

livfun

Mackenzie Place
COLORADO SPRINGS

JUNE 2019 • SOAK UP THE SUNSHINE



A Lot of Hoopla

In the late 1950s, a circular piece of plastic became the object of a fad that captivated the country. What was it? The Hula-Hoop!

The idea for it was not new. Since ancient times, people have used dried grapevines and reeds to construct hoops, which they twirled around their waists, rolled along the ground with sticks, and tossed to each other in games of catch. Native Americans used hoops to practice hunting skills and to perform storytelling dances.



Skip ahead to the 20th century, when gym classes in Australia had schoolchildren spinning bamboo hoops around their waists for exercise. That caught the attention of American toy company Wham-O, which then designed a brightly colored plastic version, priced at \$1.98. It called the toy the Hula-Hoop, using a name that had been around because of hooping's resemblance to the Hawaiian hula dance.

Wham-O passed out free hoops and gave playground demonstrations, sparking a Hula-Hoop craze in 1958. Kids and adults swiveled the hoops on their hips, necks and limbs. In just four months, 25 million Hula-Hoops were sold.

Many people still hula-hoop for fun and exercise, and classes and competitions are held all over the world.

The Anniversary of D-Day

On June 6, 1944, more than 150,000 Allied troops stormed the beaches of Normandy, France, in the largest amphibious military operation in history. This year marks the 75th anniversary of the historic World War II invasion known as D-Day.

Under the command of U.S. Army General Dwight D. Eisenhower, the Allied attack came after two years of planning and preparation to overtake German forces and liberate Western Europe. A 50-mile stretch of coastline in northern France was chosen as the landing site and divided into five beaches, code-named Utah, Omaha, Gold, Juno and Sword.

More than 13,000 airplanes and 5,000 ships and landing craft carrying American, British and Canadian soldiers departed England, crossed the English Channel and invaded Normandy by sea and air in the early hours of June 6. By day's end, it's estimated that 10,000 Allied troops were killed or wounded.

After gaining a foothold along the coast, the Allies advanced into France and eastward to Germany. D-Day is often considered the beginning of the end of the war.

Foods That Help Protect Your Skin

Along with using sunscreen, research suggests that what you eat can also play a role in preventing sun damage. Include these foods in your diet for a dose of added protection.

Watermelon and tomatoes –

The red color of these fruits comes from lycopene, an antioxidant that promotes healthy skin and can shield against the sun's harmful ultraviolet rays. Cooked tomatoes offer the most lycopene.

Cantaloupe and

carrots – These orange fruits and vegetables have high levels of beta carotene, which may help boost the skin's ability to defend against sunburn.

Vitamin C-rich foods – Peppers, papaya, kiwifruit, broccoli, strawberries and oranges are packed with vitamin C, good for fighting free radicals. Exposure to the sun's radiation can cause these molecules to form and damage cells in the body.

Salmon and tuna – Fish rich in omega-3 fatty acids have been shown to guard against sunburn and skin changes that can lead to cancer. Mackerel and sardines are also good sources of omega-3s.

Washboard Rhythms

Simple and reliable, washboards were once a fixture in many homes. But this cleaning tool does double duty as a music instrument.

For most, washboards were a necessity for doing laundry up until the 1950s. The standard washboard has a grooved metal cleaning surface set inside a wooden frame. Standing the board inside a basin of soapy water, one would scrub clothes clean.

Some also put the boards to work as percussion instruments, often using thimbles, spoons and other accessories to strum and tap the ribbed metal to produce a raspy, clickety-clack sound. Jug bands, which were popular in the 1920s, and Cajun, zydeco and folk groups have incorporated washboard rhythms into their music.

The demand for washboards began to trickle with the use of affordable electric washing machines. Today, the Columbus Washboard Company, located in Logan, Ohio, is the only remaining washboard manufacturer in the U.S. Customers buy the boards for functional and decorative use, but about 40% are purchased for making music.

Every June since 2000, Logan hosts the Washboard Music Festival, where people can soak up the sounds of bands and performers who feature the laundry day mainstay as a musical instrument.

