

The Oaks at Bethesda  
Assisted Living

# JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b>I</b> 10:00 North Terrace Church Service-HCAR <b>K</b> 11:45 Daily Chronicle-DR <b>A</b> 1:30 4th of July Craft-HCAR <b>GC</b> 4:00 Board Games-ALAR	<b>2</b> <b>V</b> 9:00 TrilogyFit-ALAC <b>K</b> 10:00 Cranium Crunches-ALAC <b>K</b> 11:45 Daily Chronicle-ALDR <b>G</b> 1:15 Hooves and Paws 4-H Group-HCAR <b>GC</b> 1:45 Card Game Time-AL Cafe <b>A</b> 2:00 Jewelry Making-HCAC	<b>3</b> <b>V</b> 8:45 TrilogyFit-ALAC <b>I</b> 10:00 Cornerstone Church-HCAR <b>S</b> 10:30 Chef's Circle-CC <b>K</b> 11:45 Daily Chronicle-ALDR <b>S</b> 1:30 Resident Council <b>M</b> 2:00 David Schubach-HCAR <b>S</b> 4:00 Inspired Living Committee-HCAR	<b>4 Independence Day</b> <b>K</b> 9:30 Lifeshare Games <b>K</b> 11:45 Trivia-DR <b>GC</b> 2:00 Red, White and Blue Bingo-CC <b>K</b> 4:45 Daily Chronicle-ALDR <b>GC</b> 5:30 Games Galore-HCAR	<b>5</b> <b>K</b> 9:00 Brain Fit-ALAC <b>GC</b> 10:15 TrilogyFit-ALLR <b>K</b> 10:30 Card Shark-ALCafe <b>O</b> 1:30 Shopping at Walmart <b>K</b> 4:45 Daily Chronical-DR <b>GC</b> 5:30 Game Night with Popcorn-AC	<b>6</b> <b>V</b> 9:00 Moving to Music <b>G</b> 10:30 Nail Spa-ALAR <b>K</b> 11:45 Guess How Many?-ALDR <b>S</b> 3:00 Happy Hour with Rick & Sue Hildebrand-HCDR <b>K</b> 4:15 Daily Chronicle	<b>7</b> <b>V</b> 9:15 Mind & Body Exercise-HCAR <b>CC</b> 10:00 Red, White and Blue Desserts <b>K</b> 11:45 Daily Chronicle-DR <b>K</b> 2:00 Bingo-HCAR <b>K</b> 3:30 Card Table-AL Cafe
<b>8</b> <b>I</b> 10:00 North Terrace Church Service-HCAR <b>K</b> 11:45 Daily Chronicle-DR <b>A</b> 1:30 Summertime Painting-HCAR <b>GC</b> 4:00 Board Games-ALAR	<b>9</b> <b>V</b> 9:00 TrilogyFit-ALAC <b>K</b> 10:00 Cranium Crunches-ALAC <b>K</b> 11:45 Daily Chronicle-ALDR <b>I</b> 1:15 Rosery with Regina-ALAR <b>GC</b> 1:45 Card Game Time-AL Cafe <b>A</b> 2:00 Jewelry Making-HCAC	<b>10</b> <b>V</b> 8:45 TrilogyFit-ALAC <b>GC</b> 9:30 Coffee Klatch <b>S</b> 10:30 Chef's Circle-CC <b>K</b> 11:45 Daily Chronicle-ALDR <b>A</b> 2:00 Crafter's Comer-HCAR <b>K</b> 3:30 Games Galore!	<b>11</b> <b>K</b> 9:30 Lifeshare Games <b>O</b> 10:45 Shopping at Kohl's <b>K</b> 11:45 Trivia-DR <b>M</b> 2:00 Entertainment by Trice Perry-ALLR <b>K</b> 4:45 Daily Chronicle-ALDR <b>K</b> 5:30 Bingo-HCAR	<b>12</b> <b>K</b> 9:00 Brain Fit-ALAC <b>GC</b> 9:45 Coffee Klatch <b>V</b> 10:20 TrilogyFit-ALAC <b>K</b> 10:30 Card Shark-ALCafe <b>O</b> 11:30 Trip to the WILDS <b>GC</b> 2:00 Summer Song Day-HCAC <b>K</b> 4:45 Daily Chronical-DR <b>GC</b> 5:30 Game Night with	<b>13</b> <b>V</b> 9:00 Moving to Music <b>G</b> 10:30 Nail Spa-ALAR <b>K</b> 11:45 Guess How Many?