Stretches GF 10:30 Spa Day I 1:00 Rosary GG 2:00 Bingo JG 3:30 Corn Hole	V 10:00 Rise and Shine K 10:30 Crafts for the Captain's Ball! GG 2:00 BUNCO TIME! K 6:00 Movie and Popcorn	GF 2:00 Happy Hour with	V 10:00 Sunshine Stroll K 10:30 Remember When? M 2:00 Bingo GG 4:00 Lotto
1 10:00 Mass on the Air V 10:30 A Calming Breath C 2:00 BUNCO MM 3:30 Craft Corner	V 10:00 Morning Stretches K 10:30 Monday Moments	GF 10:00 Moving to Music K 10:30 On This Date 2:00 Sip and paint	V 10:00 Morning Stretches 10:30 Quote of the day GG 2:00 Bingo JG 3:30 JENGA			

The Springs at Stony Brook Independent Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
u are encouraged to start your on programs & pastimes with ur neighbors. Our Life richment team will be happy to ovide you with any resources materials you need.	Daily Chronicles 12:00 Mail 2:00 Creativity 4:00 Bingo	Company Chronicles 12:00 Mail 2:00 Sittersize Yoga 4:00 Pokeno 6:00 The House Of God Louisville Mission	K Daily Chronicles 12:00 Mail 1 1:00 Communion with Debbie GG 2:00 Putt-Putt V 4:00 Life Long Learning	K Daily Chronicles CC 11:00 DERBY DINNER PLAYHOUSE OUTING! The Wizard of Oz 12:00 Mail GC 2:00 Bowling 6:00 Thursday Theater	K Daily Chronicles 12:00 Mail GF 2:00 Happy Hour with Al Hilbert! M 2:30 Musical entertainment	Maily Chronicles 12:00 Mail CC 1:00 Ice Cream Social Christian in Main I
Daily Chronicles 2:00 Mail 2:00 BUNCO 3:00 Card Club	K Daily Chronicles 12:00 Mail SF 2:00 Creativity 4:00 Bingo	Daily Chronicles 12:00 Mail 2:00 Sittersize Yoga MM 4:00 Pokeno	IO K Daily Chronicles 12:00 Mail I 1:00 Rosary IG 2:00 Putt-Putt V 4:00 Life Long Learning	I1 K Daily Chronicles 12:00 Mail GG 2:00 Bowling 6:00 Thursday Theater & Popcorn	K Daily Chronicles 12:00 Mail GF 2:00 Happy Hour with Angie and Cheryl! M 2:30 Musical entertainment	M Daily Chronicles 12:00 Mail GG 2:00 Bingo in Main DR
Paily Chronicles 2:00 Mail 2:00 BUNCO 3:00 Card Club	M Daily Chronicles 12:00 Mail SF 2:00 Creativity 4:00 Bingo	Model Daily Chronicles 12:00 Mail 2:00 Sittersize Yoga 4:00 Pokeno 6:00 The House of God Louisville Mission	I7 K Daily Chronicles 12:00 Mail I 1:00 Communion With Debbie IG 2:00 Putt-Putt V 4:00 Life Long Learning	I8 K Daily Chronicles 12:00 Mail GG 2:00 Bowling 6:00 Thursday Theater & Popcorn	M 2:30 Musical entertainment	Z0 K Daily Chronicles 12:00 Mail GG 2:00 Bingo in Main DR
aily Chronicles 2:00 Mail	Daily Chronicles 12:00 Mail 3F 2:00 Creativity 4:00 Bingo	K Daily Chronicles 12:00 Mail 2:00 Sittersize Yoga MN 4:00 Pokeno	K Daily Chronicles 12:00 Mail 1 1:00 Rosary JG 2:00 Putt-Putt V 4:00 Life Long Learning	Logily Chronicles 12:00 Mail Compared Services 12:00 Bowling 6:00 Thursday Theater & Popcorn	Z6 K Daily Chronicles 12:00 Mail GF 2:00 Happy Hour with Hawaiian Dancer Marie! M 2:30 Musical entertainment/Hawaiian Dancing!	K Daily Chronicles 12:00 Mail C 2:00 Bingo in Main DR
Paily Chronicles 2:00 Mail 2:00 BUNCO 3:00 Card Club	K Daily Chronicles 12:00 Mail 2:00 Creativity 4:00 Bingo	X Daily Chronicles 12:00 Mail 2:00 Sittersize Yoga MN 4:00 Pokeno	X Daily Chronicles 12:00 Mail 31 32:00 Putt-Putt 4:00 Life Long Learning	All programs are subject to change.		

