

The Willows at Citation
Life Enrichment Calendar/PERSONAL CARE

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking G - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning M - Music to My Ears O - Out & About S - Signature Events V - Vitality</p>	<p>The Beauty Salon will be open every Tuesday & Friday and by appointment any other day. Massages are also offered.</p> <p>Watch out for the Life Enrichment Handouts every Monday. It will contain fun games, information about the weeks activities, adult coloring sheets and more.</p>	<p>Follow us on Facebook and Twitter!</p> <p>Ask a Life Enrichment Associate about Lifeshare!</p> <p>"All activities subject to change, you will be informed via Lifeshare"</p>	<p>1</p> <p>V 10:30 Moving To Music (HCAR) V 11:00 Gardening Club (PCLR) V 1:30 BrainFit (Stress) I 3:00 Bible Talk (HCAR) K 6:15 BINGO (Back 2 School) (HCAR)</p>	<p>2</p> <p>L 10:30 Book Club (Unbroken) (500 Hall) V 11:30 Morning Meditation (500 Hall) A 1:00 Gary Bertram Art Class (PCAR) S 2:00 Farmer's Market Party @ Fritz's Farm Outing</p>	<p>3</p> <p>V 9:30 Trilogy-Fit (400 LR) K 11:00 Good News Travels (FP) GG 1:30 Games/Resident's Choice (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>4</p> <p>G 10:30 Coffee & Donuts I 11:00 Fellowship w/Josh (PCLR) L 2:00 Destination Exploration (HCAR) G 3:30 BINGO (HCAR)</p>
<p>5</p> <p>K 10:00 Current Events (PCLR) M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) G 2:00 Movie & Popcom (PCLR)</p>	<p>6</p> <p>V 9:30 Trilogy-Fit (400 LR) L 10:30 Book Club "Unbroken" Discussion (500 Hall) O 1:30 Meijers Outing A 4:00 Watercolor Luminaries (HCAR) M 6:15 Green's Performance (HCDR)</p>	<p>7</p> <p>L 11:00 Destination Exploration (HCAR) V 1:15 Bingocize (HCAR) S 2:30 Birthday Celebration (HCAR) A 4:00 Marbled Paperweights (HCAR)</p>	<p>8</p> <p>V 10:30 Moving To Music (HCAR) V 11:00 Gardening Club (PCLR) I 3:00 Bible Talk (HCAR) K 6:15 BINGO (Daffodil Day) (HCAR)</p>	<p>9</p> <p>L 10:30 Book Club "Unbroken" Discussion (500 Hall) V 11:30 Morning Meditation (500 Hall) GG 1:30 Scrabble (PCAR) G 3:30 Ice Cream Cone Social (CC)</p>	<p>10</p> <p>V 9:30 Trilogy-Fit (400 LR) K 11:00 Good News Travels (FP) M 1:30 Gary Bertram Music (HCDR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>11</p> <p>GG 10:30 Coffee & Muffins (PCLR) K 11:00 Current Events (PCLR) O 1:30 Scenic Drive w/Juanita (Lobby) G 3:30 BINGO (HCAR)</p>
<p>12</p> <p>K 10:00 Current Events (PCLR) M 11:00 Glee Club (HCAR) S 12:00 SUNDAY BRUNCH I 1:00 Keith's Bible Study (PCLR) G 2:00 South Pacific Movie/Popcom (PCLR)</p>	<p>13</p> <p>V 9:30 Trilogy-Fit (400 LR) L 10:30 Book Club "Unbroken" Discussion (500 Hall) O 1:30 Walmart Outing CC 3:30 Baking Strawberry & Cream Bread (CC) M 6:15 Musical Inspirations w/Larry (PCLR)</p>	<p>14</p> <p>L 11:00 LL-Who Am I? (HCAR) G 1:15 Front Porch Social V 2:00 Bingocize (HCAR) A 3:30 Floral Bracelets (HCAR)</p>	<p>15</p> <p>V 10:30 Moving To Music (HCAR) V 11:00 Gardening Club (PCLR) O 11:30 Men's Outing (MOD Pizza) A 1:00 Gary Bertram Art Class (PCAR) I 3:00 Bible Talk (HCAR) K 6:15 BINGO (Grab Bag)</p>	<p>16</p> <p>L 10:30 Book Club "Unbroken" Discussion (500 Hall) V 11:30 Morning Meditation (500 Hall) G 2:00 Citations "Recipe Book" Collection S 4:00 South Pacific Cocktail Happy Hour (CC) S 5:00 South Pacific Theme</p>	<p>17</p> <p>V 9:30 Trilogy-Fit (400 LR) K 11:00 Good News Travels (FP) GG 1:30 Games/Resident's Choice (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>18</p> <p>GG 10:30 Coffee & Monkeybread (PCLR) I 11:00 Fellowship w/Josh (PCLR) L 2:00 Destination Exploration (HCAR) G 3:30 BINGO (HCAR)</p>
