




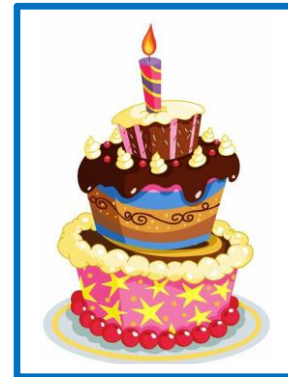


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Each day we focus on:</i> Motion ~ Exercise & Movement Creativity ~ Arts, Crafts & Baking Rhythm ~ Music & Singing Enrichment ~ Reading & Trivia Relaxation ~ Massage & Sensory</p> <p>*Activities are subject to change when needed</p>						<p>1</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Dart Ball 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>2</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 2:30-3:30: Games 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>3</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-2:30: Pastor Deb 2:30-3:30: Bingo</p>	<p>4</p> <p>Monthly Birthday Party</p> <p>10:30-11: Daily Chronicle 10:30-11:30: Coffee Talk 2-3: Monthly Birthday Party</p>	<p>5</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Trivia 1:30 Catholic Mass (Ch 957) 2:15-4: Wii Bowling</p>	<p>6</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Balloon Toss 10:45-11:30: Reading 2-3:30: Nail Art</p>	<p>7</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Memory Lane 2-2:30: Trivia 2:30-3:30: Bingo 3:30-4: Snacks</p>	<p>8</p> <p>10-10:30: Daily Chronicle 10:30-11: Coffee Talk 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>9</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 2:30-3:30: Games 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>10</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-2:30: Pastor Deb 2:30-3:30: Bingo</p>	<p>11</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coffee Talk 2-3:30: Famous Faces 3:30-4: Snacks</p>	<p>12</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Trivia 10:45-11:30: 1-on-1 1:30 Rosary (Ch 957) 2-4: Social Movie</p>	<p>13</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Balloon Toss 10:45-11:30: Reading 2-3:30: Crafts 3:30-4: Snacks</p>	<p>14</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Trivia 3:30-4:30: Drum Circle with Matt Price on Redwood Game Night 6:30-7:30</p>	<p>15</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Dart Ball 1:30-3:30: Movie 3:30-4: 1-on-1</p>
<p>16</p> <p>Father's Day</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Father's Day Trivia 2:30-3:30: Games 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>17</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Trivia 2-2:30: Pastor Deb 2:30-3:30: Bingo</p>	<p>18</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coffee Talk 2-4: Group Resident Council</p>	<p>19</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Words from Words 1:30 Rosary (Ch 957) 2:15-4: Wii Bowling</p>	<p>20</p> <p>Asbury Day</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 2-3:30: Nail Art 3:30-4: Snacks</p>	<p>21</p> <p>Tie Dye Day</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Memory Lane 2-2:30: Trivia 2:30-3:30: Bingo 3:30-4: Snacks</p>	<p>22</p> <p>10-10:30: Daily Chronicle 10:30-11: Coffee Talk 2:30-4: Voices in Praise Choir in Social Room</p>
<p>23/30</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Reading 2:30-3:30: Games 3:30-4: Snacks</p> <p>2:30 Worship- (Ch 957)</p>	<p>24</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coloring 2-2:30: Pastor Deb 2:30-3:30: Bingo</p>	<p>25</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Coffee Talk 2-3:30: Famous Faces</p>	<p>26</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Words from Words 10:45-11:30: Snacks 1:30 Rosary (Ch 957) 2:15-4: Wii Bowling</p>	<p>27</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Baking 10:45-11:30: Music 2-3:30: Crafts 3:30-4: Snacks</p>	<p>28</p> <p>10-10:30: Daily Chronicle 10:30-11:30: Memory Lane 2-4: Pizza Party</p>	<p>29</p> <p>10-10:30: Daily Chronicle 10:30-10:45: Dart Ball 1:30-3:30: Movie 3:30-4: 1-on-1</p>

BIRTHDAY LIST



Nancy L. 6/2
 Gretchen W. 6/10
 Nancy K. 6/13
 Edward F. 6/24

Eva G. 6/ 8
 Michael K. 6/ 10
 Judith G. 6/17

Resident Council Meeting
 June 18 2:30pm-3:30pm

Food Committee Meeting
 June 18 2pm-2:30pm

Dates to Remember in June:

4- Monthly Birthday Party
 12- Art with Janet on Willow
 14- Flag Day
 14- Drum Circle on Willow
 14- Drum Circle on Redwood
 16- Father's Day
 19- Juneteenth

20- Summer Begins
 20- Asbury Day
 21- Tie Dye
 21- Strawberry Moon
 22- Voices in Praise Youth Choir
 28- Pizza Party Outing

Strawberry Moon

June 21, 2024, at 9:07 pm EST

June's Full Moon is named after the wild strawberries that ripen this month and could be gathered by the Native American tribes. Other native names are Berries Ripen Moon, Green Corn Moon, and Hot Moon.

The Celtic names are Horse Moon, Dyan Moon, and Rose Moon. Other English names are Flower Moon and Planting Moon. Other sources quote Mead Moon as the Anglo-Saxon name because this was the time for mowing the meads, or meadows.



Fitness Tips:

1. Seated Leg Lifts

Seated leg lifts are a fantastic exercise to strengthen your leg muscles and improve circulation. To perform this exercise, sit with your back straight in a sturdy chair. Keep your feet flat on the floor. Lift one leg straight out in front of you.

Hold for a few seconds. Lower your leg back to the starting position. Repeat with the other leg.

Gradually increase the number of repetitions as you get more comfortable with this exercise. Seated leg lifts are an excellent way to prevent muscle atrophy and maintain your lower-body strength.

2. Seated Marching

Seated marching is a low-impact exercise that improves cardiovascular health and keeps your leg muscles engaged. Here's how to do it. First, sit upright in your chair with your feet flat on the floor.

Lift your right knee towards your chest. Lower your right leg and repeat the same motion with your left leg. Continue this marching motion for 1-2 minutes.

Seated marching is a great way to get your heart rate up without putting strain on your joints. It also helps with balance and coordination.

3. Seated Knee Extensions

Seated knee extensions target your quadriceps and help to improve knee stability. To perform it, sit in a chair with your back straight and feet flat on the floor.

Worship Services

Worship Service Every Sunday
 2:30 - HC/ch957