The Springs at Stony Brook Legacy Lane
--

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Let's get social! Facebook.com/SpringsStonybrook T witter.com/S_Stonybrook	1 Blowing Bubbles K Inspired Tales C Rise and Shine Parfaits Relax & Recharge DIY Scrapbook M Folk Music Mondays GG Cruise Ship Shuffleboard Healthy Hands	V Dance, Dance K American Landmarks C Tropical Trail Mix Relax & Recharge A Bean Mosaics M Summertime GG State Plate Game Healthy Hands	Honey Spiced BreadRelax & RechargeBalloon PrintsWho Sang It Best?	 Under the Sea Ribbon Dance Categories Classic Chocolate Chip Cookies Relax & Recharge Blue Collage Bluegrass Boogie Double Dip Phrases Healthy Hands 	Summertime Walking Club Roll to 20 Strawberry Hand Pies Relax & Recharge Ice Cream Photo Beyond the Sea Happy Hour GG Fair Midway Games Healthy Hands	 Seashell Toss Working with Letters Turkey Cranberry Pinwheels Relax & Recharge Watercolor Silhouettes Saturday Sunshine Ladder Ball Healthy Hands
 Walk on the Beach Summer Vacations Blueberry Muffins Relax & Recharge Creative Storytelling Inspirational Sundays What Belongs Together Healthy Hands 	Blowing Bubbles Inspired Tales Apple Yogurt Parfaits Relax & Recharge DIY Scrapbook Folk Music Mondays Cruise Ship Shuffleboard Healthy Hands	 Dance, Dance American Landmarks Everything Bagel Cucumber Bites Relax & Recharge Kool-Aid Citrus Stamps Summertime State Plate Game 	 Water Balloon Toss Finish Lines and Nursery Rhymes Orange Raspberry Bread with Glaze Relax & Recharge Flower Stamps Who Sang It Best? 	V Under the Sea Ribbon Dance K Categories C Peanut Butter Cookies Relax & Recharge A Kindness Rock Painting M Bluegrass Boogie G Double Dip Phrases Healthy Hands	 Summertime Walking Club Roll to 20 Apple Hand Pies Relax & Recharge Partner Prints Beyond the Sea Happy Hour Fair Midway Games Healthy Hands 	V Seashell Toss Working with Letters C Sandwich Pinwheel Relax & Recharge A Recycled Art M Saturday Sunshine GG Ladder Ball Healthy Hands
 Walk on the Beach Summer Vacations Banana Nut Muffins Relax & Recharge Rubbings Exploration Inspirational Sundays What Belongs Together Healthy Hands 	 Blowing Bubbles Inspired Tales Peanut Butter Banana Yogurt Parfaits Relax & Recharge DIY Scrapbook Folk Music Mondays Cruise Ship Shuffleboard 	 Dance, Dance American Landmarks Sausage Balls Relax & Recharge Ask a Beautiful Question Summertime State Plate Game Healthy Hands 	 Water Balloon Toss Finish Lines and Nursery Rhymes Apple Praline Bread Relax & Recharge Fabric Bowls Who Sang It Best? "Yes I Have" Game 	 Under the Sea Ribbon Dance Categories Lemon Sugar Cookies Relax & Recharge Fabric Bowls Bluegrass Boogie Double Dip Phrases Healthy Hands 	 Summertime Walking Club Roll to 20 Blackberry Hand Pies Relax & Recharge Collage Painting Beyond the Sea Happy Hour Fair Midway Games Healthy Hands 	V Seashell Toss Working with Letters Taco Pinwheels Relax & Recharge A Glue Art M Saturday Sunshine GG Ladder Ball Healthy Hands