<p>19</p> <p>K 10:00 Current Events (PCLR) M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) G 2:00 Movie & Popcom (PCLR)</p>	<p>20</p> <p>V 9:30 Trilogy-Fit (400 LR) L 10:30 Book Club "Unbroken" Discussion (500 Hall) V 11:30 Morning Meditation (500 Hall) O 1:30 Krogers Outing A 3:30 Tropical Paper Flowers (HCAR) M 6:15 Musical Inspirations</p>	<p>21 Senior Citizens Day</p> <p>L 11:00 Destination Exploration (HCAR) G 1:15 Front Porch Social V 2:00 Bingocize (HCAR) M 3:00 Steve Frazee Performance (HCDR)</p>	<p>22</p> <p>V 10:30 Moving To Music (HCAR) V 11:00 Gardening Club (PCLR) GG 1:30 Card Games (PCAR) I 3:00 Bible Talk (HCAR) K 6:15 BINGO (Bible Trivia) (HCAR)</p>	<p>23</p> <p>L 10:30 Book Club-Unbroken-Discussion (500 Hall) V 11:30 Morning Meditation (500 Hall) S 12:00 Taste of Town G 2:00 Citations "Recipe Book" Collection S 3:00 BINGO Auction (PCAR)</p>	<p>24</p> <p>V 9:30 Trilogy-Fit (400 LR) K 11:00 Good News Travels (FP) M 1:30 Gary Bertram Musical Performance (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>25</p> <p>G 10:30 Coffee & Sweet Rolls (PCLR) K 11:00 Current Events (PCLR) O 1:30 Scenic Drive w/Juanita (Lobby) G 3:30 BINGO (HCAR)</p>
<p>26</p> <p>K 10:00 Current Events (PCLR) M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) G 2:00 Movie & Popcom (PCLR)</p>	<p>27</p> <p>V 9:30 Trilogy-Fit (400 LR) L 10:30 Book Club "Unbroken" Discussion (500 Hall) V 11:30 Morning Meditation (500 Hall) O 1:30 Walmart Outing M 3:30 Dave Butler's Cool Country Classic's live music</p>	<p>28</p> <p>L 11:00 What Am I? (HCAR) G 1:15 Front Porch Social V 2:00 Bingocize (HCAR) S 3:30 Resident Council/Lifestyle (PCAR)</p>	<p>29</p> <p>V 10:30 Moving To Music (HCAR) V 11:00 Gardening Club (PCLR) O 1:30 Country Cruisin Outing I 3:00 Bible Talk (HCAR) K 6:15 BINGO (Super Heros Theme) (HCAR)</p>	<p>30</p> <p>L 10:30 Book Club-Unbroken-Discussion (500 Hall) V 11:30 Morning Meditation (500 Hall) G 2:00 Citations "Recipe Book" Collection A 3:00 Beaded Seashell Jellyfish Canvas (HCAR)</p>	<p>31</p> <p>V 9:30 Trilogy-Fit (400 LR) K 11:00 Good News Travels (FP) GG 1:30 Games/Resident's Choice (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>Activity Locations: HCAR=Health Care Activity Room PCAR=Personal Care Activity Room HCDR=Health Care Dining Room CC=Charismatic Café IR=In Residents Room PCLR=Personal Care Living Room</p>

The Willows at Citation
Life Enrichment Calendar/HEALTH CARE

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking G - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments M - Music to My Ears O - Out & About S - Signature Events</p>	<p>The Beauty Salon will be open every Tuesday & Thursday and by appointment any other day. Massages are also offered.</p> <p>Watch out for the Life Enrichment Handouts every Monday. It will contain fun games, information about the weeks activities, adult coloring sheets and more.</p>	<p>Follow us on Facebook and Twitter! Ask a Life Enrichment Associate about Lifeshare!