

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



**CHAMPLAIN VALLEY**  
SENIOR COMMUNITY

ASSISTED LIVING & MEMORY CARE

# June 2022

<p><b>5</b></p> <p>10am: Seated Exercise (2B) 11am: Trivial Pursuit (2) 1:15pm: Video Calls to Fam 1:30pm: Prize Bingo (2) 3pm: Video Calls to Family 5pm: Dinner 6pm: Historical Film 2B 7pm: 60 Minutes (1: ICP) 8pm: Night Owl Movie (2B)</p>	<p><b>6</b></p> <p>10am: Seated Exercise (2B) 11am: Scenic Drive (1) 1:15pm: Ice Cream Social 1 2:30pm: 1-on-1 Activities 3:30pm: Happy Hour (2B) Name That Tune 6pm: Comedy Movie (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>7</b></p> <p>10am: Seated Exercise (2B) 11am: Play Jeopardy (2B) 1:30pm: News Group (2B) 1:30pm: Scenic Drive (1) 2:30pm: Sunshine Social 1 3:30pm: Hymn Songs (2B) 6pm: Classic Movie (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>8</b></p> <p><u>Happy Bday John U</u> <u>Happy Bday Margaret R</u></p> <p>10am: Seated Exercise (2B) 11am: Protestant Service 1 1:30pm: Nail Painting (2) 2:30pm: Meaningful 1-1s 3pm: Wine-Down Wed. 2B 6pm: Stand Up Comedy 2B 8pm: Night Owl Movie (2B)</p>	<p><b>9</b></p> <p><u>Hair Salon Open</u></p> <p>10am: Seated Exercise (2B) 11am: Catholic Service (1) 1:30pm: Charity Bingo (2) 2:30pm: 1-on-1s 3:30pm: Happy Hour (2B) Name That Tune 4pm: Video Calls to Family 6pm: Seinfeld (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>10</b></p> <p><u>Happy Bday Shirley</u></p> <p>10am: Seated Exercise (2B) 11am: Documentalry (2B) 1:30pm: Meaningful 1-on-1s 2:30pm: Live Music (2B) 4pm: Video Calls to Family 6pm: Crime TV Series 2B 8pm: Night Owl Movie (2B)</p>	<p><b>11</b></p> <p><u>Happy Bday Luella G</u></p> <p>10am: Seated Exercise (2B) 10:30am: Documentalry 2B 1:30pm: Cornhole (2B) 3:30pm: Knitting Group 2 6pm: Classic Movie 2B:TV 8pm: Night Owl Movie (2B)</p>
<p><b>12</b></p> <p>10am: Seated Exercise (2B) 11am: Rummikub (2) 1:15pm: Video Calls to Fam 3pm: Video Calls to Family 5pm: Dinner 6pm: Chick Flick Film (2B) 7pm: 60 Minutes (1: ICP) 8pm: Night Owl Movie (2B)</p>	<p><b>13</b></p> <p>10am: Seated Exercise (2B) 11am: Scenic Drive (1) 1:15pm: Ice Cream Social 1 2:30pm: Live Music (2B) 3:30pm: Happy Hour (2B) Trivia Questions 6pm: Comedy Movie (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>14</b></p> <p><u>Flag Day</u></p> <p>10am: Seated Exercise (2B) 11am: Wheel of Fortune 2B 1:30pm: News Group (2B) 1:30pm: Scenic Drive (1) 2:30pm: Sunshine Social 1 3:30pm: Horse Racing (2) 6pm: Action Movie (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>15</b></p> <p><u>Happy Bday Pauline</u></p> <p>10am: Seated Exercise (2B) 11am: Protestant Service 1 1:30pm: Nail Painting (2) 2:30pm: Meaningful 1-1s 3pm: Wine-Down Wed. 2B 6pm: Stand Up Comedy 2B 8pm: Night Owl Movie (2B)</p>	<p><b>16</b></p> <p><u>Hair Salon Open</u></p> <p>10am: Seated Exercise (2B) 11am: Catholic Service (1) 1:30pm: Pattern Bingo (2) 2:30pm: 1-on-1s 3:30pm: Happy Hour (2B) Wine &amp; Cheese 4pm: Video Calls to Family 6pm: I Love Lucy (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>17</b></p> <p>10am: Seated Exercise (2B) 11am: Meaningful 1-on-1s 1:30pm: Building Tour (1) 2:30pm: River Walk (1) 4pm: Video Calls to Family 6pm: Crime TV Series 2B 8pm: Night Owl Movie (2B)</p>	<p><b>18</b></p> <p>10am: Seated Exercise (2B) 10:30am: Documentalry 2B 1:30pm: Puzzles (2) 3:30pm: Knitting Group 2 6pm: Classic Movie 2B:TV 8pm: Night Owl Movie (2B)</p>
