

**Life Enrichment Calendar
Avalon Springs Health Center**

July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans C - Connections I - Inspirations K - Keeping it Sharp L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>Happy Birthday!!! 7/4 Linda P. 7/13 Edward A. 7/17 Evelyn F. 7/17 Wilma P. 7/23 Elsie M. 7/30 Betty K.</p>	<p>*Ombudsman - Dennis Fagan 800-826-7871 *Medicare 1-800-772-1213 *ISDH Survey results can be found in the Health Center Lobby. *Fresh Bannons and Cookies</p>	<p>Key: AR= Activity/Craft Room TS = Town Square CC = Crusader Cafe DR = Dining Room CY = Court Yard ALR = AL Living Room HLR = HC Living Room</p>	<p>Summer Outings 7/11 Valparaiso Market 11am 7/17 The Dairy Adventure at Fair Oaks Farms 10am 7/26 Senior Day at Porter County Fair 10am</p>	<p>Summer Shows 7/12 Jonny Bird Tribute to the Legends 3pm (TS) 7/27 Silly Safari 10am (TS)</p>	<p>1 S 9:00 Garden Club I 10:30 Jeff Hawkins and Bethel Bible Church Service (TS) K 11:50 Daily Dose of Laughter (DR) I 1:15 Inspirations and Devotions (TS) L 2:00 Weekend Matinee AL&HC Living Rooms(Channel 2)</p>
2	3	4 4th of July	5	6	7	8
<p>S 9:00 Garden Club K 10:30 Coffee and News K 11:50 Daily Dose of Laughter (DR) A 1:00 Artist Corner (TS) L 2:00 Weekend Matinee AL&HC Living Rooms(Channel 2)</p>	<p>S 9:00 Garden Club A 9:30 Art Made Simple with Susie Rosso (AR) V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) A 1:15 Arts & Crafts MM 2:30 Mindful Moments Father's Box</p>	<p>S 9:00 Garden Club V 11:00 Kick the Beach Ball K 11:15 Group Crossword (AR) K 11:50 Daily Dose of Laughter (DR) L 1:15 Celebrate the 4th of July AL Courtyard MM 1:15 Music & Meditation</p>	<p>S 9:00 Garden Club I 10:00 Catholic Mass (TS) V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) K 1:15 Bingo (TS) C 3:00 Resident Council Meeting (AR)</p>	<p>S 9:00 Garden Club V 11:00 Kick the Beach Ball O 11:30 Lunch Outing to Olive Garden K 11:50 Daily Dose of Laughter (DR) M 2:00 Ken Tripp Performs MM 2:00 Mindful Moments - In the</p>	<p>S 9:00 Garden Club V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) I 1:30 Bible Study with Heartland (HLR) MM 1:30 Mindful Moments - At the Beach (HLR)</p>	<p>S 9:00 Garden Club K 10:30 Coffee and News K 11:50 Daily Dose of Laughter (DR) I 1:15 Inspirations and Devotions (TS) L 2:00 Weekend Matinee AL&HC Living Rooms(Channel 2)</p>
9	10	11	12	13	14	15
<p>S 9:00 Garden Club K 10:30 Coffee and News S 11:30 July Sunday Brunch K 11:50 Daily Dose of Laughter (DR) L 2:00 Weekend Matinee AL&HC Living Rooms(Channel 2)</p>	<p>S 9:00 Garden Club V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) A 1:15 Art Made Simple with Susie Rosso (TS) MM 2:30 Mindful Moments Father's Box</p>	<p>S 9:00 Garden Club S 10:00 Chef Circle (AR) O 11:00 Valparaiso Market Outing V 11:00 Kick the Beach Ball K 11:50 Daily Dose of Laughter (DR) MM 1:15 Music & Meditation (HLR) K 3:00 Group Crossword (AR)</p>	<p>S 9:00 Garden Club A 9:30 Art Made Simple with Susie Rosso(AR) V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) K 1:15 Bingo (TS) M 3:00 Jonny Bird Tribute to the</p>	<p>S 9:00 Garden Club M 10:00 Singing Strings and Bell Choir(TS) V 11:00 Kick the Beach Ball O 11:30 Lunch Outing to Suzie's Cafe K 11:50 Daily Dose of Laughter (DR)</p>	<p>S 9:00 Garden Club V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) I 1:30 Bible Study with Heartland (HLR) MM 1:30 Mindful Moments - At the Beach (HLR)</p>	<p>S 9:00 Garden Club K 10:30 Coffee and News K 11:50 Daily Dose of Laughter (DR) I 1:15 Inspirations and Devotions (TS) L 2:00 Weekend Matinee AL&HC Living Rooms(Channel 2)</p>