-ALDR <b>I</b> 1:15 Rosery with Regina-ALAR <b>S</b> 3:00 Happy Hour with Class of '62-ALDR <b>K</b> 4:15 Daily Chronicle	<b>14</b> <b>V</b> 9:15 Mind & Body Exercise-HCAR <b>CC</b> 10:00 Pecan Pie Day-CC <b>K</b> 11:45 Daily Chronicle-DR <b>K</b> 2:00 Bingo-HCAR <b>K</b> 3:30 Card Table-AL Cafe
<b>15</b> <b>I</b> 10:00 North Terrace Church Service-HCAR <b>K</b> 11:45 Daily Chronicle-DR <b>A</b> 1:30 Canvas Painting-HCAR <b>GC</b> 4:00 Board Games-ALAR	<b>16</b> <b>V</b> 9:00 TrilogyFit-ALAC <b>GC</b> 10:00 Volunteer Bingo-ALAC <b>K</b> 11:45 Daily Chronicle-ALDR <b>S</b> 12:00 Taste of Town from IHOP <b>I</b> 1:15 Rosery with Regina-ALAR <b>GC</b> 1:45 Card Game Time-AL Cafe	<b>17</b> <b>V</b> 8:45 TrilogyFit-ALAC <b>GC</b> 9:30 Coffee Klatch <b>S</b> 10:30 Chef's Circle-CC <b>K</b> 11:45 Daily Chronicle-ALDR <b>A</b> 2:00 Crafter's Comer-HCAR <b>K</b> 3:30 Games Galore!	<b>18</b> <b>K</b> 9:30 Lifeshare Games <b>O</b> 10:45 Shopping at the Dollar <b>K</b> 11:45 Trivia-DR <b>K</b> 2:00 You be the Judge-ALLR <b>K</b> 4:45 Daily Chronicle-ALDR <b>K</b> 5:30 Bingo-HCAR	<b>19</b> <b>V</b> 9:00 TrilogyFit-ALAC <b>K</b> 9:00 Brain Fit-ALAC <b>GC</b> 9:45 Coffee Klatch <b>K</b> 10:30 Card Shark-ALCafe <b>O</b> 11:30 Lunch at Olive Garden <b>M</b> 2:00 Music with Bev & Lou-HCAC <b>K</b> 4:45 Daily Chronical-DR <b>GC</b> 5:30 Game Night with	<b>20</b> <b>V</b> 9:00 Moving to Music <b>G</b> 10:30 Nail Spa-ALAR <b>K</b> 11:45 Guess How Many?-ALDR <b>I</b> 1:15 Rosery with Regina-ALAR <b>S</b> 3:00 Happy Hour with Mike Ward-ALDR <b>K</b> 4:15 Daily Chronicle	<b>21</b> <b>V</b> 9:15 Mind & Body Exercise-HCAR <b>CC</b> 10:00 Junk Food Cookies <b>K</b> 11:45 Daily Chronicle-DR <b>K</b> 2:00 Bingo-HCAR <b>K</b> 3:30 Card Table-AL Cafe
<b>22</b> <b>I</b> 10:00 North Terrace Church Service-HCAR <b>K</b> 11:45 Daily Chronicle-DR <b>A</b> 1:30 Flower Painting-HCAR <b>GC</b> 4:00 Board Games-ALAR	<b>23</b> <b>V</b> 9:00 TrilogyFit-ALAC <b>K</b> 10:00 Cranium Crunches-ALAC <b>K</b> 11:45 Daily Chronicle-ALDR <b>I</b> 1:15 Rosery with Regina-ALAR <b>GC</b> 1:45 Card Game Time-AL Cafe <b>A</b> 2:00 Jewelry Making-HCAC	<b>24</b> <b>V</b> 8:45 TrilogyFit-ALAC <b>GC</b> 9:30 Coffee Klatch <b>S</b> 10:30 Chef's Circle-CC <b>K</b> 11:45 Daily Chronicle-ALDR <b>A</b> 2:00 Crafter's Comer-HCAR <b>K</b> 3:30 Games Galore!	