

Life Enrichment Activities
Park Terrace Health Campus



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! Sis P. 8-4 Ray E. 8-11 Frances S. 8-11 Joyce P. 8-18 Judy P. 8-27 Margaret M. 8-28</p>	<p>1 MM 10:00 Musical Movements V 10:30 Bowling L 1:00 Lifelong Learning K 2:00 Bingo S 3:00 Chef's Circle</p>	<p>2 C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement K 10:15 IN2L Games S 10:30 Resident Council Mtg- ACT A 1:00 Artisans O 3:00 Scenic Drive</p>	<p>3 MM 10:00 Grab Bag V 10:30 Moving to Music K 2:00 Bingo K 5:45 IN2L Trivia K 6:00 Gathering of Friends</p>	<p>4 MM 10:00 Aromatherapy/Hand Massage K 10:15 IN2L Games V 10:30 Trilogy Fit A 1:00 Artisans S 3:00 Happy Hour 1st Fl. Cafe With Doug Pinson</p>	<p>5 M 10:00 Glee Club V 10:30 Noodle Ball K 1:00 Media Cart K 2:00 Game Time</p>
<p>6 C 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 Hymn Sing</p>	<p>7 I 10:00 Morning Motivations MM 10:15 Themed Baskets V 10:30 Trilogy Fit O 2:00 Garden Time Sun Tea O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>8 MM 10:00 Musical Movements V 10:30 Bowling L 1:00 Lifelong Learning K 2:00 Bingo S 3:00 Chef's Circle</p>	<p>9 C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement K 10:15 IN2L Games A 1:00 Artisans O 3:00 Scenic Drive</p>	<p>10 MM 10:00 Grab Bag V 10:30 Moving to Music S 1:00 Inspired Living Committe K 2:00 Bingo K 6:00 Gathering of Friends</p>	<p>11 MM 10:00 Aromatherapy/Hand Massage K 10:15 IN2L Games V 10:30 Trilogy Fit A 1:00 Artisans S 3:00 Happy Hour 1st Fl. Cafe With Dave Hunt</p>	<p>12 M 10:00 Glee Club V 10:30 Noodle Ball K 1:00 Media Cart K 2:00 Game Time</p>
<p>13 C 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 Hymn Sing</p>	<p>14 I 10:00 Morning Motivations MM 10:15 Themed Baskets V 10:30 Trilogy Fit O 2:00 Garden Time Sun Tea O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>15 MM 10:00 Musical Movements V 10:30 Bowling L 1:00 Lifelong Learning about the Caribbean Sea K 2:00 Bingo S 3:00 Chef's Circle</p>	<p>16 C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement K 10:15 IN2L Games A 1:00 Artisans O 3:00 Scenic Drive</p>	<p>17 MM 10:00 Grab Bag V 10:30 Moving to Music S 12:00 Taste of the Town K 1:00 Cruise to the Caribbean K 2:00 Bingo S 5:00 Theme Dinner Cruising to the Caribbean</p>	<p>18 MM 10:00 Aromatherapy/Hand Massage K 10:15 IN2L Games V 10:30 Trilogy Fit A 1:00 Artisans S 3:00 Happy Hour 1st Fl. Cafe With Pat Portman</p>	<p>19 M 10:00 Glee Club V 10:30 Noodle Ball K 1:00 Media Cart K 2:00 Game Time</p>
<p>20 C 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Tickle Your Senses M 2:00 Hymn Sing</p>	<p>21 Senior Citizens Day I 10:00 Morning Motivations MM 10:15 Themed Baskets V 10:30 Trilogy Fit O 2:00 Garden Time Sun Tea O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>22 MM 10:00 Musical Movements V 10:30 Bowling L 1:00 Lifelong Learning K 2:00 Bingo S 3:00 Chef's Circle</p>	<p>23 C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement K 10:15 IN2L Games A 1:00 Artisans O 3:00 Scenic Drive</p>	<p>24 MM 10:00 Grab Bag V 10:30 Moving to Music K 2:00 Bingo K 5:45 IN2L Trivia K 6:00 Gathering of Friends</p>	<p>25 MM 10:00 Aromatherapy/Hand Massage K 10:15 IN2L Games V 10:30 Trilogy Fit A 1:00 Artisans S 3:00 Happy Hour 1st Floor Cafe with Elvis</p>	<p>26 M 10:00 Glee Club V 10:30 Noodle Ball K 1:00 Media Cart K 2:00 Game Time</p>