The US Senior Open

Each summer, some of the world's best golfers tee off at the U.S. Senior Open, considered the most prestigious tournament for senior players.

Established by the U.S. Golf Association in 1980 as a result of the rise in older golfers, the first competition was open to men age 55 and older. Roberto De Vicenzo of Argentina, at age 57, won the top prize. The minimum age was lowered to 50 the following year, and 51-year-old Arnold Palmer was the champion.

Golf clubs across the country take turns hosting the event, which takes place annually in late June or early July. Out of the more than 2,000 hopeful professional and amateur golfers from around the globe who enter to play, only 156 qualify to compete in the tournament.

Among the game's greats who have won the Senior Open are Lee Trevino, Jack Nicklaus, Fred Funk and Hale Irwin.

This year, the 40th U.S. Senior Open takes place June 27-30 in Indiana, at the University of Notre Dame's Warren Golf Course. It marks the first time the event has been held on a college campus.

Honoring the US Flag

We celebrate Flag Day on June 14, the anniversary of Old Glory's adoption as America's flag in 1777. The U.S. Flag Code outlines how this national symbol should be honored.

American flags are displayed outside public institutions, including government offices, police stations and schools, as well as private businesses and homes. The Stars and Stripes always flies at the peak of a staff, higher than any other flag when on the same pole. When multiple flags are flown on separate poles, the U.S. flag is hoisted first and placed to the observer's far left.

The flag should not touch anything beneath it, such as the ground or floor. Unless properly lit, the flag is lowered – slowly and ceremoniously – and brought indoors at sundown.

When an American flag is worn or faded, it should be retired in a flag-burning ceremony. The American Legion, Veterans of Foreign Wars, Boy Scout and Girl Scout troops, and other organizations perform these ceremonies as a community service.

Make your
"someday"
today.

Get on board with
TRAVEL BY LEISURE CARE



Alaska Cruise | July 27 - August 3, 2019

Las Vegas | September 30 - October 4, 2019

Bermuda Cruise | October 20 - 27, 2019

Caribbean Cruise | February 22 - 27, 2020

For more information,
or to book your getaway, contact:
Carol Dennis at 1-888-468-2010