<b>25</b> <b>K</b> 9:30 Lifeshare Games <b>O</b> 10:45 Shopping at TJ Maxx <b>K</b> 11:45 Trivia-DR <b>M</b> 2:00 Entertainment by CoMus String Pickers-ALLR <b>K</b> 4:45 Daily Chronicle-ALDR <b>K</b> 5:30 Bingo-HCAR	<b>26</b> <b>V</b> 9:00 TrilogyFit-ALAC <b>K</b> 9:00 Brain Fit-ALAC <b>GC</b> 9:45 Coffee Klatch <b>K</b> 10:30 Card Shark-ALCafe <b>O</b> 11:30 Lunch at Captain D's <b>K</b> 2:00 Reminiscing with Dona-HCAC <b>K</b> 4:45 Daily Chronical-DR <b>GC</b> 5:30 Game Night with	<b>27</b> <b>V</b> 9:00 Moving to Music <b>G</b> 10:30 Nail Spa-ALAR <b>K</b> 11:45 Guess How Many?-ALDR <b>I</b> 1:15 Rosery with Regina-ALAR <b>S</b> 3:00 Happy Hour with Cathy & Dave Goss-HCDR <b>K</b> 4:15 Daily Chronicle	<b>28</b> <b>V</b> 9:15 Mind & Body Exercise-HCAR <b>G</b> 10:00 Bean Bag Toss Games-HCAR <b>K</b> 11:45 Daily Chronicle-DR <b>K</b> 2:00 Bingo-HCAR <b>K</b> 3:30 Card Table-AL Cafe
<b>29</b> <b>I</b> 10:00 North Terrace Church Service-HCAR <b>K</b> 11:45 Daily Chronicle-DR <b>S</b> 12:00 Sunday Brunch <b>A</b> 1:30 Rock Painting-HCAR <b>GC</b> 4:00 Board Games-ALAR	<b>30</b> <b>V</b> 9:00 TrilogyFit-ALAC <b>K</b> 10:00 Cranium Crunches-ALAC <b>K</b> 11:45 Daily Chronicle-ALDR <b>I</b> 1:15 Rosery with Regina-ALAR <b>GC</b> 1:45 Card Game Time-AL Cafe <b>A</b> 2:00 Jewelry Making-HCAC	<b>31</b> <b>V</b> 8:15 TrilogyFit-ALAC <b>O</b> 8:35 Trip to Ohio State Fair <b>S</b> 10:30 Chef's Circle-CC <b>K</b> 11:45 Daily Chronicle-ALDR <b>A</b> 2:00 Crafter's Comer-HCAR <b>K</b> 3:30 Games Galore!	<b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>G</b> - Gathering of Friends <b>GC</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>M</b> - Music to My Ears <b>O</b> - Out & About <b>S</b> - Signature Events <b>V</b> - Vitality	ALAC- Assisted Living Activity Center ALDR- Assisted Living Dining Room CC- Cupcake Comer CY- Courtyard ALCafe- Café on AL HCAC-Health Care Activity Center ALLR-Assisted Living 400 Hall	Sunday Brunch will be Sunday, July 29 at noon. The first two guest will be complimentary and each additional guest will be \$7.00. Please RSVP to front office by July 25 with the total number of guest that will be joining. We hope to see everyone there. :)	Taste of Town will be on July 16 at noon. We will be enjoying IHOP.

# JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>MM 9:00</b> Theme Sensations <b>I 10:00</b> North Terrace Church Service-HCAR <b>K 11:45</b> Daily Chronicle-DR <b>A 1:30</b> 4th of July Craft-HCAR <b>GG 4:00</b> Board Games-ALAR</p>	<p><b>2</b></p> <p><b>K 10:00</b> Cranium Crunches-ALAC <b>K 11:45</b> Daily Chronicle-ALDR <b>G 1:15</b> Hooves and Paws 4-H Group-HCAR <b>A 2:00</b> Jewelry Making-HCAC <b>L 3:30</b> Sign Language Class with Michelle <b>S 3:30</b> Courtesy Cart-Lorena</p>	<p><b>3</b></p> <p><b>I 10:00</b> Cornerstone Church-HCAR <b>S 10:30</b> Chef's Circle-CC <b>K 11:45</b> Daily Chronicle-ALDR <b>M 2:00</b> David Schubach-HCAR <b>S 3:15</b> Resident Council-HCAR <b>K 3:45</b> Courstey Cart-Zanes Landing <b>S 4:00</b> Inspired Living</p>	<p><b>4 Independence Day</b></p> <p><b>V 9:00</b> Cardio-HCAR <b>K 11:45</b> Trivia-DR <b>1:30</b> Courtesy Cart-200 <b>GG 2:00</b> Red, White and Blue Bingo-CC <b>MM 4:00</b> Theme Sensations-ALAC <b>K 5:00</b> Daily Chronicle-MDR <b>GG 5:30</b> Games Galore-HCAR</p>	<p><b>5</b></p> <p><b>K 9:00</b> Brain Fit-ALAC <b>K 12:00</b> Trivia-MDR <b>O 1:30</b> Shopping at Walmart <b>MM 4:00</b> Sensory Connection-ALAC <b>K 4:45</b> Daily Chronical-DR <b>GG 5:30</b> Game Night with Popcorn-AC</p>	<p><b>6</b></p> <p><b>V 9:00</b> Moving to Music <b>G 10:30</b> Nail Spa-ALAR <b>K 12:00</b> Guess How Many?-MDR <b>MM 1:00</b> Theme Sensations with Sapphire Gems-ALAC <b>1:30</b> Courtesy Cart-300 Hall <b>S 3:00</b> Happy Hour with Rick &amp; Sue Hildebrand-HCDR <b>K 4:15</b> Daily Chronicle</p>	<p><b>7</b></p> <p><b>MM 8:30</b> Theme Sensations <b>V 9:15</b> Mind &amp; Body Exercise-HCAR <b>CC 10:00</b> Red, White and Blue Desserts <b>K 11:45</b> Daily Chronicle-DR <b>K 2:00</b> Bingo-HCAR <b>K 3:30</b> Card Table-AL Cafe</p>
<p><b>8</b></p> <p><b>MM 9:00</b> Theme Sensations <b>I 10:00</b> North Terrace Church Service-HCAR <b>K 11:45</b> Daily Chronicle-DR <b>A 1:30</b> Summertime Painting-HCAR <b>GG 4:00</b> Board Games-ALAR</p>	<p><b>9</b></p> <p><b>K 10:00</b> Cranium Crunches-ALAC <b>K 11:45</b> Daily Chronicle-ALDR <b>I 1:15</b> Rosery with Regina-ALAR <b>A 2:00</b> Jewelry Making-HCAC <b>L 3:30</b> Sign Language Class with Michelle-HCAR <b>S 3:30</b> Courtesy Cart-Lorena</p>	<p><b>10</b></p> <p><b>GG 9:30</b> Coffee Klatch <b>S 10:30</b> Chef's Circle-CC <b>K 11:45</b> Daily Chronicle-ALDR <b>A 2:00</b> Crafter's Comer-HCAR <b>K 3:30</b> Games Galore! <b>K 3:45</b> Courstey Cart-Zanes Landing</p>	<p><b>11</b></p> <p><b>V 9:00</b> Cardio-HCAR <b>O 10:45</b> Shopping at Kohl's <b>K 11:45</b> Trivia-DR <b>1:30</b> Courtesy Cart-200 <b>M 2:00</b> Entertainment by Trice Pery-ALLR <b>MM 4:00</b> Theme Sensations-ALAC <b>K 5:00</b> Daily Chronicle-MDR</p>	<p><b>12</b></p> <p><b>K 9:00</b> Brain Fit-ALAC <b>GG 9:45</b> Coffee Klatch <b>O 11:30</b> Trip to the WILDS <b>K 12:00</b> Trivia-MDR <b>GG 2:00</b> Summer Song Day-HCAC <b>MM 4:00</b> Sensory Connection-ALAC <b>K 4:45</b> Daily Chronical-DR</p>	<p><b>13</b></p> <p><b>V 9:00</b> Moving to Music <b>G 10:30</b> Nail Spa-ALAR <b>K 12:00</b> Guess How Many?