

<u> </u>			<u> </u>			VALPARAISO
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Morning Stroll and Roll 9:45 Calvary Christian Church 10:00 St. Paul's Catholic Service 11:00 Card Sharks 1:30 The Sassy Silvers Club 2:00 MC Puzzlers 3:00 Sing A Long Sundays 6:00 Sleepy Scents & Sounds	9:30 Daily Chronicles 10:00 Full Body Exercise 11:00 Technivity - Tablet Games 1:30 Balloon Badminton 2:00 What's Happening in Sports? 3:00 Gloss and Gleam- Monday Manicures 6:00 Slow TV	9:30 Daily Chronicles 10:00 Senior Sweat Squad 11:00 Life Stories - The Board Game 1:30 Let's Play: Bean Bag Toss 2:00 EZ Art: Celery Stamping 3:00 Story Hour with Kathryn 6:00 EZ Card Games	9:30 Daily Chronicles 4 10:00 Chair Dancing 11:00 Puzzles and Pondering 1:30 Let's Move: Skeeball 2:00 Cooking Demo with Kathryn 3:00 Gardening Club 6:00 Blissful Being Meditation	9:30 Daily Chronicles 10:00 Chair Yoga 11:00 Brain Games: Make a Match 1:30 Build a Tower Competition 2:00 Mocktails on the Patio 3:00 Music Makers 6:00 Slow Steepers- Tea and Music	Aviva Spirit Day - Silly Socks 9:30 Daily Chronicles 10:00 Moving to Music Exercise 11:00 What Am I? 1:30 Easy Stretches 2:00 Music of Dean Martin 3:00 The Silver Screen Society	9:30 Daily Chronicles 7 10:00 EZ Exercise 11:00 Sewing Circle 1:30 The Groovy Gramps- Men's Only Club 2:00 Game: Resident Choice 3:00 Let's Write: Pen Pals! 6:00 Relaxation Station: Scents and Hand Massages
9:30 Morning Stroll and Roll 9:45 Calvary Christian Church 10:00 St. Paul's Catholic Service 11:00 Card Sharks 1:30 The Sassy Silvers Club 2:00 MC Puzzlers 3:00 Sing A Long Sundays 6:00 Sleepy Scents & Sounds	9:30 Daily Chronicles 10:00 Full Body Exercise 11:00 EZ Trivia 11:00 Scenic Drive 1:30 Bean Bag Bowling 2:00 Game: Word Teasers 3:00 Gloss and Gleam- Monday Manicures 6:00 Slow TV	9:30 Daily Chronicles 10:00 Senior Sweat Squad 11:00 Arts & Crafts with Dunes Hospice 1:30 Let's Play: Table Hockey 2:00 Travelogue: Cologne, Germany 3:00 Story Hour with Kathryn 6:00 EZ Card Games	9:30 Daily Chronicles 10:00 Peanut Auction with Jen Bailey 11:00 Cranium Crunches 1:30 Let's Move: Beach Ball Toss 2:00 Simple Snacks - Honey Bran Muffins 3:00 Soak Up the Sun! 6:00 Blissful Being Meditation	9:30 Daily Chronicles 10:00 Chair Yoga 11:00 Brain Games: The Golden Journey 1:30 Balloon Games 2:00 Sing-a-long with Guitar Rex 3:00 One on One (TLC For Me) 6:00 Slow Steepers- Tea and Music	Aviva Spirit Day - Dress Like Dad 9:30 Daily Chronicles 10:00 Moving to Music Exercise 11:00 Let's Explore: Yukon Territory 1:30 Easy Stretches 2:00 Dads and Donuts Social 3:00 Silver Screen Society	9:30 Daily Chronicles 10:00 EZ Exercise 11:00 Sewing Circle 1:30 The Groovy Gramps- Men's Only Club 2:00 Game: Shadow Pairing 3:00 Let's Write: Pen Pals! 6:00 Relaxation Station: Scents and Hand Massages