TRAVEL BY LEISURE CARE
POWERED BY TWIST TRAVEL



RETIREMENT
IN FULL BLOOM

1605 Elm Creek View
Colorado Springs, CO 80907
719.633.8181

Staff

General Manager

Kristi Graham

Guest Services Manager

Kathy Price

Sales Advisor

Mark Brantley

Sales and Move-in Coordinator

Daniel Nord

Executive Chef

Tom Gillispie

Restaurant Manager

Christa Anderson

Health and Wellness Director

David Hill

Health and Wellness Assistant Director

Kelly Krc

Memory Care Program Manager

Aubrey Jackowski

Office Manager

Mark Hatten

Program Supervisor

Lindsey McEvoy

Program Supervisor

Savannah Long

PrimeFit Instructor

Adel Susic

Plant Operations Supervisor

Oliver Milan-Lopez

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							
		<h3>Birthdays</h3> <p>Marie Andrews, 1st Don McCurry, 3rd Christopher Wilde, 4th Isabel Murphy, 6th Mila Petrelli, 15th Irene Martin, 15th Sheryll Graves, 15th</p>	<p>Richard Yates, 15th June Peterson, 16th Connie Loury, 16th Bruce Kaizen, 17th Shirley Polokoff, 19th Kathleen Burke, 19th Judy Morgan, 21st George Beals, 21st</p>	<p>Nanna Nielsen, 23rd Mildred Pierce, 23rd Carol Shuman, 23rd Maria Yates, 25th</p>	<h3>Transportation</h3> <p>Monday, 8:30 a.m. & 1 p.m.: Austin Bluffs, Academy, N. Union, N. Nevada Tuesday, 8:30 a.m. & 1 p.m.: Powers, Austin Bluffs, Academy & Union Wednesday, 1 p.m.: Uintah Gardens, Downtown, Manitou, Bon Shopping Thursday: Outing Days, Sign Up In The Book Friday, 8:30 a.m. & 1 p.m.: Academy & Platte, N. Circle, Uintah, Union</p>		<p>9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 9:30 Lunch & Bargain Box, O-\$ 10:30 Aqua Fit Water Aerobics, PFPL 1:45 Blood Pressure Check, PF 2:15 Walking Club with Rebecca, PF 2:15 Poker, B 3:00 Afternoon Movie, TH 3:00 Tai Chi Flow, PF 3:45 Seated Tai Chi, PF</p>
<p>9:15 Head to Toe 30, PF 10:00 <i>Nondenominational Services, BLM</i> 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 11:00 Music with Dale Miller, PDR 1:00 Tiddly Wink Dominoes, L 2:00 Poker, B 2:00 Sunday Afternoon Movie, TH 3:15 Bunco!, B 4:00 Hymns of Faith Singalong with Gordon Johnson, AL 5:30 Bingo Night!, BLM</p>	<p>9:15 Head to Toe 60, PF 10:00 <i>Bible Study, BLM</i> 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 4:30 Shangrila Dinner Outing, O 6:30 Life Tree Cafe Discussion Group, BLM</p>	<p>1:45 Balance Principles, PF 9:15 Head to Toe 30, PF 10:00 Poker Dice, B 10:00 Arbours Head to Toe, L 1:30 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM</p>	<p>9:00 <i>Catholic Communion Service, AT</i> 9:15 Head to Toe 60, PF 9:30 Seamstress, PF 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Picnic in the Park, NLP 11:00 TOWN HALL MEETING, BLM 11:00 Supervised Swim & Water Walking, PFPL 2:00 Rummikub, LB 3:00 Balance Beginners, PF 3:00 Music with Starlighters, PL</p>	<p>9:00 Cripple Creek, O 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe 30, L 10:30 Uno, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 MacKenzie Place Luau!</p>	<p>9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Bunco, L 10:15 Positively Living with Daniel, CR 1:00 Chair Yoga, PF 2:30 Happy Hour with the Christians, B 3:00 Balance Beginners, PF 6:30 Movie Night, TH</p>	<p>9:00 <i>Golf Acres Mobile Optical, B</i> 9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 1:00 Tiddly Wink Dominoes, L 1:45 Blood Pressure Check, PF 2:15 Poker, B 2:15 Walking Club with Rebecca, PF 3:00 Afternoon Movie, TH 3:00 Tai Chi Flow, PF 3:45 Seated Tai Chi, PF</p>	
