Vibrant life
BE VIBRANT. BE YOU.

June 2019
Generations

"June is the gateway to summer"
-Jean Hersey

- Be Adventurous
- Be Challenged
- Be Connected
- Be Family
- Be Inspired
- Be Social
- Be Well

CANYON TRAILS
ASSISTED LIVING & MEMORY CARE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June cont'd **30** 8:30 Breakfast [DR] 9:00 Morning Meditations [AR] 9:30 Catholic Communion [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 10:30 Talk about Current Events of the Day 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) [DR] 1:30 Visual Adventures (magazines, nature, animal videos) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Bowling w/ Ball & Pins 2:00 Music & Refreshments (water & fruit)	Resident Birthdays Ilse B. 6/2 Gloris M. 6/2 Pamela D. 6/10 Silvina M. 6/29		**All activities are subject to change**	Be Adventurous Be Challenged Be Connected Be Family Be Inspired Be Social Be Well		**1** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Sing Along: You Tube and Dancing 11:30 Lunch [DR] 1:00 Ball Toss (Beach Ball, Ring Toss, Balloons) 1:30 Visual Adventures (magazines, nature, animal videos) [AR] 2:00 Sing Along: Karaoke 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Ball Toss 3:00 Moments in Time (History Talk) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening Movie: Residents Choice & Pop Corn [AR]
2 8:30 Breakfast [DR] 9:00 Morning Meditations [AR] 9:30 Catholic Communion [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Sing Along: You Tube and Dancing 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Bowling w/ Ball & Pins 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 New Release Movie [AR]	**3** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Sing Along: You Tube and Dancing 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Sing Along: Karaoke and Dancing 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**4** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**5** 1:30 Ball Toss (Beach ball,rings, bean bag and balloons) [DR] 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Sing Along: Karaoke and Dancing 2:30 Ball catch 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**6** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:30 Lavender Sensations (Hand massages) 3:00 Ice Cream club- build your Own [AR] 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [DR]	**7** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Let's Explore! Scenic Drive 2:00 Recipe of the day (Baking) 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:00 Evening Movie [AR]	**8** 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Sing Along: You Tube and Dancing 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) [AR] 2:00 Sing Along: Karaoke and Dancing 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Ball Toss 3:00 Moments in Time (History Talk) [AR] 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening Movie: Residents Choice [AR]
9 8:30 Breakfast [DR] 9:00 Morning Meditations [AR] 9:30 Catholic Communion [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Bowling w/ Ball & Pins 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 4:30 Fathers Day Music with illtania Rosie - all are welcome to attend! 5:30 New Release Movie [AR]	**10** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Sing Along: Karaoke and Dancing 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Relaxation stretch (Chair stretch w/ music) 4:30 Dinner [DR] 5:30 Evening News	**11** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**12** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) [DR] 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Sing Along: Karaoke and Dancing 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 2:30 Ball catch 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**13** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 2:30 Lavender Sensations (Hand massages) 3:00 Ice Cream club- build your Own [AR] 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [DR]	**14** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Music with Jet- all are welcome to attend 2:00 Let's Explore! Scenic Drive 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 2:30 Recipe of the day (Baking) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:00 Evening Movie [AR]	**15** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Sing Along: You Tube and Dancing 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) [AR] 2:00 Sing Along: Karaoke and Dancing 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 2:30 Ball Toss 3:00 Moments in Time (History Talk) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening Movie: Residents Choice [AR]
16 Father's Day 8:30 Breakfast [DR] 9:00 Morning Meditations [AR] 9:30 Catholic Communion [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Bowling w/ Ball & Pins 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 New Release Movie [AR]	**17** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Sing Along: Karaoke and Dancing 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**18** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**19** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Birthday Party w/ Jeff Lass - Generations, all are well come! 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) [DR] 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Sing Along: Karaoke and Dancing 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 2:30 Ball catch 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**20** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 2:30 Lavender Sensations (Hand massages) 3:00 Ice Cream club- build your Own [AR] 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [DR]	**21** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Let's Explore! Scenic Drive 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:00 Evening Movie [AR]	**22** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Sing Along: Karaoke and Dancing 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) [AR] 2:30 Ball Toss 3:00 Moments in Time (History Talk) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening Movie: Residents Choice [AR]
23 8:30 Breakfast [DR] 9:00 Morning Meditations [AR] 9:30 Catholic Communion [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Music with illtania Rosie - all are welcome to attend! 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards 2:30 Bowling w/ Ball & Pins 3:00 Wine & Cheese & History Talk 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 4:30 Fathers Day Music with illtania Rosie - all are welcome to attend! 5:30 New Release Movie [AR]	**24** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Sing Along: Karaoke and Dancing 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Relaxation stretch (Chair stretch w/ music) 4:30 Dinner [DR] 5:30 Evening News	**25** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 (Parachute Games) With Ball, ballons 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 3:00 Music & Refreshments (water & fruit) 3:30 Relaxation stretch (Chair stretch w/ music) 4:30 Dinner [DR] 5:30 Evening News	**26** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Sing Along: Karaoke and Dancing 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 2:30 Ball catch 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News	**27** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:00 Bowling w/ Ball & Pins Outside 11:30 Lunch [DR] 1:30 Piano David Adelstein 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 2:30 Lavender Sensations (Hand massages) 3:00 Ice Cream club- build your Own 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening News [DR] 5:30 Evening News	**28** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Let's Explore! Scenic Drive 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 2:30 Recipe of the day (Baking) 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:00 Evening Movie [AR]	**29** 8:30 Breakfast [DR] 9:30 Morning Stretch [C] 10:00 Gardening paths (Garden path or plant pots) 10:30 Talk about Current Events of the Day 11:30 Lunch [DR] 1:00 Ball Toss (Beach ball,rings, bean bag and balloons) 1:30 Visual Adventures (magazines, nature, animal videos) 2:00 Music & Refreshments (water & fruit) 2:00 Sing Along: Karaoke and Dancing 2:30 Arts & Crafts / Sensory (coloring, painting, sensory boards) 2:30 Ball Toss 3:00 Music & Refreshments (water & fruit) 3:30 Exercise, Relaxation stretch (Chair stretch with music) 4:30 Dinner [DR] 5:30 Evening Movie: Residents Choice [AR]

Continued at top