<p>27 C 10:00 Communion V 10:00 Meditation Movement K 10:15 World News & Coffee I 10:30 Mass of the Air on ABC S 11:00 Sunday Brunch- 1st floor Cafeteria I 11:00 Southeast Christian Church on TV on NBC MM 1:30 Sensations</p>	<p>28 I 10:00 Morning Motivations MM 10:15 Themed Baskets V 10:30 Trilogy Fit O 2:00 Garden Time Sun Tea O 3:00 Scenic Drive K 6:00 Gathering of Friends</p>	<p>29 MM 10:00 Musical Movements V 10:30 Bowling L 1:00 Lifelong Learning K 2:00 Bingo S 3:00 Chef's Circle</p>	<p>30 C 10:00 Communion w/Gil MM 10:00 Yoga Breathing and Movement K 10:15 IN2L Games A 1:00 Artisans O 3:00 Scenic Drive</p>	<p>31 MM 10:00 Grab Bag V 10:30 Moving to Music K 2:00 Bingo K 5:45 IN2L Trivia K 6:00 Gathering of Friends</p>	<p>You are never too old to set another goal or to dream a new dream. C. S. Lewis</p>	

**Park Terrace Legacy Lane
Daily Rythms**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans C - Connections CC - Creative Cooking I - Inspirations K - Keeping it Sharp M - Music to My Ears S - Signature Events V - Vitality</p>	<p>Birthdays Sis P. 8-4 Frances S. 8-11 Joyce P. 8-18</p>	<p>1 V 9:30 H2O Balloon Hurl K 10:00 Sequencing C 10:30 American Greats! 1:00 Rest & Recharge A 2:00 Printmaking With Vegetables M 3:00 Patriotic Karaoke C 4:00 The Price Is Right I 6:00 Toot Your Horn If...</p>	<p>2 V 9:30 Bubble Stomp K 10:00 Crossword Puzzle 1:00 Rest & Recharge C 1:30 Wheelbarrow Crop M 3:00 I Hear Music V 4:00 Croquet K 6:00 LifeShare Games</p>	<p>3 V 9:30 Imaginary Fishing Trip K 10:00 Inspired Tales CC 10:45 Chocolate Chip Cookie Bars 1:00 Rest & Recharge A 2:00 Painting with Scissors in the Style of Matisse M 3:00 Get Up & Dance V 4:00 Charades</p>	<p>4 V 9:30 Balloon Battle K 10:00 Penny Ante 1:00 Rest & Recharge C 1:30 Message in a Bottle M 3:00 Happy Hour with Doug Pinson V 4:30 Saved by the Bell C 6:00 Meet Me In the Courtyard</p>	<p>5 V 9:30 Foam BallFIT K 10:00 Memory Streets 1:00 Rest & Recharge C 1:30 Great American Symbols M 3:00 Shake It Up High V 4:00 Croquet K 6:00 Spelling Bee</p>
<p>6 V 9:30 Mindful Movements K 10:00 Categories: "List It" 1:00 Rest & Recharge C 1:30 Shake Loose a Memory M 3:00 Alive & Inspired V 4:00 Horseshoes C 6:00 Reminiscing thru Photos</p>	<p>7 V 9:30 Jogging Through the Jungle K 10:30 Jigsaw Puzzle 1:00 Rest & Recharge K 1:30 Take a Trip M 3:00 Name The Croon V 4:00 Saved by the Bell K 6:00 Famous Faces</p>	<p>8 V 9:30 H2O Balloon Hurl K 10:00 Sequencing 1:00 Rest & Recharge A 1:30 Kandinsky Circles M 3:00 Patriotic Karaoke K 4:00 Summertime Swim! I 6:00 Toot Your Horn If...</p>	<p>9 V 9:30 Bubble Stomp K 10:00 Crossword Puzzle 1:00 Rest & Recharge A 2:00 Rain Drop Art M 3:00 I Hear Music K 4:00 Tell Me About... K 6:00 LifeShare Games</p>	<p>10 V 9:30 Imaginary Fishing Trip K 10:00 Inspired Tales CC 10:45 Loaded Pretzel Cookies 1:00 Rest & Recharge C 1:30 Fun with Fabrics M 3:00 Get Up & Dance K 4:00 Symphony Time! K 6:00 Scavenger Hunt</p>	<p>11 V 9:30 Balloon Battle K 10:00 Penny Ante 1:00 Rest & Recharge A 1:30 Relief Printmaking M 3:00 Happy Hour with Dave Hunt K 4:30 Double the Fun! C 6:00 Meet Me In the Courtyard</p>	<p>12 V 9:30 Foam BallFIT K 10:00 Memory Streets 1:00 Rest & Recharge A 2:00 Color Collage M 3:00 Shake It Up High V 4:00 Croquet K 6:00 Get A Job...</p>