<p>9:15 Head to Toe 30, PF 10:00 <i>Nondenominational Services, BLM</i> 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 2:00 Poker, B 2:00 Sunday Afternoon Movie, TH 3:15 Bunco!, B 4:00 Hymns with Gordon Johnson, AL 5:30 Bingo Night!, BLM</p>	<p>9:15 Head to Toe 60, PF 10:00 <i>Bible Study, BLM</i> 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 6:30 Life Tree Cafe Discussion Group, BLM</p>	<p>1:45 Balance Principles, PF 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L 10:30 Low Vision Support Group, CR 11:30 Lunch & Learn, BLM 1:30 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM</p>	<p>9:00 <i>Catholic Communion Service, AT</i> 9:15 Head to Toe 60, PF 10:00 MACKENZIE PLACE 101, TH 10:30 Aqua Fit Water Aerobics, PFPL 10:30 Jewelry Making with Rita, CR 11:00 Picnic in the Park, NLP 11:00 Supervised Swim & Water Walking, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Rummikub, LB 3:00 Dessert & Piano with Bud, PL 3:00 Balance Beginners, PF</p>	<p>9:00 Pueblo Zoo & Lunch, O 9:15 Head to Toe 30, PF 10:00 <i>Pikes Peak Library, B</i> 10:00 Arbours Head to Toe 30, L 10:00 Ask An Attorney, LB 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF</p>	<p>FLAG DAY 9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Candy Bingo, L 10:15 Positively Living with Daniel, CR 1:00 Chair Yoga, PF 2:30 JUNE BIRTHDAY BASH WITH GEORGE SISNEROS, B 3:00 Balance Beginners, PF 6:30 Movie Night, TH</p>	<p>9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 1:45 Blood Pressure Check, PF 2:15 Poker, B 2:15 Walking Club with Rebecca, PF 3:00 Afternoon Movie, TH 3:00 Tai Chi Flow, PF 3:45 Seated Tai Chi, PF</p>	
<p>FATHER'S DAY 9:15 Head to Toe 30, PF 10:00 <i>Nondenominational Services, BLM</i> 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 1:00 Tiddly Wink Dominoes, L 2:00 Sunday Afternoon Movie, TH 2:00 Poker, B 3:15 Bunco!, B 4:00 Hymns of Faith Singalong with Gordon Johnson, AL 5:30 Bingo Night!, BLM</p>	<p>9:15 Head to Toe 60, PF 10:00 <i>Bible Study, BLM</i> 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 4:30 The Melting Pot Dinner Outing, O 6:30 Life Tree Cafe Discussion Group, BLM</p>	<p>1:45 Balance Principles, PF 9:15 Head to Toe 30, PF 10:00 Vitals Clinic with Optimal, LB 10:00 Poker Dice, B 10:00 Arbours Head to Toe, L 1:30 Poker, B 2:30 Music with Dan Gariepy, PL 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 Bingo!, BLM</p>	<p>9:00 <i>Catholic Communion Service, AT</i> 9:15 Head to Toe 60, PF 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 11:00 Picnic in the Park, NLP 2:00 Rummikub, LB 3:00 Balance Beginners, PF 3:00 Music with Dan Gariepy, PL</p>	<p>9:00 Lunch + Butterfly Pavilion, O 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe 30, L 10:30 Uno, L 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:00 Harp Music with Heather, PL</p>	<p>SUMMER BEGINS 9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Bunco, L 10:15 Positively Living with Daniel, CR 1:00 Chair Yoga, PF 3:00 Happy Hour with Brian Usher, B 3:00 Balance Beginners, PF 6:30 Movie Night, TH</p>	<p>9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Summer Concert with Flying W Wranglers! 1:00 Tiddly Wink Dominoes, L 1:45 Blood Pressure Check, PF 2:15 Poker, B 2:15 Walking Club with Rebecca, PF 3:00 Afternoon Movie, TH 3:00 Tai Chi Flow, PF 3:45 Seated Tai Chi, PF</p>	
<p>9:15 Head to Toe 30, PF 10:00 <i>Nondenominational Services, BLM</i> 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 2:00 Poker, B 2:00 Sunday Afternoon Movie, TH 3:15 Bunco!, B 4:00 Hymns with Gordon Johnson, AL 5:30 Bingo Night!, BLM</p>	<p>9:15 Head to Toe 60, PF 10:00 <i>Bible Study, BLM</i> 10:00 Wii Bowling, TH 10:00 Mexican Train Dominoes, B 10:30 Uno, L 10:30 Aqua Fit Water Aerobics, PF 1:00 Resident-Led Bridge, CR 2:00 Ping Pong, PF 2:15 Poker, B 6:30 Life Tree Cafe Discussion Group, BLM</p>	<p>1:45 Balance Principles, PF 9:15 Head to Toe 30, PF 10:00 Arbours Head to Toe, L 1:30 Poker, B 3:00 Afternoon Movie, TH 3:00 DOUBLE JACKPOT BINGO PRESENTED BY AMADA, BLM 3:00 Head to Toe 30, PF</p>	<p>9:00 <i>Catholic Communion Service, AT</i> 9:15 Head to