



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 AM - Coffee & Chatter 01 ● 10:30 AM - Chair Yoga 11:00 AM - Resident, Culinary & Activities Meeting ● 2:00 PM - The Sweet Spot Baking Club	8:30 AM - Coffee & Chatter 02 ● 10:30 AM - Exercise w/Fox ● 2:00 PM - Bingo	Hair Day! 03 8:30 AM - Coffee & Chatter ● 9:30 AM - The "Grace" Group 10:30 AM - Movin' & Groovin' ● 1:30 PM - "Roll One" Dice Game 2:00 PM - Left, Right, Center	8:30 AM - Coffee & Chatter 04 ● 10:30 AM - Exercise w/Fox 11:00 AM - UNO! ● 2:00 PM - Bingo 3:15 PM - Iowa History	8:30 AM - Coffee & Chatter 05 ● 10:30 AM - Chair Yoga ● 11:00 AM - Muffins & Music 1:30 PM - Manicures	10:00 AM - Coffee & Chatter 06 11:00 AM - Creative Expression 2:30 PM - Bingo 4:00 PM - Quiet Corner Puzzle
● 9:00 AM - Channel 13 Worship 07 11:00 AM - Creative Expression 2:00 PM - The Card Club	8:30 AM - Coffee & Chatter 08 ● 10:30 AM - Chair Yoga ● 2:00 PM - The Sweet Spot Baking Club	8:30 AM - Coffee & Chatter 09 ● 10:30 AM - Exercise w/Fox ● 2:00 PM - Bingo	Hair Day! 10 8:30 AM - Coffee & Chatter ● 9:30 AM - The "Grace" Group 10:30 AM - Movin' & Groovin'	8:30 AM - Coffee & Chatter 11 ● 10:30 AM - Exercise w/Fox 11:00 AM - Tim Music Man ● 2:00 PM - Bingo 3:15 PM - Iowa History	8:30 AM - Coffee & Chatter 12 ● 10:30 AM - Chair Yoga 11:00 AM - Painters Club 1:30 PM - Manicures ● 3:00 PM - Fact Friday & Snacks	10:00 AM - Coffee & Chatter 13 11:00 AM - Creative Expression 2:30 PM - Bingo 3:45 PM - Name That Tune
● 9:00 AM - Channel 13 Worship 14 11:00 AM - Creative Expression 2:00 PM - The Card Club	8:30 AM - Coffee & Chatter 15 ● 10:30 AM - Chair Yoga ● 11:00 AM - Read Aloud Book Club ● 2:00 PM - The Sweet Spot Baking Club	Happy Birthday Marlene H. 16 8:30 AM - Coffee & Chatter ● 10:00 AM - Exercise w/Fox ● 10:30 AM - ART CENTER ● 2:00 PM - Bingo	Hair Day! 17 8:30 AM - Coffee & Chatter ● 9:30 AM - The "Grace" Group 10:30 AM - Movin' & Groovin' ● 1:30 PM - "Roll One" Dice Game 2:00 PM - Left, Right, Center	8:30 AM - Coffee & Chatter 18 ● 10:30 AM - Exercise w/Fox 11:00 AM - UNO! ● 2:00 PM - Bingo 3:15 PM - Iowa History	Juneteenth 19 ● 10:30 AM - Chair Yoga 11:00 AM - Snack Bar Assembly 1:00 PM - Dads And Donuts 1:30 PM - Manicures ● 3:00 PM - Fact Friday & Snacks	10:00 AM - Coffee & Chatter 20 11:00 AM - Creative Expression 2:30 PM - Bingo 4:00 PM - Quiet Corner Puzzle
Father's Day 21 ● 9:00 AM - Channel 13 Worship 11:00 AM - Creative Expression 2:00 PM - The Card Club	8:30 AM - Coffee & Chatter 22 ● 10:30 AM - Chair Yoga ● 11:00 AM - 20 Questions ● 2:00 PM - The Sweet Spot Baking Club	8:30 AM - Coffee & Chatter 23 ● 10:30 AM - Exercise w/Fox ● 11:00 AM - Post Card Pen Pals ● 2:00 PM - Bingo	Hair Day! 24 8:30 AM - Coffee & Chatter ● 9:30 AM - The "Grace" Group 10:30 AM - Movin' & Groovin' 11:00 AM - The 'Name That' Game	8:30 AM - Coffee & Chatter 25 ● 10:30 AM - Exercise w/Fox ● 2:00 PM - Bingo 3:15 PM - Iowa History	8:30 AM - Coffee & Chatter 26 10:00 AM - Cinema Club ● 10:30 AM - Chair Yoga 11:00 AM - This Day in Time 1:30 PM - Manicures ● 3:00 PM - Fact Friday & Snacks ● 3:00 PM - Cinema Club	10:00 AM - Coffee & Chatter 27 11:00 AM - Creative Expression 2:30 PM - Bingo 3:45 PM - Name That Tune
● 9:00 AM - Channel 13 Worship 28 11:00 AM - Creative Expression ● 2:00 PM - TATE Duckett church choir 2:00 PM - The Card Club	8:30 AM - Coffee & Chatter 29 ● 10:30 AM - Chair Yoga 5:00 PM - Grab & Go Supper Night	8:30 AM - Coffee & Chatter 30 ● 10:30 AM - Exercise w/Fox ● 2:00 PM - Bingo	Locations	Dimensions ● Physical Activity ● Purposeful Life Station ● Memory & Brain Stimulation ● Religious ● Therapeutic		

* Activities are subject to change