</p> <p>"All activities subject to change, you will be informed via Lifeshare"</p>	<p>1</p> <p>MM 9:30 (MM) Theme Sensations- Laundry (IR) V 10:30 Moving To Music (HCAR) V 11:00 Gardening Club (PCLR) G 1:30 Coloring w/Friends (HCAR) I 3:00 Bible Talk (HCAR)</p>	<p>2</p> <p>MM 9:30 (MM) Theme Sensations-Baby Care (IR) V 10:30 Walking Club (PCLR) A 1:00 Gary Bertram Art Class (PCAR) S 2:00 Farmer's Market Party @ Fritz's Farm Outing</p>	<p>3</p> <p>MM 9:30 (MM) Theme Sensations- Beach (IR) V 10:30 Let's Get Moving (HCAR) K 11:00 Good News Travels (FP) GG 1:30 Games/Resident's Choice (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>4</p> <p>MM 9:30 (MM) Theme Sensations- Cooking (IR) G 10:30 Coffee & Donuts (PCLR) I 11:00 Fellowship w/Josh (PCLR) L 2:00 Destination Exploration (HCAR) G 3:30 BINGO (HCAR)</p>
<p>5</p> <p>MM 9:30 (MM) Theme Sensations- Beach (IR) K 10:00 Current Events (PCLR) M 11:00 Glee Club (HCAR) I 1:00 Keith's Bible Study (PCLR) G 2:00 Movie & Popcom (PCLR)</p>	<p>6</p> <p>MM 9:30 (MM) Theme Sensations-Baby Care (IR) V 10:30 Morning Stretch (HCAR) K 11:00 Daily Chronicles (PCLR) O 1:30 Meijers Outing A 4:00 Watercolor Luminaries (HCAR) M 6:15 Green's Performance</p>	<p>7</p> <p>MM 9:30 (MM) Theme Sensations- Cooking (IR) V 10:30 Walking Club (PCLR) L 11:00 Destination Exploration (HCAR) V 1:15 Bingocize (HCAR) S 2:30 Birthday Celebration (HCAR)</p>	<p>8</p> <p>MM 9:30 (MM) Theme Sensations- Laundry (IR) V 10:30 Moving To Music (HCAR) V 11:00 Gardening Club (PCLR) I 3:00 Bible Talk (HCAR) K 6:15 BINGO (Daffodil Day) (HCAR)</p>	<p>9</p> <p>MM 9:30 (MM) Theme Sensations-Baby Care (IR) V 10:30 Walking Club (PCLR) K 11:00 Daily Chronicles (PCLR) M 1:30 iN2L-Making Music (HCAR) G 3:30 Ice Cream Cone Social (CC)</p>	<p>10</p> <p>MM 9:30 (MM) Theme Sensations- Beach (IR) V 10:30 Let's Get Moving (HCAR) K 11:00 Good News Travels (FP) M 1:30 Gary Bertram Music (HCDR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>11</p> <p>MM 9:30 (MM) Theme Sensations- Cooking (IR) GG 10:30 Coffee & Muffins (PCLR) K 11:00 Current Events (PCLR) O 1:30 Scenic Drive w/Juanita (Lobby) G 3:30 BINGO (HCAR)</p>
<p>12</p> <p>MM 9:30 (MM) Theme Sensations- Beach (IR) K 10:00 Current Events (PCLR) M 11:00 Glee Club (HCAR) S 12:00 SUNDAY BRUNCH I 1:00 Keith's Bible Study (PCLR) G 2:00 South Pacific Movie/Popcom (PCLR)</p>	<p>13</p> <p>MM 9:30 (MM) Theme Sensations-Baby Care (IR) V 10:30 Morning Stretch (HCAR) K 11:00 Daily Chronicles (PCLR) O 1:30 Walmart Outing CC 3:30 Baking Strawberry & Cream Bread (CC) M 6:15 Musical Inspirations</p>	<p>14</p> <p>MM 9:30 (MM) Theme Sensations- Cooking (IR) V 10:30 Walking Club (PCLR) L 11:00 LL-Who Am I? (HCAR) V 2:00 Bingocize (HCAR) A 3:30 Floral Bracelets (HCAR)</p>	<p>15</p> <p>MM 9:30 (MM) Theme Sensations- Laundry (IR) V 10:30 Moving To Music (HCAR) V 11:00 Gardening Club (PCLR) O 11:30 Men's Outing (MOD Pizza) I 3:00 Bible Talk (HCAR)</p>	<p>16</p> <p>MM 9:30 (MM) Theme Sensations-Baby Care (IR) V 10:30 Walking Club (PCLR) K 11:00 Daily Chronicles (PCLR) M 1:30 iN2L-Making Music (HCAR) G 2:00 Citations "Recipe Book" Collection</p>	<p>17</p> <p>MM 9:30 (MM) Theme Sensations- Beach (IR) V 10:30 Let's Get Moving (HCAR) K 11:00 Good News Travels (FP) GG 1:30 Games/Resident's Choice (HCAR) S 3:00 Happy Hour Cocktails (CC)</p>	<p>18</p> <p>MM 9:30 (MM) Theme Sensations- Cooking (IR) GG 10:30 Coffee & Monkeybread (PCLR) I 11:00 Fellowship w/Josh (PCLR) L 2:00 Destination Exploration (HCAR)</p>
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