PRAIRIE BLUFFS
SENIOR LIVING

Staring Lake and Edenwood Communities (2nd and 3rd Floor) JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
When a number 2 is written after the listed activity, that means the activity takes place on Level 2. When a number 3 is written after the listed activity, that means the activity takes place on Level 3.	When CMR is written after the listed activity, that means the activity takes place in the 2nd floor Community Room. When **HHA** is written after the listed activity, that means the activity is facilitated by a **Home Health Aide** on each floor.			1 **10:00** Daily News & Chronicles- 2,3 **10:30** Morning Stretch - 2,3 **11:15** Time 2 Refresh **–** 2,3 **1:30** **Musical Entertainment: Acoustic Rain Band**-CMR **3:00** DONUTS & BINGO! – 2, 3	2 **10:00** Daily News & Chronicles- 2,3 **10:30** Fun with Fitness – 2,3 **11:15** Time 2 Refresh **–** 2,3 **2:30** Ice Cream Social and Braingames -2 **3:30** Ice Cream Social and Braingames - 3 **NATIONAL DONUT DAY**	3 **10:00-11:30 Nature Walks & Birdfeeder Club**– 2,3 **12:00** **Word Puzzle Packet Delivery** – 2,3 **2:30** Gametime Physical Fun - 2 **3:30** Gametime Physical Fun - 3
4 **10:00** Sunday walks with HHA's -2,3 **1:30-3:00** One on One Prayer Visits and Communion with Chaplain John - 2,3 **Afternoon family visits and activities with HHA's**	5 **10:00** Morning Exercise & Time 2 Refresh - 2 **10:45** Morning Exercise Time 2 Refresh - 3 **1:00** Fun & Games with Em–2 **2:00** Fun & Games with Em–3 **3:00** Chicken Soup Stories - 2 **4:00** Chicken Soup Stories - 3	6 **10:00** Daily News & Chronicles - 2,3 **10:30** Silver Sneakers - 2,3 **10:30** **Pax Christi Catholic Prayer visits -** 2, 3 **11:15** Time 2 Refresh **–** 2,3 **1:00** **Bus Outing: Boating & Fishing Lake Riley**– 2,3 **1:30** Pampered Hands & Rock Painting – 2, 3 **3:00** Reminisce & Reflect - 2,3	7 **10:00** Wake Up/Good News-2,3 **10:30** Card/Board Games – 2,3 **11:15** Time 2 Refresh **–** 2,3 **1:30** Root Beer Floats Social & Trivia - 2,3 **3:00** Arm Chair Travel & Donuts Ontario, Canada **-** 2,3 **5:45 Pet visits with Sully -** 2,3	8 **10:00** Daily News & Chronicles- 2,3 **10:30** Morning Stretch - 2,3 **11:15** Time 2 Refresh **–** 2,3 **1:30** **Musical Entertainment: Grace Notes** - CMR **3:00** BINGO! – 2, 3	9 **10:00** Daily News & Chronicles- 2,3 **10:30** Fun with Fitness – 2,3 **11:15** Time 2 Refresh **–** 2,3 **2:30** Ice Cream Social and Braingames -2 **3:30** Ice Cream Social and Braingames - 3	10 **10:00-11:30 Nature Walks & Birdfeeder Club**– 2,3 **2:30** Gametime Physical Fun - 2 **3:30** Gametime Physical Fun - 3
11 **10:00** Sunday walks with HHA's -2,3 **1:30-3:00** One on One Prayer Visits and Communion with Chaplain John - 2,3 **Afternoon family visits and activities with HHA's**	12 **10:00** Peaceful Meditations - 2 **10:00** Morning Exercise - 3 **10:45** Brain Games/Trivia – 2,3 **11:15** Time 2 Refresh – 2, 3 **1:00** Armchair Travel: Taiwan – 2 **1:00** Famous Faces - 3 **2:30** Armchair Travel: Taiwan – 3 **2:30** Famous Faces – 2 **3:30** MC/ECU One-on-Ones **6:00** BINGO! with Diane – 3	13 **10:00** Daily News & Chronicles – 2,3 **10:30** Silver Sneakers – 2, 3 **11:15** Time 2 Refresh **–** 2,3 **1:00** Get Crafty - 4th of July Artwork – 2,3 **3:00** BINGO! – 2, 3 **4:00** Chicken Soup Stories- 2,3	14 **10:00** Wake Up/Good News-2,3 **10:30** Card/Board Games – 2,3 **11:15** Time 2 Refresh **–** 2,3 **1:30** Root Beer Floats Social & Trivia - 2,3 **3:00** **Music with Deb Pope-** 3 **3:45** **Music with Deb Pope-** 2 **5:30 Family Council Mtg -** CMR **FLAG DAY**	15 **10:00** Daily News & Chronicles- 2,3 **10:30** Morning Stretch - 2,3 **11:15** Time 2 Refresh**–** 2,3 **1:30** **Musical Entertainment: Bill Mann -** CMR **3:00** BINGO! – 2, 3	16 **10:00** Daily News & Chronicles- 2,3 **10:30** Fun with Fitness – 2,3 **11:15** Time 2 Refresh **–** 2,3 **2:30** Ice Cream Social and Braingames -2 **3:30** Ice Cream Social and Braingames - 3	17 **10:00-11:30 Nature Walks & Birdfeeder Club**– 2,3 **12:00** **Word Puzzle Packet Delivery** – 2,3 **2:30** **Rosewood Singing Performance –** 3 **3:30** Sing-a-long - 2
18 **10:00** Sunday walks with HHA's -2,3 **11:30** **Father's Day BBQ** – **1st Floor outside on patio** **Afternoon family visits and activities with HHA's** **FATHER'S DAY**	19 **10:00** Peaceful Meditations - 3 **10:00** Morning Exercise - 2 **10:45** Brain Games/Trivia – 2,3 **11:15** Time 2 Refresh – 2, 3 **1:00** Cookie Baking Club – 2,3 **2:30** Sing-a-Long – 2,3 **3:30** MC/ECU One-on-Ones **JUNETEENTH**	20 **10:00** Daily News & Chronicles-2,3 **10:30** Silver Sneakers - 2,3 **10:30** **Pax Christi Catholic Prayer visits -** 2, 3 **1:00** **Bus Outing: Ice Cream & Scenic Drive** – 2,3 **1:30** Pampered Hands & Rock Painting – 2, 3 **3:00** Reminisce & Reflect - 2,3	21 **10:00** Wake Up/Good News-2,3 **10:30** Card/Board Games – 2,3 **11:15** Time 2 Refresh **–**2,3 **1:30** Root Beer Floats Social & Trivia - 2,3 **3:00** **June Birthday Party-**2,3 **5:45** **Pet visits with Sully-**2,3 **FIRST DAY OF SUMMER**	22 **10:00** Daily News & Chronicles- 2,3 **10:30** Morning Stretch - 2,3 **11:15** Time 2 Refresh**–** 2,3 **1:30** **Musical Entertainment: Patrick Allen -** CMR **3:00** BINGO!– – 2, 3	23 **10:00** Daily News & Chronicles- 2,3 **10:30** Fun with Fitness – 2,3 **11:15** Time 2 Refresh **–** 2,3 **2:30** Ice Cream Social and Braingames -2 **3:30** Ice Cream Social and Braingames - 3	24 **10:00-11:30 Nature Walks & Birdfeeder Club**– 2,3 **2:30** Gametime Physical Fun - 2 **3:30** Gametime Physical Fun - 3
25 **10:00** Sunday walks w/HHAs-2,3 **1:00** **Gideon the Dog Visits –** 2,3 **1:30-3:00** One on One Prayer Visits and Communion with Chaplain John - 2,3 **Afternoon family visits and activities with HHA's**	26 **10:00** Peaceful Meditations - 2 **10:00** Morning Exercise - 3 **10:45** Brain Games/Trivia – 2,3 **11:15** Time 2 Refresh – 2, 3 **1:00** Outdoor Walks – 2,3 **2:30** Happy Hour – 2,3 **3:30** MC/ECU One-on-Ones **6:00** BINGO! with Diane – 2	27 **10:00** Daily News & Chronicles – 2,3 **10:30** Silver Sneakers – 2, 3 **11:15** Time 2 Refresh **–** 2,3 **1:00** Painting w/watercolor-2,3 **3:00** BINGO! – 2, 3 **4:00** Chicken Soup Stories- 2,3	28 **10:00** Wake Up/Good News-2,3 **10:30** Card/Board Games – 2,3 **11:15** Time 2 Refresh **–**2,3 **1:30** Root Beer Floats Social & Trivia - 2,3 **3:00** **Music with Deb Pope -** 3 **3:45** **Music with Deb Pope -** 2	29 **10:00** Daily News & Chronicles- 2,3 **10:30** Morning Stretch - 2,3 **11:15** Time 2 Refresh**–** 2,3 **1:30** **Musical Entertainment: Scott Beaumont -** CMR **3:00** BINGO!– – 2, 3	30 **10:00** Daily News & Chronicles- 2,3 **10:30** Fun with Fitness – 2,3 **11:15** Time 2 Refresh **–** 2,3 **2:30** Ice Cream Social and Braingames -2 **3:30** Ice Cream Social and Braingames - 3	***Programs and times are subject to change*** If you have any questions, please call Janine Bergstrom at 952-213-6255