 Senior Citizen's Day Walk on the Beach Summer Vacations Lemon Poppyseed Muffins Relax & Recharge No Sew Hats Inspirational Sundays What Belongs Together Healthy Hands 	V Blowing Bubbles K Inspired Tales C Berry Parfait Relax & Recharge A Mason Jar Tissue Holder Folk Music Mondays GC Cruise Ship Shuffleboard Healthy Hands	V Dance, Dance K American Landmarks C Pina Colada Fluff Relax & Recharge A DIY Sharpie Mugs M Summertime GG State Plate Game Healthy Hands	 Water Balloon Toss Finish Lines and Nursery Rhymes Fresh Fruit Bread Relax & Recharge Fairy Garden Mason Jar Topper Who Sang It Best? "Yes I Have" Game 	V Under the Sea Ribbon Dance K Categories C Tropical Poke Cake Relax & Recharge A Sun Print Wall Art M Bluegrass Boogie GG Double Dip Phrases Healthy Hands	 Summertime Walking Club Roll to 20 Cruisin Sand Dollar Cookies Relax & Recharge Corn Syrup Painting Beyond the Sea Happy Hour Fair Midway Games Healthy Hands 	V Seashell Toss Working with Letters C Cream Cheese Pinwheels with Fresh Veggies Relax & Recharge A Glue Batik Aprons M Saturday Sunshine GG Ladder Ball
 Walk on the Beach Summer Vacations Apple Cinnamon Muffins Relax & Recharge Stained Glass Painting Inspirational Sundays What Belongs Together Healthy Hands 	V Blowing Bubbles Inspired Tales C Cheesecake Berry Parfait Relax & Recharge Mason Jar Tissue Holder Folk Music Mondays G Cruise Ship Shuffleboard Healthy Hands	 Dance, Dance American Landmarks Baked Potato Slices Relax & Recharge Create a Sensory Book Summertime State Plate Game Healthy Hands 	 Water Balloon Toss Finish Lines and Nursery Rhymes Cream Cheese Strawberry Bread Relax & Recharge Have a Gentle Conversation Who Sang It Best? 			Activities are subject to change

The Springs at Stony Skilled Legacy Lane	
Brook	///////////////////////////////////////
UST	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A - Artisans CC - Creative Cooking GF - Gathering of Friends K - Keeping it Sharp/Reminisce M - Mindful Moments M - Music to My Ears V - Vitality	 Blowing Bubbles Inspired Tales Rise and Shine Parfaits Relax & Recharge DIY Scrapbook Folk Music Mondays Fruit Skewers Healthy Hands 	 Dance, Dance American Landmarks Tropical Trail Mix Relax & Recharge Bean Mosaics Summertime Fresh baked pie Healthy Hands 	Water Balloon Toss Message in the Bottle Honey Spiced Bread Relax & Recharge Balloon Prints M Who Sang It Best? MFavorite Food Collage Healthy Hands	 Under the Sea Ribbon Dance Categories Classic Chocolate Chip Cookies Relax & Recharge Blue Collage Bluegrass Boogie Flavorful Colors Healthy Hands 	Summertime Walking Club K Roll to 20 Strawberry Hand Pies Relax & Recharge Ice Cream Photo Beyond the Sea Happy Hour MPickle It Healthy Hands	 Seashell Toss Working with Letters Turkey Cranberry Pinwheels Relax & Recharge Watercolor Silhouettes Saturday Sunshine Food Matching Healthy Hands
 Walk on the Beach Summer Vacations Blueberry Muffins Relax & Recharge Creative Storytelling Inspirational Sundays Strawberry Shortcake Healthy Hands 	 Blowing Bubbles Inspired Tales Apple Yogurt Parfaits Relax & Recharge DIY Scrapbook Folk Music Mondays Fruit Skewers Healthy Hands 	 Dance, Dance American Landmarks Everything Bagel Cucumber Bites Relax & Recharge Kool-Aid Citrus Stamps Summertime Fresh baked pie 	 Water Balloon Toss Message in the Bottle Orange Raspberry Bread with Glaze Relax & Recharge Flower Stamps Who Sang It Best? Favorite Food Collage 	 Under the Sea Ribbon Dance Categories Peanut Butter Cookies Relax & Recharge Kindness Rock Painting Bluegrass Boogie Flavorful Colors Healthy Hands 	V Summertime Walking Club R Roll to 20 C Apple Hand Pies Relax & Recharge Partner Prints Beyond the Sea Happy Hour Pickle It Healthy Hands	V Seashell Toss Working with Letters Sandwich Pinwheel Relax & Recharge A Recycled Art M Saturday Sunshine Food Matching Healthy Hands