<p>13 V 9:30 Mindful Movements K 10:00 Categories: "List It" 1:00 Rest & Recharge A 1:30 Painting And Drawing To Music M 3:00 Alive & Inspired K 4:00 What's In a Word? C 6:00 Reminiscing thru Photos</p>	<p>14 V 9:30 Jogging Through the Jungle K 10:30 Jigsaw Puzzle 1:00 Rest & Recharge A 1:30 Clay Exploration M 3:00 Name The Croon V 4:00 Saved by the Bell K 6:00 Famous Faces</p>	<p>15 V 9:30 H2O Balloon Hurl K 10:00 Sequencing 1:00 Rest & Recharge C 1:30 American Greats! M 3:00 Patriotic Karaoke C 4:00 The Price Is Right I 6:00 Toot Your Horn If...</p>	<p>16 V 9:30 Bubble Stomp K 10:00 Crossword Puzzle 1:00 Rest & Recharge C 1:30 Wheelbarrow Crop M 3:00 I Hear Music V 4:00 Croquet K 4:30 Tell Me About... K 6:00 LifeShare Games</p>	<p>17 V 9:30 Imaginary Fishing Trip K 10:00 Inspired Tales S 12:00 Taste of the Town 1:00 Rest & Recharge A 2:00 Ball Art Abstraction M 3:00 Get Up & Dance V 4:00 Charades S 5:00 Theme Dinner Cruising to the Caribbean</p>	<p>18 V 9:30 Balloon Battle K 10:00 Penny Ante 1:00 Rest & Recharge C 1:30 Message in a Bottle M 3:00 Happy Hour with Pat Portman K 4:30 Double the Fun! C 6:00 Meet Me In the Courtyard</p>	<p>19 V 9:30 Foam BallFIT K 10:00 Memory Streets 1:00 Rest & Recharge A 2:00 Shapes Collage M 3:00 Shake It Up High V 4:00 Croquet K 6:00 Spelling Bee</p>
<p>20 V 9:30 Mindful Movements K 10:00 Categories: "List It" 1:00 Rest & Recharge C 1:30 Shake Loose a Memory M 3:00 Alive & Inspired V 4:00 Horseshoes C 6:00 Reminiscing thru Photos</p>	<p>21 Senior Citizens Day V 9:30 Jogging Through the Jungle K 10:30 Jigsaw Puzzle 1:00 Rest & Recharge K 1:30 Take a Trip M 3:00 Name The Croon V 4:00 Saved by the Bell K 6:00 Famous Faces</p>	<p>22 V 9:30 H2O Balloon Hurl K 10:00 Sequencing 1:00 Rest & Recharge C 1:30 American Greats! M 3:00 Patriotic Karaoke C 4:00 The Price Is Right I 6:00 Toot Your Horn If...</p>	<p>23 V 9:30 Bubble Stomp K 10:00 Crossword Puzzle 1:00 Rest & Recharge A 1:30 Ink Blot Art M 3:00 I Hear Music K 4:00 Tell Me About... K 6:00 LifeShare Games</p>	<p>24 V 9:30 Imaginary Fishing Trip K 10:00 Inspired Tales CC 10:45 Orange Bnana Nut Bread 1:00 Rest & Recharge C 1:30 Fun with Fabrics M 3:00 Get Up & Dance V 4:00 Charades K 6:00 Scavenger Hunt</p>	<p>25 V 9:30 Balloon Battle K 10:00 Penny Ante 1:00 Rest & Recharge C 1:30 Message in a Bottle M 3:00 Happy Hour with Elvis K 4:30 Double the Fun! C 6:00 Meet Me In the Courtyard</p>	<p>26 V 9:30 Foam BallFIT K 10:00 Memory Streets 1:00 Rest & Recharge C 1:30 Great American Symbols A 2:00 Alphabet Collage M 3:00 Shake It Up High V 4:00 Croquet K 6:00 Spelling Bee</p>
<p>27 V 9:30 Mindful Movements K 10:00 Categories: "List It" 1:00 Rest & Recharge A 1:30 Painting And Drawing To Music M 3:00 Alive & Inspired V 4:00 Horseshoes C 6:00 Reminiscing thru Photos</p>	<p>28 V 9:30 Jogging Through the Jungle K 10:00 Jigsaw Puzzle 1:00 Rest & Recharge A 1:30 Clay Exploration M 3:00 Name The Croon V 4:00 Saved by the Bell K 6:00 Famous Faces</p>	<p>29 V 9:30 H2O Balloon Hurl K 10:00 Sequencing 1:00 Rest & Recharge A 1:30 Essential Oils Diffuser Necklace M 3:00 Patriotic Karaoke K 4:00 Summertime Swim! I 6:00 Toot Your Horn If...</p>	<p>30 V 9:30 Bubble Stomp K 10:00 Crossword Puzzle 1:00 Rest & Recharge A 2:00 Tissue Transfer Art M 3:00 I Hear Music K 4:00 Tell Me About... K 6:00 LifeShare Games</p>	<p>31 V 9:30 Imaginary Fishing Trip K 10:00 Inspired Tales 1:00 Rest & Recharge C 1:30 Fun with Fabrics CC 2:00 Veggie Pizza Squares M 3:00 Get Up & Dance V 4:00 Charades K 6:00 Scavenger Hunt</p>	<p>Join us for our Monthly Family Forum, an informative family support group. Every 2nd Wednesday of the Month at 6:00 PM</p>	