-MDR <b>MM 1:00</b> Theme Sensations with Sapphire Gems-ALAC <b>I 1:15</b> Rosery with Regina-ALAR <b>1:30</b> Courtesy Cart-300 Hall <b>S 3:00</b> Happy Hour with Class</p>	<p><b>14</b></p> <p><b>MM 8:30</b> Theme Sensations <b>V 9:15</b> Mind &amp; Body Exercise-HCAR <b>CC 10:00</b> Pecan Pie Day-CC <b>K 11:45</b> Daily Chronicle-DR <b>K 2:00</b> Bingo-HCAR <b>K 3:30</b> Card Table-AL Cafe</p>
<p><b>15</b></p> <p><b>MM 9:00</b> Theme Sensations <b>I 10:00</b> North Terrace Church Service-HCAR <b>K 11:45</b> Daily Chronicle-DR <b>A 1:30</b> Canvas Painting-HCAR <b>GG 4:00</b> Board Games-ALAR</p>	<p><b>16</b></p> <p><b>GG 10:00</b> Volunteer Bingo-ALAC <b>K 11:45</b> Daily Chronicle-ALDR <b>S 12:00</b> Taste of Town from IHOP <b>I 1:15</b> Rosery with Regina-ALAR <b>A 2:00</b> Jewelry Making-HCAC <b>S 3:30</b> Courtesy Cart-Lorena Lane</p>	<p><b>17</b></p> <p><b>GG 9:30</b> Coffee Klatch <b>S 10:30</b> Chef's Circle-CC <b>K 11:45</b> Daily Chronicle-ALDR <b>A 2:00</b> Crafter's Comer-HCAR <b>K 3:30</b> Games Galore! <b>K 3:45</b> Courstey Cart-Zanes Landing</p>	<p><b>18</b></p> <p><b>V 9:00</b> Cardio-HCAR <b>O 10:45</b> Shopping at the Dollar <b>K 11:45</b> Trivia-DR <b>1:30</b> Courtesy Cart-200 <b>2:00</b> You be the Judge-ALLR <b>MM 4:00</b> Theme Sensations-ALAC <b>K 5:00</b> Daily Chronicle-MDR <b>K 5:30</b> Bingo-HCAR</p>	<p><b>19</b></p> <p><b>K 9:00</b> Brain Fit-ALAC <b>GG 9:45</b> Coffee Klatch <b>O 11:30</b> Lunch at Olive Garden <b>K 12:00</b> Trivia-MDR <b>M 2:00</b> Music with Bev &amp; Lou-HCAC <b>MM 4:00</b> Sensory Connection-ALAC <b>K 4:45</b> Daily Chronical-DR</p>	<p><b>20</b></p> <p><b>V 9:00</b> Moving to Music <b>G 10:30</b> Nail Spa-ALAR <b>K 12:00</b> Guess How Many?-MDR <b>MM 1:00</b> Theme Sensations with Sapphire Gems-ALAC <b>I 1:15</b> Rosery with Regina-ALAR <b>1:30</b> Courtesy Cart-300 Hall <b>S 3:00</b> Happy Hour with Mike</p>	<p><b>21</b></p> <p><b>MM 8:30</b> Theme Sensations <b>V 9:15</b> Mind &amp; Body Exercise-HCAR <b>CC 10:00</b> Junk Food Cookies <b>K 11:45</b> Daily Chronicle-DR <b>K 2:00</b> Bingo-HCAR <b>K 3:30</b> Card Table-AL Cafe</p>