Walk on the Beach Summer Vacations Banana Nut Muffins Relax & Recharge A Rubbings Exploration Inspirational Sundays Strawberry Shortcake Healthy Hands	V Blowing Bubbles Inspired Tales Peanut Butter Banana Yogurt Parfaits Relax & Recharge DIY Scrapbook M Folk Music Mondays MM Fruit Skewers	 Dance, Dance American Landmarks Sausage Balls Relax & Recharge Ask a Beautiful Question Summertime Fresh baked pie Healthy Hands 	 Water Balloon Toss Message in the Bottle Apple Praline Bread Relax & Recharge Fabric Bowls Who Sang It Best? Favorite Food Collage Healthy Hands 	 Under the Sea Ribbon Dance Categories Lemon Sugar Cookies Relax & Recharge Fabric Bowls Bluegrass Boogie Flavorful Colors Healthy Hands 	 Summertime Walking Club Roll to 20 Blackberry Hand Pies Relax & Recharge Collage Painting Beyond the Sea Happy Hour Pickle It Healthy Hands 	 V Seashell Toss K Working with Letters C Taco Pinwheels Relax & Recharge A Glue Art M Saturday Sunshine MM Food Matching Healthy Hands
 Senior Citizen's Day Walk on the Beach Summer Vacations Lemon Poppyseed Muffins Relax & Recharge No Sew Hats Inspirational Sundays Strawberry Shortcake Healthy Hands 	V Blowing Bubbles Inspired Tales Berry Parfait Relax & Recharge Mason Jar Tissue Holder M Folk Music Mondays MM Fruit Skewers Healthy Hands	V Dance, Dance K American Landmarks C Pina Colada Fluff Relax & Recharge A DIY Sharpie Mugs M Summertime MN Fresh baked pie Healthy Hands	V Water Balloon Toss M Message in the Bottle Fresh Fruit Bread Relax & Recharge A Fairy Garden Mason Jar Topper M Who Sang It Best? MN Favorite Food Collage Healthy Hands	V Under the Sea Ribbon Dance K Categories C Tropical Poke Cake Relax & Recharge A Sun Print Wall Art Beyond The Sea Happy Hour M Bluegrass Boogie MN Flavorful Colors	V Summertime Walking Club Roll to 20 C Cruisin Sand Dollar Cookies Relax & Recharge Corn Syrup Painting Beyond the Sea Happy Hour Pickle It Healthy Hands	V Seashell Toss Working with Letters C Cream Cheese Pinwheels with Fresh Veggies Relax & Recharge A Glue Batik Aprons M Saturday Sunshine Food Matching
Walk on the Beach Summer Vacations CC Apple Cinnamon Muffins Relax & Recharge Stained Glass Painting Inspirational Sundays Strawberry Shortcake Healthy Hands	V Blowing Bubbles Inspired Tales C Cheesecake Berry Parfait Relax & Recharge Mason Jar Tissue Holder Folk Music Mondays Fruit Skewers Healthy Hands	V Dance, Dance K American Landmarks C Baked Potato Slices Relax & Recharge A Create a Sensory Book M Summertime MN Fresh baked pie Healthy Hands	V Water Balloon Toss K Message in the Bottle C Cream Cheese Strawberry Bread Relax & Recharge A Have a Gentle Conversation W Who Sang It Best? MN Favorite Food Collage	Let's get social! Facebook.com/SpringsStonybrook Twitter.com/S_Stonybrook		