16	17	18	19	20	21	22
<p>S 9:00 Garden Club K 10:30 Coffee and News K 11:50 Daily Dose of Laughter (DR) A 1:00 Artist Corner (TS) L 2:00 Weekend Matinee AL&HC Living Rooms(Channel 2)</p>	<p>S 9:00 Garden Club O 10:00 The Dairy Land Adventure at Fair Oaks Farms V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) A 1:15 Art & Crafts (TS) MM 2:30 Mindful Moments Father's Box</p>	<p>S 9:00 Garden Club S 10:00 Chef Circle (AR) V 11:00 Kick the Beach Ball K 11:15 Group Crossword (AR) K 11:50 Daily Dose of Laughter (DR) O 1:15 JCPenny Outing MM 1:15 Music & Meditation (HLR)</p>	<p>S 9:00 Garden Club A 9:30 Art Made Simple with Susie Rosso(AR) V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) K 1:15 Bingo (TS) C 3:00 Tea Time in the Garden</p>	<p>S 9:00 Garden Club O 11:00 Lunch Outing to Valpo Velvet Ice Cream V 11:00 Kick the Beach Ball K 11:50 Daily Dose of Laughter (DR) K 2:00 Mixed-Up July (AR) MM 2:00 Mindful Moments - In the</p>	<p>S 9:00 Garden Club C 10:00 Nails with RCS (AR) V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) I 1:30 Bible Study with Heartland (HLR) MM 1:30 Mindful Moments - At the</p>	<p>S 9:00 Garden Club K 10:30 Coffee and News K 11:50 Daily Dose of Laughter (DR) I 1:15 Inspirations and Devotions (TS) L 2:00 Weekend Matinee AL&HC Living Rooms(Channel 2)</p>
23	24	25	26	27	28	29
<p>S 9:00 Garden Club K 10:30 Coffee and News K 11:50 Daily Dose of Laughter (DR) A 1:00 Artist Corner (TS) L 2:00 Weekend Matinee AL&HC Living Rooms(Channel 2) I 3:00 Apostolic Church & Songs</p>	<p>S 9:00 Garden Club V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) A 1:15 Art Made Simple with Susie Rosso MM 2:30 Mindful Moments Father's Box</p>	<p>S 9:00 Garden Club S 10:00 Chef Circle (TS) V 11:00 Kick the Beach Ball K 11:15 Group Crossword (AR) K 11:50 Daily Dose of Laughter (DR) O 1:15 Kohl's Outing MM 1:15 Music & Meditation (HLR)</p>	<p>S 9:00 Garden Club A 9:30 Art Made Simple with Susie Rosso(AR) O 10:00 Porter County Fair Senior Day V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR)</p>	<p>S 9:00 Garden Club L 10:00 Silly Safari Visits (TS) V 11:00 Kick the Beach Ball O 11:30 Picnic at ValPLAYso Park K 11:50 Daily Dose of Laughter (DR) K 2:00 Word Mining (AR) MM 2:00 Mindful Moments - In the</p>	<p>S 9:00 Garden Club V 11:00 Balloon Volleyball (HC) K 11:50 Daily Dose of Laughter (DR) I 1:30 Bible Study with Heartland (HLR) MM 1:30 Mindful Moments - At the Beach (HLR)</p>	<p>S 9:00 Garden Club K 10:30 Coffee and News K 11:50 Daily Dose of Laughter (DR) I 1:15 Inspirations and Devotions (TS) L 2:00 Weekend Matinee AL&HC Living Rooms(Channel 2)</p>
30	31					
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**Life Enrichment Calendar
Avalon Springs Assisted Living**

