

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Activity Types
						<ul style="list-style-type: none"> ● 10:00 Donuts & Coffee (CL) ¹ ● 1:30 Movie (TH) 	<ul style="list-style-type: none"> ● Creativity ● Curiosity ● Fun ● Purpose
							<p>Locations</p> <p>Community Room = CR Club Room = CL Theatre = TH Fitness Center = FC Deli = DI Dining Room = DR Care Suites = CS Memory Care = MC Tonka Porch = TP</p>
<ul style="list-style-type: none"> ● 1:30 Movie (TH) ² 	<ul style="list-style-type: none"> ● 9:30 Stretching & Breathing (FC) ³ ● 10:00 Men's Coffee (CL) ● 11:00 Yahtzee (DI) ● 1:00 Spiritual Conversations (CR) ● 2:00 Bridge (CL) ● 3:00 Documentary (T) ● 3:30 Specialty Drink Making (CL) 	<ul style="list-style-type: none"> ● 9:30 Balance & Strength (FC) ⁴ ● 10:30 Hot Apple Cider & Donuts (DI) ● 2:00 Sit n' Fit (FC) ● 3:00 One Day University (TH) 	<ul style="list-style-type: none"> ● 9:30 Stretching & Breathing (FC) ⁵ ● 10:00 Parkinson's Class (FC) ● 11:00 Mexican Train Dominoes (CL) ● 2:00 Dime Bingo (DI) ● 3:00 Paint & Sip (CL) 	<ul style="list-style-type: none"> ● 9:15 **Shopping Outing: Cub ⁶ ● 9:30 Balance & Strength (FC) ● 10:15 Songs, Prayer & Catholic Communion (CR) ● 10:30 Coffee, Cookies, & Conversations (CL) ● 2:00 Bridge (CL) ● 2:00 Sit n' Fit (FC) ● 3:00 Volleyball (L) 	<ul style="list-style-type: none"> ● 9:30 Stretching & Breathing (FC) ⁷ ● 11:00 Knitting (LI) ● 1:00 Tech Time with Leah (CL) ● 1:30 Parkinson's Support Group (CR) ● 2:00 Circuit Training (FC) ● 3:00 Happy Hour - National Beer Day! (CL) 	<ul style="list-style-type: none"> ● 10:00 Donuts & Coffee (CL) ⁸ ● 1:30 Movie (TH) 	<p>Happy Birthday!</p> <p>Al H. - 7th Ruth T. - 7th Douglas P. - 10th</p>
<ul style="list-style-type: none"> ● 1:30 Movie (TH) ⁹ 	<ul style="list-style-type: none"> ● 9:30 Stretching & Breathing (FC) ¹⁰ ● 10:00 Men's Coffee (CL) ● 11:00 Yahtzee (DI) ● 11:30 **Ladies Brunch (CR) ● 1:00 Hymn Sing (Recorded- Karl Out) (CR) ● 2:00 Bridge (CL) ● 3:00 Documentary (T) 	<ul style="list-style-type: none"> ● 9:30 Balance & Strength (FC) ¹¹ ● 10:00 Community Update Meeting (CR) ● 2:00 Sit n' Fit (FC) ● 3:30 Concert with Mary Hall (CR) 	<ul style="list-style-type: none"> ● 9:30 Stretching & Breathing (FC) ¹² ● 10:00 Parkinson's Class (FC) ● 10:30 **Trader Joe's Shopping Outing ● 11:00 Mexican Train Dominoes (CL) ● 2:00 Dime Bingo (CR) ● 3:30 Music with Malcolm (CR) 	<ul style="list-style-type: none"> ● 9:15 **Shopping Outing: Target ¹³ ● 9:30 Balance & Strength (FC) ● 10:15 Songs, Prayer & Catholic Communion (CR) ● 10:30 Coffee, Cookies, & Conversations (CL) ● 2:00 Bridge (CL) ● 2:00 Sit n' Fit (FC) ● 3:00 Volunteer appreciation Prep (CR) 	<ul style="list-style-type: none"> ● 9:30 Stretching & Breathing (FC) ¹⁴ ● 11:00 Knitting (LI) ● 1:30 Parkinson's Support Group (CR) ● 2:00 Circuit Training (FC) ● 3:00 Happy Hour (CL) 	<ul style="list-style-type: none"> ● 10:00 Donuts & Coffee (CL) ¹⁵ ● 1:30 Movie (TH) 	



