

The Lodge Wellness Calendar June 2019

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------|--|--|--|--|--|--|--|
| 8:00 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 9:00 | Morning Walk | Morning Walk | Morning Walk | Morning Walk | Rosary Group (9:30)-CH | Morning Walk Hymn Sing (9:30)-CH | Morning Walk (Nursing) |
| 10:00 | Worship- CH | Group Exercise W/ Jess | Catholic Church Service- CH | Worship- CH | Group Exercise | Worship with Pastor Richard (10:15) | Magazines, Coloring, and Puzzles (Nursing) |
| 10:30 | Sing-a-long | Current Events | Group Exercise | Group Exercise | Current Events | Group Exercise | Sing-a-long (Nursing) |
| 11:00-12:45 | Lunch | Oshibori/Lunch | Oshibori/Lunch | Oshibori/Lunch | Oshibori/Lunch | Oshibori/Lunch | Lunch |
| 12:45 | Fancy Nails | Sing-a-long | 1:1 Visits | 1:1 Visits | 1:1 Visits | Reminiscing | Fancy Nails |
| 1:30 | Magazines, Coloring, and Puzzles | Bible Study with Pastor Richard—CH | Sing-a-long | Short Stories | Reminiscing | Afternoon Movie | Fancy Nails |
| 2:00 | Movie Viewing | Short Stories | Nature Documentary | Gardening Group | Bingo—1st floor DR | Afternoon Movie | Trivia |
| 3:15 | Movie Viewing | Outdoor Visits | Outdoor Visits | Outdoor Visits | Outdoor Visits | Outdoor Visits | Snack & Chat/ Music |
| 4:15 | Sensory Boxes (Nursing) | Cardio Biking | Cardio Biking | Cardio Biking | Cardio Biking | Cardio Biking | Sensory Boxes |
| 5:00-6:00 | Dinner | Oshibori/Dinner | Oshibori/Dinner | Oshibori/Dinner | Oshibori/Dinner | Oshibori/Dinner | Dinner |
| 6:00 | Comedy Show (Nursing) | Sing-A-Long | Music & Memory | Evening Movie | Sing-A-Long | Nature Documentary | Movie Viewing (Nursing) |
| 7:00 | Snack & Chat/ Relaxing Music (Nursing) | Snack & Chat/ Relaxing Music (Nursing) | Snack & Chat/ Relaxing Music (Nursing) | Snack & Chat/ Relaxing Music (Nursing) | Snack & Chat/ Relaxing Music (Nursing) | Snack & Chat/ Relaxing Music (Nursing) | Movie Viewing (Nursing) |