July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans C - Connections I - Inspirations K - Keeping it Sharp L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>Key: AR = Activity/Craft Room TS = Town Square CC = Crusader Cafe DR = Dining Room CY = Court Yard ALR = AL Living Room HLR = HC Living Room</p>	<p>Happy Birthday!!! 7/17 Evelyn F. turns 102yrs young!!! 7/26 Pat W.</p>	<p>*Ombudsman - Dennis Fagan 800-826-7871 *Medicare 1-800-772-1213 *ISDH Survey results can be found in the Health Center Lobby. *Fresh Biscuits and Cookies</p>	<p>Special Summer Outings 7/11 Valparaiso Market Down Town 11am 7/17 The Dairy Adventure at Fair Oaks Farms 10am</p>	<p>Special Shows in July 7/12 Jonny Bird Tribute to the Legends 3pm (TS) 7/27 Silly Safari 10am (TS)</p>	<p>1 S 9:00 Garden Club I 10:30 Jeff Hawkins and Bethel Bible Church Service (TS) K 11:50 Daily Dose of Laughter (DR) I 1:15 Inspirations and Devotions (TS) L 2:00 Weekend Matinee AL&HC Living Rooms(Channel 2)</p>
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Daily Rhythms Calendar
The Legacy at Avalon Springs

July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans C - Connections CC - Creative Cooking I - Inspirations K - Keeping it Sharp L - Lifelong Learning M - Music to My Ears O - Out & About V - Vitality</p>	<p>Sunday Brunch July 9th at 11:30am Please RSVP by July 6 2 complimentary guests each additional \$10.00</p>					<p>1 V Foam BallFIT K Memory Streets CC Broccoli Salad Supreme Rest & Recharge C Great American Symbols A Animal Collage M Shake It Up High V Croquet</p>
<p>2 V Mindful Movements K Categories: "List It" CC Raspberry Peach Delight Rest & Recharge C Shake Loose a Memory A Painting And Drawing To Music M Alive & Inspired V Horseshoes</p>	<p>3 V Jogging Through the Jungle K Jigsaw Puzzle CC Buttons and Bows Rest & Recharge C Taking a Trip! A Clay Exploration M Name The Croon V Saved by the Bell</p>	<p>4 4th of July V Freedom H2O Balloon Hurl K Independence Day Discussion CC Independence Day Red Velvet Cupcakes Rest & Recharge C American Greats! A Jasper Johns Inspired American Flag M Patriotic Karaoke</p>	<p>5 V Bubble Stomp K Crossword Craze CC Chocolate Strawberry Trifle Rest & Recharge C Wheelbarrow Crop A Homemade Hydrangeas M I Hear Music V Croquet</p>	<p>6 V Imaginary Fishing Trip CC Special Banana Nut Bread K Symphony Time! M Piano with Matt Rest & Recharge C Fun with Fabrics O Ice cream and a drive V Charades</p>	<p>7 V Balloon Battle K Penny Ante CC Roast Beef Pinwheels Rest & Recharge C Message in a Bottle M Happy Hour with JT A Bubble Wrap Printmaking V Saved by the Bell</p>	<p>8 V Foam BallFIT K Memory Streets CC Chippy Peanut Butter Cookies Rest & Recharge C Great American Symbols A Color Collage M Shake It Up High V Croquet</p>
<p>9 V Mindful Movements K Categories: "List It" Brunch Rest & Recharge C Shake Loose a Memory A Painting And Drawing To Music M Alive & Inspired V Horseshoes</p>	<p>10 V Jogging Through the Jungle K Jigsaw Puzzle CC Key Lime Bread Rest & Recharge C Taking a Trip! A Clay Exploration M Name The Croon V Saved by the Bell</p>	<p>11 V H2O Balloon Hurl K Sequencing CC Spiced Cocoa Cupcakes Rest & Recharge C American Greats! A Kandinsky Circles M Patriotic Karaoke V Bowling Fun</p>	<p>12 V Bubble Stomp K Crossword Craze CC Chocolate Toffee Biscuits Rest & Recharge C Wheelbarrow Crop