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>● 1:30 Movie (TH) ¹⁶</p>	<p>● 9:30 Stretching & Breathing (FC) ¹⁷</p> <p>● 10:00 Men's Coffee (CL)</p> <p>● 11:00 Yahtzee (DI)</p> <p>● 1:00 Spiritual Conversations (CR)</p> <p>● 2:00 Bridge (CL)</p> <p>● 3:00 Documentary (T)</p>	<p>● 9:30 Balance & Strength (FC) ¹⁸</p> <p>● 10:00 Resident Council (CL)</p> <p>● 2:00 Sit n' Fit (FC)</p> <p>● 3:00 Struthers Parkinson's Presentation (CR)</p>	<p>● 9:30 Stretching & Breathing (FC) ¹⁹</p> <p>● 10:00 Parkinson's Class (FC)</p> <p>● 11:00 Mexican Train Dominoes (CL)</p> <p>● 1:00 One Day University (TH)</p> <p>● 2:00 Dime Bingo (CR)</p> <p>● 3:00 **Outing to Tonkadale Greenhouse</p>	<p>● 9:15 **Shopping Outing: Cub ²⁰</p> <p>● 9:30 Balance & Strength (FC)</p> <p>● 10:15 Songs, Prayer & Catholic Communion (CR)</p> <p>● 10:30 Coffee, Cookies, & Conversations (CL)</p> <p>● 2:00 Bridge (CL)</p> <p>● 2:00 Sit n' Fit (FC)</p> <p>● 3:00 Concert with Mary Franz (CR)</p>	<p>● 9:30 Stretching & Breathing (FC) ²¹</p> <p>● 11:00 Knitting (L)</p> <p>● 1:30 Parkinson's Support Group (CR)</p> <p>● 2:00 Circuit Training (FC)</p> <p>● 3:00 Happy Hour (CL)</p>	<p>● 10:00 Donuts & Coffee (CL) ²²</p> <p>● 1:30 Movie (TH)</p>
<p>● 1:30 Movie (TH) ²³</p>	<p>● 9:30 Stretching & Breathing (FC) ²⁴</p> <p>● 10:00 Men's Coffee (CL)</p> <p>● 11:00 Yahtzee (DI)</p> <p>● 11:30 CBS News and Discussion Group (TH)</p> <p>● 1:00 Spiritual Conversations (CR)</p> <p>● 2:00 Bridge (CL)</p> <p>● 3:00 Documentary (T)</p> <p>● 3:30 Specialty Drink Making (CL)</p>	<p>● 9:30 Balance & Strength (FC) ²⁵</p> <p>● 10:00 Give & Take (CR)</p> <p>● 2:00 Sit n' Fit (FC)</p>	<p>● 12:00 **Kohl's Shopping Outing ²⁶</p> <p>● 9:30 Stretching & Breathing (FC)</p> <p>● 10:00 Parkinson's Class (FC)</p> <p>● 11:00 Mexican Train Dominoes (CL)</p> <p>● 12:30 **Nails with Leah (DI)</p> <p>● 2:00 Dime Bingo (CR)</p>	<p>● 9:15 **Shopping Outing: Target ²⁷</p> <p>● 9:30 Balance & Strength (FC)</p> <p>● 10:15 Songs, Prayer & Catholic Communion (CR)</p> <p>● 10:30 Coffee, Cookies, & Conversations (CL)</p> <p>● 2:00 Bridge (CL)</p> <p>● 2:00 Sit n' Fit (FC)</p> <p>● 3:00 The Tea Girl of Hummingbird Lane Tasting & Discussion (CR)</p>	<p>● 9:30 Stretching & Breathing (FC) ²⁸</p> <p>● 11:00 Knitting (L)</p> <p>● 1:30 Parkinson's Support Group (CR)</p> <p>● 2:00 Circuit Training (FC)</p> <p>● 3:00 Happy Hour (CL)</p>	<p>● 10:00 Donuts & Coffee (CL) ²⁹</p> <p>● 1:30 Movie (TH)</p>

Activity Types

- Creativity
- Curiosity
- Fun
- Purpose

Locations

Community Room = CR
Club Room = CL
Theatre = TH
Fitness Center = FC
Deli = DI
Dining Room = DR
Care Suites = CS
Memory Care = MC
Tonka Porch = TP

Happy Birthday!

Click here, then select "start date" from the editor to the right to choose the correct month's birthday list.