<p><b>19</b></p> <p><u>Father's Day</u></p> <p>10am: Classic Cars (1) 11:30am: Father's Day BBQ 1:15pm: Video Calls to Fam 1:30pm: Prize Bingo (2) 3pm: Video Calls to Family 5pm: Dinner 6pm: Father's Day Film 2B 7pm: 60 Minutes (1: ICP) 8pm: Night Owl Movie (2B)</p>	<p><b>20</b></p> <p><u>Happy Bday Charlie</u></p> <p>10am: Seated Exercise (2B) 11am: Scenic Drive (1) 1:15pm: Ice Cream Social 1 2:30pm: 1-on-1 Activities 3:30pm: Happy Hour (2B) Would You Rather 6pm: Comedy Movie (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>21</b></p> <p><u>Meeting Day</u> <u>Summer Solstice</u></p> <p>10am: Resident Council 2B 11am: Biography (2B) 1:30pm: News Group (2B) 2:30pm: 1-on-1 Activities 3:30pm: Hymn Songs (2B) 6pm: Western Movie (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>22</b></p> <p>10am: Seated Exercise (2B) 11am: Protestant Service 1 1:30pm: Foot Bath (1) 2:30pm: Arts &amp; Crafts 2B 3pm: Wine-Down Wed. 2B 6pm: YouTube Concert 2B 8pm: Night Owl Movie (2B)</p>	<p><b>23</b></p> <p>10am: Seated Exercise (2B) 11am: Catholic Service (1) 1:30pm: Bingo (2) 3:30pm: Happy Hour (2B) Special Shakes 4pm: Video Calls to Family 6pm: Andy Griffith (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>24</b></p> <p><u>Happy Bday Bobby</u></p> <p>10am: Seated Exercise (2B) 11am: Meaningful 1-on-1s 11am: Lunch Outing* 1:30pm: Building Tour (1) 2:30pm: River Walk (1) 4pm: Video Calls to Family 6pm: Crime TV Series 2B 8pm: Night Owl Movie (2B)</p>	<p><b>25</b></p> <p>10am: Seated Exercise (2B) 10:30am: Matinee (2B) 1:30pm: Adult Coloring (2) 3:30pm: Knitting Group 2 6pm: Classic Movie 2B:TV 8pm: Night Owl Movie (2B)</p>
<p><b>26</b></p> <p>10am: Seated Exercise (2B) 11am: Rummy / Cards (2) 1:15pm: Video Calls to Fam 1:30pm: Prize Bingo (2) 3pm: Video Calls to Family 5pm: Dinner 6pm: Biography Film 2B 7pm: 60 Minutes (1: ICP) 8pm: Night Owl Movie (2B)</p>	<p><b>27</b></p> <p>10am: Seated Exercise (2B) 11am: Scenic Drive (1) 1:15pm: Ice Cream Social 1 2:30pm: Live Music (2B) 3:30pm: Happy Hour (2B) Finish the Phrase 6pm: Comedy Movie (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>28</b></p> <p>10am: Seated Exercise (2B) 11am: Wheel of Fortune 2B 1:30pm: News Group (2B) 1:30pm: Scenic Drive (1) 2:30pm: Sunshine Social 1 3:30pm: Horse Racing (2) 6pm: Drama Movie (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>29</b></p> <p>10am: Resident Council 2B 11am: Protestant Service 1 1:30pm: Nail Painting (2) 2:30pm: 1-on-1 Activities 3:30pm: Documentalry (2B) 6pm: YouTube Concert 2B 8pm: Night Owl Movie (2B)</p>	<p><b>30</b></p> <p><u>Hair Salon Open</u></p> <p>10am: Seated Exercise (2B) 11am: Catholic Service (1) 1:30pm: Pattern Bingo (2) 3:30pm: Happy Hour (2B) Brews &amp; Tattoos 4pm: Video Calls to Family 5pm: Birthday Pizza Party 6pm: Andy Griffith (2B) 8pm: Night Owl Movie (2B)</p>	<p><b>ASSISTED LIVING UNIT</b></p> <p>Breakfast: 8am-9am Lunch: 12pm-1pm Dinner: 5pm-6pm</p> <p>For activity support &amp; information contact Hilary 518-817-9108 x407</p> <p>*Sign Up Required   Activities are subject to change.</p>	