A Rainy Day Art M I Hear Music V Croquet</p>	<p>13 V Imaginary Fishing Trip K Inspired Tales M Singing Strings CC Apple Zucchini Bread Rest & Recharge C Fun with Fabrics A Ziploc Sensory Painting O Go for a drive</p>	<p>14 V Balloon Battle K Penny Ante CC Pineapple Cheddar Spread Rest & Recharge C Message in a Bottle M Happy Hour with Cliff Martin A Complete the Picture V Saved by the Bell</p>	<p>15 V Foam BallFIT K Memory Streets CC Loaded Pretzel Cookies Rest & Recharge C Great American Symbols A Shapes Collage M Shake It Up High V Croquet</p>
<p>16 V Mindful Movements K Categories: "List It" CC Creamy Peanut Butter Pie Rest & Recharge C Shake Loose a Memory A Painting And Drawing To Music M Alive & Inspired V Horseshoes</p>	<p>17 V Jogging Through the Jungle K Jigsaw Puzzle CC Banana Wheat Bread Rest & Recharge C Taking a Trip! A Clay Exploration M Name The Croon V Saved by the Bell</p>	<p>18 V H2O Balloon Hurl K Sequencing CC Lemon Sparkle Cupcakes Rest & Recharge C American Greats! A Tissue Transfer Art M Patriotic Karaoke V Bowling Fun</p>	<p>19 V Bubble Stomp K Crossword Craze CC Hershey's Milk Chocolate Chip Giant Cookies Rest & Recharge C Wheelbarrow Crop A Shaving Cream Marbling M I Hear Music</p>	<p>20 V Imaginary Fishing Trip K Inspired Tales CC Honey Spice Bread Rest & Recharge C Fun with Fabrics A Ball Art Abstraction O Go for a drive M Get Up & Dance</p>	<p>21 V Balloon Battle K Penny Ante CC Strawberry Salsa Rest & Recharge C Message in a Bottle M Happy Hour with The Keys A Magic Noodle Colorful Sculptures V Saved by the Bell</p>	<p>22 V Foam BallFIT K Memory Streets CC Tropical Muffins Rest & Recharge C Great American Symbols A Alphabet Collage M Shake It Up High V Croquet</p>
<p>23 V Mindful Movements K Categories: "List It" CC Traditional Cherry Pie Rest & Recharge C Shake Loose a Memory A Painting And Drawing To Music M Alive & Inspired V Horseshoes</p>	<p>24 V Jogging Through the Jungle K Jigsaw Puzzle CC Orange Banana Nut Bread Rest & Recharge C Taking a Trip! A Clay Exploration M Name The Croon V Saved by the Bell</p>	<p>25 V H2O Balloon Hurl K Sequencing CC Chocolate Zucchini Cupcakes Rest & Recharge C American Greats! A Sensory Spice Painting M Patriotic Karaoke V Bowling Fun</p>	<p>26 V Bubble Stomp K Crossword Craze CC Oatmeal Butterscotch Cookies Rest & Recharge C Wheelbarrow Crop A Ink Blot Art M I Hear Music V Croquet</p>	<p>27 V Imaginary Fishing Trip CC Parmesan Italian Loaf L Silly Safari Rest & Recharge C Fun with Fabrics A Thematic Door Wreath O Go for a drive M Get Up & Dance</p>	<p>28 V Balloon Battle K Penny Ante CC Veggie Pizza Squares Rest & Recharge C Message in a Bottle M Happy Hour with Harley Hehr A Complete the Picture V Saved by the Bell</p>	<p>29 V Foam BallFIT K Memory Streets CC Delicious Pumpkin Bread Rest & Recharge C Great American Symbols A Texture Collage M Shake It Up High V Croquet</p>
<p>30 V Mindful Movements K Categories: "List It" CC Peach Delight Pie Rest & Recharge C Shake Loose a Memory A Painting And Drawing To Music M Alive & Inspired V Horseshoes</p>	<p>31 V Jogging Through the Jungle K Jigsaw Puzzle CC Zucchini Cupcakes Rest & Recharge C Taking a Trip! A Clay Exploration M Name The Croon V Saved by the Bell</p>					