Toe 60, PF 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Supervised Swim & Water Walking, PFPL 11:00 Picnic in the Park, NLP 2:00 Rummikub, LB 3:00 Dessert & Keyboard with Bobby Jackson, PL 3:00 Balance Beginners, PF</p>	<p>9:15 Head to Toe 30, PF 10:00 <i>Pikes Peak Library, B</i> 10:00 Arbours Head to Toe 30, L 10:00 Lunch & Movie Outing, O 10:45 Balance Principles, PF 1:00 Tiddly Wink Dominoes!, L 2:00 Poker, B 3:00 Afternoon Movie, TH 3:00 Head to Toe 30, PF 3:30 BOOK CLUB, CR</p>	<p>9:15 Head to Toe 60, PF 9:30 Hand & Foot Card Game, B 10:00 Wii Bowling, TH 10:00 Candy Bingo, L 10:15 Positively Living with Daniel, CR 1:00 Chair Yoga, PF 2:30 Friday Entertainment with Gus Meza, B 3:00 Balance Beginners, PF 6:30 Movie Night, TH</p>	<p>9:15 Head to Toe 30, PF 9:30 Hand & Foot Card Game, B 10:30 Aqua Fit Water Aerobics, PFPL 11:00 Lunch at Jill's Kitchen, O 1:45 Blood Pressure Check, PF 2:15 Walking Club with Rebecca, PF 2:15 Poker, B 3:00 Afternoon Movie, TH 3:00 Tai Chi Flow, PF 3:45 Seated Tai Chi, PF</p>	
<p>9:15 Head to Toe 30, PF 10:00 <i>Nondenominational Services, BLM</i> 11:00 Sunday Brunch Buffet, B 11:00 Aqua Motion, PFPL 2:00 Poker, B 2:00 Sunday Afternoon Movie, TH 3:15 Bunco!, B 5:30 Bingo Night!, BLM</p>	<p>Locations Arbours Lobby, AL Arbours Loft, L Arbours Piano Lounge, PL Arbours Theatre, AT Ballroom, BLM Bistro, B Creative Arts Room, CR</p>	<p>Game Room, GR Library, LB Living Room, LR Nancy Lewis Park, NLP Outing, O Outing \$, O-\$ Palmer's Dining Room, PDR Prepaid Outing \$, PPO-\$</p>	<p>PrimeFit, PF PrimeFit Pool, PFPL Stratton's Dining Room, SDR Terrace Driveway, TD Theatre, TH</p>				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> Daily Programs are subject to change. Afternoon Snack served daily at 2:30 p.m. </div>						9:20 ● Reach & Stretch 10:00 ● Memories in the Making 11:00 ● Indoor Gardening 1:30 ● Short Story Reading 2:00 ● Walking Club 2:30 ● Short Documentary & Reflection 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie
9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy	9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage	9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 2:15 ● Traversing the World 3:00 ● Spiritual Sparkle & Devotional 3:30 ● Trivia & Weekly Crossword 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series	9:20 ● Reach & Stretch 10:00 ● Concert on Qello 10:00 ● Scenic Drive 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 1:45 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Ball Play! 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage	9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● National Work in the Garden Day! 1:30 ● Short Story Reading 2:00 ● Cornhole! 3:00 ● Rachael on the Harp 4:00 ● Exercise with PrimeFit 6:30 ● Thursday Throwback Classic TV	9:20 ● Reach & Stretch 10:00 ● Elder Grow! 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● Entertainment in the Bistro 2:30 ● Happy Hour & Concert on Quello! 3:00 ● Hand Massage 4:00 ● Exercise with PrimeFit * 6:00 ● Comedy TV Night	9:20 ● Reach & Stretch 10:00 ● National Ocean Day! 11:00 ● Indoor Gardening 1:30 ● Short Story Reading 2:00 ● Walking Club 2:00 ● Arts & Crafts 2:30 ● Short Documentary & Reflection 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie
9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy	9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage	9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 2:00 ● Coffee Social! 2:15 ● Traversing the World 3:00 ● Spiritual Sparkle & Devotional 3:30 ● Trivia & Weekly Crossword 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series	9:20 ● Reach & Stretch 10:00 ● Concert on Qello 10:00 ● Scenic Drive 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 1:45 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Ball Play! 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage	9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Short Story Reading 2:00 ● Bowling League! 3:00 ● Big Band Thursday 3:30 ● Name That Tune! 4:00 ● Exercise with PrimeFit 6:30 ● Thursday Throwback Classic TV	FLAG DAY 9:20 ● Reach & Stretch 11:15 ● Indoor Gardening 1:30 ● Flag Day 2:30 ● Entertainment in the Bistro 2:30 ● Happy Hour & Concert on Quello! 3:00 ● Hand Massage 4:00 ● Exercise with PrimeFit * 6:00 ● Comedy TV Night	9:20 ● Reach & Stretch 9:50 ● Bingo! 10:00 ● Memories in the Making 11:00 ● Indoor Gardening 1:30 ● Short Story Reading 2:00 ● Walking Club 2:30 ● Short Documentary & Reflection 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie
FATHER'S DAY 9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy	9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage	9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 11:00 ● National Picnic Day! 2:00 ● Getting to Know You! 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series	9:20 ● Reach & Stretch 10:00 ● Concert on Qello 10:00 ● Scenic Drive 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 1:45 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Ball Play! 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage	9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Short Story Reading 2:00 ● Cornhole! 3:00 ● Big Band Thursday 3:30 ● What's That Smell? or Name That Tune 4:00 ● Exercise with PrimeFit 6:30 ● Thursday Throwback Classic TV	SUMMER BEGINS 9:20 ● Reach & Stretch 10:00 ● Elder Grow! 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● Entertainment in the Bistro 2:30 ● Happy Hour & Concert on Quello! 3:00 ● Hand Massage 4:00 ● Exercise with PrimeFit * 6:00 ● Comedy TV Night	9:20 ● Reach & Stretch 9:50 ● Bingo! 11:00 ● Indoor Gardening 1:30 ● Short Story Reading 2:00 ● Walking Club 2:30 ● Short Documentary & Reflection 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie
9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy	9:20 ● Reach & Stretch 10:30 ● Short Story Reading 11:00 ● Conversation Cards 11:00 ● Indoor Gardening 1:30 ● Uno! 2:15 ● Movie Matinee 4:00 ● Sketching the Outdoors 6:00 ● Hand Massage	9:20 ● Reach & Stretch 9:50 ● Bingo for Candy 11:00 ● Conversation Cards 2:00 ● Coffee Social! 2:15 ● Traversing the World 3:00 ● Music with George! 4:00 ● Exercise with PrimeFit 6:00 ● Tuesday Night Concert Series	9:20 ● Reach & Stretch 10:00 ● Concert on Qello 10:00 ● Scenic Drive 11:00 ● Indoor Gardening 11:15 ● Tana & Dalmatian Pet Visit 1:45 ● Movie Magic & Popcorn! 3:00 ● Music Social in the Piano Lounge! 4:00 ● Ball Play! 6:00 ● Documentary Dabble Night 6:30 ● Hand Massage	9:20 ● Reach & Stretch 10:00 ● Traveling the World 10:00 ● We Bake It, You Take It! 1:30 ● Short Story Reading 2:00 ● Bowling League! 3:00 ● Big Band Thursday 3:30 ● Name That Tune! 4:00 ● Exercise with PrimeFit 6:30 ● Thursday Throwback Classic TV	9:20 ● Reach & Stretch 11:15 ● Indoor Gardening 1:30 ● Friday Book Club! 2:30 ● Entertainment in the Bistro 2:30 ● Happy Hour & Concert on Quello! 3:00 ● Hand Massage 4:00 ● Exercise with PrimeFit * 6:00 ● Comedy TV Night	9:20 ● Reach & Stretch 9:50 ● Bingo! 11:00 ● Indoor Gardening 1:30 ● Short Story Reading 2:00 ● Walking Club 2:30 ● Short Documentary & Reflection 4:00 ● Hand Therapy 6:00 ● Saturday Night Movie
9:20 ● Reach & Stretch 10:00 ● Reminiscing Ball 10:30 ● Nondenominational Church Service 10:30 ● Jigsaws, Coffee & Conversation 1:30 ● Good News & Views 2:15 ● Coloring Arts to Music 3:00 ● Walking Club 3:45 ● Hymn Sing 6:00 ● Hand Therapy	<div style="border: 1px solid black; padding: 5px;"> opal key ● Physical ● Social ● Experiential ● Emotional & Spiritual ● Creative & Artistic ● Therapeutic ● Sensory </div>					