
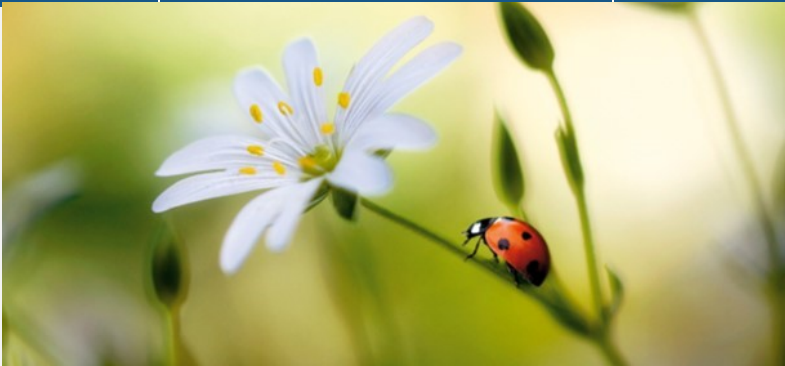


June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 3:30 Cards LSL	KEY AR = Activity Room 2nd Floor MR = Media Room 2nd Floor LDR = Large Dining Rm 1st Floor SDR = Small Dining Rm 1st Floor LSLP=Lakeside Lounge Patio LSL = Lakeside Lounge 1st Floor ER = Exercise Room 3rd Floor		Activities in Blue require you to sign up in the notebook at the front desk. Special events are in Red .			1 2:30 Bingo SDR 6:30 Movie Night MR
2 3:30 Cards LSL	3 10:00 Walmart 11:00 Skip-Bo AR 12:00 Chair Massages 1:00 Senior Fitness Class SDR	4 11:00 Book Club LSL 3:00 Games AR	5 10:00 Wellness Wednesday 1:00 Senior Fitness Class SDR 2:00 Community Classroom-SDR	6 10:00 Manicures 1:00 Bible Study with Rhonda SDR 3:00 Rummikub LSL	7 9:30 Iowa State Capitol 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 5:00 Pizza and Beer Night	8 2:30 Bingo SDR 6:30 Movie Night MR
9 12:30 ICubs Game 3:30 Cards LSL	10 11:00 Hy-Vee 1:00 Senior Fitness Class SDR	11 11:00 Book Club LSL 3:00 Games AR	12 10:00 Town Hall Meeting SDR 1:00 Senior Fitness Class SDR 2:30 Library Outing	13 11:00 Walking Club LSL 1:00 Senior Fitness Class SDR 3:00 Rummikub LSL	14 1:30 Flag Day Ceremony LSLP 3:30 Happy Hour LSL	15 2:30 Bingo SDR 6:30 Movie Night MR
16 3:30 Cards LSL	17 10:30 Wahlburger's Lunch 1:00 Senior Fitness Class SDR 2:30 Meals from the Heartland LDR 7:00 DSM Community Band LDR	18 11:00 Book Club LSL 3:00 Jewelry AR	19 10:00 Walmart 1:00 Senior Fitness Class SDR 2:00 Ted Talk and Discussion MR	20 10:00 Manicures 1:00 Bible Study with Rhonda SDR 2:00 Music with Jerry Michael 3:00 Rummikub LSL	21 10:00 Dollar Tree 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 3:30 Happy Hour LSL	22 2:30 Bingo SDR 6:30 Movie Night MR
23 3:30 Cards LSL	24 11:00 Fareway 11:00 Skip-Bo AR 1:00 Senior Fitness Class SDR 4:30 Supper @ Big Steer	25 11:00 Book Club LSL 3:00 Games SDR 5:00 Helene V. LDR	26 11:00 How to Use Exercise Machines ER 1:00 Senior Fitness Class SDR	27 11:00 Walking Club LSL 2:00 Music with Dave Gray 3:00 Rummikub LSL	28 1:00 Senior Fitness Class SDR 1:45 Armchair Travels MR 3:30 Happy Hour LSL	29 2:30 Bingo SDR 6:30 Movie Night MR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30 9:30 Current Events 10:00 Balloon Swat 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Group Games 6:00 Radio Show CD 6:30 Listen to Music						Special events are in Red. Bus outings are in Blue.	1 9:30 Current Events 10:00 Hand Massages 10:30 Group Crossword 1:30 Bingo 2:30 Sorting 3:30 Sing A-Long 1 6:00 Drawer Detective 6:30 Movie Night
2 9:30 Current Events 10:00 Chair Swimming 10:30 Nail Care 1:30 Bingo 2:30 Radio Show CD 3:30 Picture Books 6:00 Family Feud 6:30 Listen to Music	3 9:30 Current Events 10:00 Summertime Group Crossword 1:30 Random Trivia 1:50 Group Exercises 2:30 Scenic Drive 6:30 Paint By Numbers	4 9:30 Current Events 10:00 Father's Day Craft 1:30 Cooking Club 2:30 Timeslips Marine Mammals Trivia 5:30 Group Walk 6:00 Book on CD	5 9:30 Current Events 10:00 Name that Sound (CD) 10:30 Remembering a Trip to the Aquarium 1:30 Sing Along Hymns 1:50 Group Exercises 3:30 Jig Saw Puzzles 6:30 1:1/Small Group Activities	6 9:30 Current Events 10:30 Music Therapy 11:00 Timeslips 2:00 Ball Toss 3:30 Reminisce Magazine Articles 6:00 Who Am I?	7 9:30 Current Events 10:00 Coffee Filter Patriotic Garland 1:00 Classical Music or Broadway Show Tune? 1:50 Group Exercises 2:30 Travelogue 6:00 Outdoor Time or In-door Walk	8 9:30 Current Events 10:00 Hand Massages 10:30 Basketball 1:30 Musical Instruments 2:30 Reminisce Cards 3:30 Sing A-Long 4 6:30 Movie Night	