<p><b>22</b></p> <p><b>MM 9:00</b> Theme Sensations <b>I 10:00</b> North Terrace Church Service-HCAR <b>K 11:45</b> Daily Chronicle-DR <b>A 1:30</b> Flower Painting-HCAR <b>GG 4:00</b> Board Games-ALAR</p>	<p><b>23</b></p> <p><b>K 10:00</b> Cranium Crunches-ALAC <b>K 11:45</b> Daily Chronicle-ALDR <b>I 1:15</b> Rosery with Regina-ALAR <b>A 2:00</b> Jewelry Making-HCAC <b>S 3:30</b> Courtesy Cart-Lorena Lane <b>L 3:30</b> Sign Language Class</p>	<p><b>24</b></p> <p><b>GG 9:30</b> Coffee Klatch <b>S 10:30</b> Chef's Circle-CC <b>K 11:45</b> Daily Chronicle-ALDR <b>A 2:00</b> Crafter's Comer-HCAR <b>K 3:30</b> Games Galore! <b>K 3:45</b> Courstey Cart-Zanes Landing</p>	<p><b>25</b></p> <p><b>V 9:00</b> Cardio-HCAR <b>O 10:45</b> Shopping at TJ Maxx <b>K 11:45</b> Trivia-DR <b>1:30</b> Courtesy Cart-200 <b>M 2:00</b> Entertainment by CoMus String Pickers-ALLR <b>MM 4:00</b> Theme Sensations-ALAC</p>	<p><b>26</b></p> <p><b>K 9:00</b> Brain Fit-ALAC <b>GG 9:45</b> Coffee Klatch <b>O 11:30</b> Lunch at Captain D's <b>K 12:00</b> Trivia-MDR <b>K 2:00</b> Reminiscing with Dona-HCAC <b>MM 4:00</b> Sensory Connection-ALAC <b>K 4:45</b> Daily Chronical-DR</p>	<p><b>27</b></p> <p><b>V 9:00</b> Moving to Music <b>G 10:30</b> Nail Spa-ALAR <b>K 12:00</b> Guess How Many?-MDR <b>MM 1:00</b> Theme Sensations with Sapphire Gems-ALAC <b>I 1:15</b> Rosery with Regina-ALAR <b>1:30</b> Courtesy Cart-300 Hall <b>S 3:00</b> Happy Hour with Cathy</p>	<p><b>28</b></p> <p><b>MM 8:30</b> Theme Sensations <b>V 9:15</b> Mind &amp; Body Exercise-HCAR <b>G 10:00</b> Bean Bag Toss Games-HCAR <b>K 11:45</b> Daily Chronicle-DR <b>K 2:00</b> Bingo-HCAR <b>K 3:30</b> Card Table-AL Cafe</p>
<p><b>29</b></p> <p><b>MM 9:00</b> Theme Sensations <b>I 10:00</b> North Terrace Church Service-HCAR <b>K 11:45</b> Daily Chronicle-DR <b>S 12:00</b> Sunday Brunch <b>A 1:30</b> Rock Painting-HCAR <b>GG 4:00</b> Board Games-ALAR</p>	<p><b>30</b></p> <p><b>K 10:00</b> Cranium Crunches-ALAC <b>K 11:45</b> Daily Chronicle-ALDR <b>I 1:15</b> Rosery with Regina-ALAR <b>A 2:00</b> Jewelry Making-HCAC <b>S 3:30</b> Courtesy Cart-Lorena Lane <b>L 3:30</b> Sign Language Class</p>	<p><b>31</b></p> <p><b>O 8:35</b> Trip to Ohio State Fair <b>S 10:30</b> Chef's Circle-CC <b>K 11:45</b> Daily Chronicle-ALDR <b>A 2:00</b> Crafter's Comer-HCAR <b>K 3:30</b> Games Galore! <b>K 3:45</b> Courstey Cart-Zanes Landing</p>	<p><b>A</b> - Artisans <b>CC</b> - Creative Cooking <b>G</b> - Gathering of Friends <b>GG</b> - Group Games <b>I</b> - Inspirations <b>K</b> - Keeping it Sharp/Reminisce <b>L</b> - Lifelong Learning <b>MM</b> - Mindful Moments <b>M</b> - Music to My Ears <b>O</b> - Out &amp; About <b>S</b> - Signature Events</p>	<p>We will be going on one of our summer outings to the WILDS on July 12 and to the Ohio State Fair on July 31st. If you're interested in going please see someone from the Life Enrichment team.</p>	<p>Taste of Town will be on July 16th at noon. We will be enjoying IHOP.</p>	<p>Sunday Brunch will be Sunday, July 29th at noon. The first two guest will be complimentary and each additional guest will be \$7.00. Please RSVP to the front office by July 25 with the total number of guest that will be joining. We hope to see you there. :)</p>