9:30 Morning Stroll and Roll 9:45 Calvary Christian Church 10:00 St. Paul's Catholic Service 11:00 Card Sharks 1:30 The Sassy Silvers Club 2:00 MC Puzzlers 3:00 Sing A Long Sundays 6:00 Sleepy Scents & Sounds	9:30 Daily Chronicles 10:00 Full Body Exercise 11:00 Name that Tune! 1:30 Mimic the Movement 2:00 Garden Gnome Day 3:00 Gloss and Gleam- Monday Manicures 6:00 Slow TV	9:30 Daily Chronicles 10:00 Senior Sweat Squad 11:00 Putting it in Order 1:30 Let's Play: Putt-Putt 2:00 Bubble Wrap Painting 3:00 Story Hour with Kathryn 6:00 EZ Card Games	9:30 Daily Chronicles 10:00 Chair Dancing 11:00 Match the Pattern 1:30 Let's Move: Flickin' Chicken 2:00 Simple Snacks - Apple Pie Cups 3:00 Gardening Club 6:00 Blissful Being Meditation	9:30 Daily Chronicles 10:00 Chair Yoga 11:00 Find It: Detective Puzzles Caleb The Comfort Dog 1:30 Color Sorting Game 2:00 Happy Hour Social 3:00 Music Makers 6:00 Slow Steepers- Tea and Music	Aviva Spirit Day - Summer Colors 9:30 Daily Chronicles 10:00 Craft with Emma From VNA 11:00 Car, Mineral, or Drink? 1:30 Easy Stretches 2:00 Speed BINGO 3:00 The Silver Screen Society	9:30 Daily Chronicles 10:00 EZ Exercise 11:00 Sewing Circle 1:30 The Groovy Gramps- Men's Only Club 2:00 Game: Pass the Pig 3:00 Let's Write: Pen Pals! 6:00 Relaxation Station: Scents and Hand Massages
9:30 Morning Stroll and Roll 9:45 Calvary Christian Church 10:00 St. Paul's Catholic Service 11:00 Card Sharks 1:30 The Sassy Silvers Club 2:00 MC Puzzlers 3:00 Sing A Long Sundays 6:00 Sleepy Scents & Sounds	9:30 Daily Chronicles 10:00 Full Body Exercise 11:00 Outing: Valpo Velvet 1:30 Game: Chuck the Duck! 2:00 National Pink Day 3:00 Gloss and Gleam- Monday Manicures 6:00 Slow TV	9:30 Daily Chronicles 10:00 Senior Sweat Squad 11:00 Signature Scent Day 1:30 Let's Play: Quirkle 2:00 Jigsaw Puzzles 3:00 Story Hour with Kathryn 6:00 EZ Card Games	9:30 Daily Chronicles 10:00 Catholic Mass (AL Cafe at 10 am) 10:00 Chair Dancing 11:00 Reminisce: Playing Basketball 1:30 Musical Movement Game 2:00 Simple Snacks - Mud Grub Cups 3:00 Soak Up the Sun!	9:30 Daily Chronicles 10:00 Chair Yoga 11:00 Name the Landmark! Caleb The Comfort Dog 1:30 Balloon Games 2:00 Mocktails on the Patio 3:00 Water "Painting" 6:00 Slow Steepers- Tea and Music	Aviva Spirit Day - Sunglasses 9:30 Daily Chronicles 10:00 Moving to Music Exercise 11:00 National Sunglasses Day! 1:30 Tabletop Games 2:00 Craft: Sunshine Door Decor	9:30 Daily Chronicles 10:00 EZ Exercise 11:00 Sewing Circle 1:30 The Groovy Gramps- Men's Only Club 2:00 Animal Fun Facts: Raccoons 3:00 Let's Write: Pen Pals! 6:00 Relaxation Station: Scents and Hand Massages
9:30 Morning Stroll and Roll 9:45 Calvary Christian Church 10:00 St. Paul's Catholic Service 11:00 Card Sharks 1:30 The Sassy Silvers Club 2:00 MC Puzzlers 3:00 Sing A Long Sundays 6:00 Sleepy Scents & Sounds	9:30 Daily Chronicles 10:00 Full Body Exercise 11:00 Flip: Card & Dice Game 1:30 Easy Stretches 2:00 Wildlife Match Game 3:00 Gloss and Gleam- Monday Manicures 6:00 Slow TV		Daily Refreshments are offered at 10:30 am, 2:30 pm, and 6:30 pm.	All Activities are Subject to Change.	June Birthdays Joan R 5th Jaye G 6th	