9 9:30 Current Events 10:00 Balloon Swat 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Group Crossword 6:00 Radio Show CD 6:30 Listen to Music	10 9:30 Current Events 10:00 The Marvelous Manatee 10:30 Stories of the Hat/ Reminisce Cards 1:30 Picture Books 1:50 Group Exercises 3:30 Chapter A Day 6:00 Coloring	11 9:30 Current Events 10:00 Spiritual time w/ Michelle 1:30 Cooking Club 2:30 Timeslips 5:30 Group Walk 6:00 Book on CD 6:30 Watercolor Painting	12 9:30 Current Events 10:00 Seascape Sunset Art 1:00 Random Trivia 1:50 Group Exercises 3:30 Outburst 6:00 Picture This	13 9:30 Current Events 10:30 Music Therapy 11:00 Time Slips 1:50 Group Exercises 3:30 What am I? 6:00 Group Games	14 9:30 Current Events 10:00 Scenic Drive 1:30 Flag Day Ceremony LSLP 3:30 Short Story & Discussion 6:00 Stories of the Hat	15 9:30 Current Events 10:00 Hand Massages 10:30 Making a List 1:30 Bean Bag Toss 2:30 Reminiscing 6:00 Drawer Detective 6:30 Movie Night	
16 9:30 Current Events 10:00 Balloon Swat 10:30 Donuts and Dads Discussion 1:30 Bingo 2:30 Skillset Work 3:30 Picture Books 6:30 Listen to Music	17 9:30 Current Events 10:00 The Nosy Narwhal 1:50 Group Exercises 2:45 Chapter A Day 3:30 Sing-Along Hymns 7:00 Des Moines Community Band LDR	18 9:30 Current Events 10:00 Spiritual time w/ Michelle 1:30 Cooking Club 2:30 Timeslips 5:30 Group Walk 6:00 Book on CD 6:30 Watercolor Painting	19 9:30 Current Events 10:00 What's in the Bag? 1:00 Camps Categories 1:50 Group Exercises 3:30 Outburst 6:30 Picture It	20 9:30 Current Events 10:30 Music Therapy 2:00 Entertainment with Jerry M. 3:30 1:1/Small Group Activities 6:00 Group Games	21 9:30 Pet Therapy LSL 10:00 Dotty Dandelion Paint 1:30 Short Story 1:50 Group Exercises 3:30 Group Puzzles 6:00 Picture Books	22 9:30 Current Events 10:00 Hand Massages 10:30 Coloring Pages 1:30 Musical Instruments 2:30 Reminisce Cards 3:30 Sing A-Long Hymns 6:30 Movie Night	
23 9:30 Current Events 10:00 Football Toss 10:30 Nail Care 1:30 Bingo 2:30 Skillset Work 3:30 Group Walk 6:00 Take your Best Guess 6:30 Listen to Music	24 9:30 Current Events 10:00 Scenic Drive 1:30 Group Walk 1:50 Group Exercises 3:30 Sing-Along 1 6:00 Paint By Numbers	25 9:30 Current Events 10:00 Communicating with Cetaceans 1:30 Star of the Month 2:30 Timeslips 5:30 Group Walk 6:30 A Whale of a Joke	26 9:30 Current Events 10:00 Chime Categories 10:30 Never Have I Ever Game 1:50 Group Exercises 3:30 Outburst 6:00 Bingo	27 9:30 Current Events 10:30 Music Therapy 11:00 Timeslips 2:00 Entertainment w/ Dave Gray 3:30 Group Walk 6:00 Group Games	28 9:30 Current Events 10:00 Beach in a Jar Craft 1:50 Group Exercises 3:30 California Dreaming with the Beach Boys 6:00 Picture Books	29 9:30 Current Events 10:00 Hand Massages 10:30 Coloring Pages 1:30 Musical Instruments 2:30 Reminisce Cards 3:30 Sing A-Long Hymns 6:30 Movie Night	