

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



CHAMPLAIN VALLEY
SENIOR COMMUNITY

ASSISTED LIVING & MEMORY CARE

June 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Hair Care Day. 1 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Protestant Service 1pm: Horse Racing Game 2:30pm: Relaxation Hour 4pm: Biography 7pm: Nature Program	2 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Catholic Service (AL) 1pm: Bingo 2:30pm: Happy Hour 4pm: Hymn Singalong 7pm: Movie Night	3 9:30am: 1:1 Activities 10am: Today in History 10:30am: Seated Exercise 11am: Video Calls to Fam. 1pm: Sunshine Social 2:30pm: Live Music (AL) 3pm: Reminisce 4pm: Relaxation Hour 7pm: Movie Night	4 9:30am: Meaningful 1:1s 10am: Movie/Documentary 11am: Seated Exercise 2:30pm: Sunshine Social 4:30pm: Spiritual Eldercare 7pm: Movie Night
5 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Games & Puzzles 2pm: Sunshine Social 2:30pm: Bingo 4pm: Relaxation Hour 7pm: YouTube Concert	6 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Scenic Drive 1pm: Balloon Toss 2pm: Short Stories 2:30pm: Live Music (AL) 3pm: Hand Soak & Rub 7pm: Movie Night	7 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11pm: Live Music 1pm: Arts & Crafts 2:30pm: Scenic Drive 4pm: Armchair Travel Finger Lakes 7pm: Movie Night	8 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Protestant Service 1pm: Horse Racing Game 2:30pm: Relaxation Hour 4pm: Biography 7pm: Nature Program	9 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Catholic Service (AL) 1pm: Bingo 2:30pm: Happy Hour 4pm: Hymn Singalong 7pm: Movie Night	10 9:30am: 1:1 Activities 10am: Today in History 10:30am: Seated Exercise 11am: Video Calls to Fam. 1pm: Sunshine Social 2:30pm: River Walk 3pm: Reminisce 4pm: Relaxation Hour 7pm: Movie Night	11 9:30am: Meaningful 1:1s 10am: Movie/Documentary 11am: Seated Exercise 2:30pm: Sunshine Social 4:30pm: Spiritual Eldercare 7pm: Movie Night
12 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Games & Puzzles 2pm: Sunshine Social 2:30pm: Bingo 4pm: Relaxation Hour 7pm: YouTube Concert	13 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Scenic Drive 1pm: Balloon Toss 2pm: Short Stories 2:30pm: Live Music (AL) 3pm: Hand Soak & Rub 7pm: Movie Night	14 Flag Day. 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Live Music 1pm: Arts & Crafts 2:30pm: Scenic Drive 4pm: Armchair Travel Jamaica 7pm: Movie Night	15 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Protestant Service 1pm: Horse Racing Game 2:30pm: Relaxation Hour 4pm: Biography 7pm: Nature Program	16 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Catholic Service (AL) 1pm: Bingo 2:30pm: Happy Hour 4pm: Hymn Singalong 7pm: Movie Night	17 9:30am: 1:1 Activities 10am: Today in History 10:30am: Seated Exercise 11am: Video Calls to Fam. 1pm: Cooking/Baking 2:30pm: Sweet Treat Social 3pm: Reminisce 4pm: Relaxation Hour 7pm: Movie Night	18 9:30am: Meaningful 1:1s 10am: Movie/Documentary 11am: Seated Exercise 2:30pm: Sunshine Social 4:30pm: Spiritual Eldercare 7pm: Movie Night
Father's Day 19 9:30am: Meaningful 1:1s 10am: Classic Car Parade 11am: Games & Puzzles 12pm: Fathers Day BBQ 2pm: Sunshine Social 2:30pm: Bingo 4pm: Relaxation Hour 7pm: YouTube Concert	20 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Scenic Drive 1pm: Balloon Toss 2pm: Short Stories 2:30pm: Live Music (AL) 3pm: Hand Soak & Rub 7pm: Movie Night	21 Meeting Day Summer Solstice 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11pm: Group Word Games 1pm: Arts & Crafts 4pm: Armchair Travel Bar Harbor, Maine 7pm: Movie Night	22 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Protestant Service 1pm: Horse Racing Game 2:30pm: Relaxation Hour 4pm: Biography 7pm: Nature Program	23 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Catholic Service (AL) 1pm: Bingo 2:30pm: Happy Hour 4pm: Hymn Singalong 7pm: Movie Night	24 9:30am: 1:1 Activities 10am: Today in History 10:30am: Seated Exercise 11am: Video Calls to Fam. 1pm: Sunshine Social 2:30pm: River Walk 3pm: Reminisce 4pm: Relaxation Hour 7pm: Movie Night	25 9:30am: Meaningful 1:1s 10am: Movie/Documentary 11am: Seated Exercise 2:30pm: Sunshine Social 4:30pm: Spiritual Eldercare 7pm: Movie Night
26 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Games & Puzzles 2pm: Sunshine Social 2:30pm: Bingo 4pm: Relaxation Hour 7pm: YouTube Concert	27 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Scenic Drive 1pm: Balloon Toss 2pm: Short Stories 2:30pm: Live Music (AL) 3pm: Hand Soak & Rub 7pm: Movie Night	28 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11pm: Live Music 1pm: Arts & Crafts 2:30pm: Scenic Drive 4pm: Armchair Travel Space 7pm: Movie Night	29 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Protestant Service 1pm: Horse Racing Game 2:30pm: Relaxation Hour 4pm: Biography 7pm: Nature Program	30 Birthday Pizza Party. 9:30am: Meaningful 1:1s 10am: Today in History 10:30am: Seated Exercise 11am: Catholic Service (AL) 1pm: Bingo 2:30pm: Happy Hour 4pm: Hymn Singalong 5pm: Pizza Birthday Party 7pm: Movie Night	MEMORY CARE UNIT Breakfast: 7:45am-8:45am Lunch: 11:45am-12:45pm Dinner: 4:45pm-5:45pm For activity support & information contact Hilary 518-817-9108 x407 Activities are subject to change.	