

Embrace the World

Memory Care July 2016

AT VADNAIS HE	EIGHTS							
SUNDAY	MON	NDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
Legend Most Activities will be held in the Garden Island unless otherwise noted! T Grand Portage Theater Room MDR Main Dining Room Cascade (First Floor) CL Club Lounge "Camden" (2nd Floor) FL Fireside Lounge (1st Floor)		We look forward to be please bring pictures of meaning to your loved outside ear Come Bake with Me is lifetime. We will be stin and sweet treats. We westamber@gablepine. Join us for Arm Chai	ginning our Life Scrapbook. We request that your small statues and trinkets that are of significant one. We will be creating shadow boxes to be placed the resident's door in the near future. It a great way to reminiscence about foods from one mulating our senses with fresh fruits, baked good would love to make a family favorite, please emailes.com with a recipe that is near and dear to you! Travels each Tuesday afternoon where we will explore the Great country of North America	FOURTI S, American	AN AWESOME HOFJULY Ondependence Day 76 • 2016	Morning Active Exercises Table Puzzles Afternoon Games with Friends Lemonade/Patio Evening Wheel of Fortune Manicures	Morning Parachute Exercises Paint a Flag Afternoon Scrabble Sing a long songs Evening Music Circle Lotion Massages	Monday, July 4 from noon - 3 p.m MDR/FL Fourth of July Festivities Saturday, July 9 at 2 p.mT Family Matinée A movie for kids
3	★ Independence Day ★4			5	7	7	8	and adults to enjoy. This month
Morning	Morning		Morning	Morning	Morning	Morning	Morning	we will be showing "The Peanuts
Balloon Ball	Chair Exercises		Explore your Community	Bowling	Nature Walk	Active Exercises	Parachute Exercises	Movie"
Table Puzzles	Come Bake with Me		Gardening	Craft Corner	My Life Scrapbook	Table Puzzles	Flower Craft	
Afternoon	Afternoon		Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	
Brain Teasers	Music Circle		Arm Chair Travels- Caribbean Island		Table Games	Games with Friends	Scrabble	
Golfing	Coffee Break		Ice Cream Social	Trip to the Cinema-T	Hymn Sings	Lemonade/Patio	Sing a long songs	Friday, July 15
Evening	Evening		Evening	Evening	Evening	Evening	Evening	from 8:30 a.m 10:30 p.mMDR
Movies to Remember		rith Friends	Hymn Sing a longs	Reminiscence Boxes	Word Puzzles	Wheel of Fortune	Music Circle	Breakfast for a Cause
Lotion Hand Massages		on Hour	Lotion Hand Massages	Evening Tea	Relaxation Hour	Manicures	Lotion Massages	
10		11	1		2 4			
IU.					3 1 1		15 16	
Morning		rning	Morning	Morning	Morning	Morning	Morning	C . 1 T 1 22
Balloon Ball		Exercises	Explore your Community	Bowling	Nature Walk	Active Exercises	Parachute Exercises	Saturday, July 23
Table Puzzles	Come Bake with Me		Gardening	Craft Corner	My Life Scrapbook	Table Puzzles	Card Making	from 11 a.m 2 p.m.
Afternoon	Afternoon Marsia Cirale		Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Please join us in celebrating the
Brain Teasers Walking Club	Music Circle Coffee Break		Arm Chair Travels- USA	Fill in the Blank Trivia	Table Games	Games with Friends Lemonade/Patio	Scrabble Sing a language	grand opening of Gable Pines.
Walking Club Evening			Making Brownies	Trip to the Cinema-T Evening	Hymn Sings Evening	Evening	Sing a long songs	Residents of Gable Pines and
Movies to Remember	Evening Scrabble with Friends		Evening Hymn Sing a longe	Reminiscence Boxes	Word Puzzles	Wheel of Fortune	Evening Music Circle	throughout the community are
Lotion Hand Massages	Relaxation Hour		Hymn Sing a longs Lotion Hand Massages	Evening Tea	Relaxation Hour	Manicures	Lotion Massages	invited to join
Lotion Trand Wassages	TClaxati		U	<u> </u>				
17		18	1	9	\mathbf{U}		22 23	
Morning	Mor	ning	Morning	Morning	Morning	Morning	Morning	
Balloon Ball	Chair E	Exercises	Explore your Community	Bowling	Nature Walk	Active Exercises	Parachute Exercises	Every Friday
Table Puzzles	Come Bake with Me		Gardening	Craft Corner	My Life Scrapbook	Table Puzzles22a	craft	at 3 p.mCL
Afternoon	Afternoon		Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Happy Hour
Brain Teasers	Music Circle		Arm Chair Travels- New Orleans	Fill in the Blank Trivia	Table Games	Games with Friends	Scrabble	Families are welcome to bring
Walking Club	Coffee Break		Root Beer Floats	Trip to the Cinema-T	Hymn Sings	Lemonade/Patio	Sing a long songs	their loved one to Happy Hour.
Evening	Evening Scrabble with Friends		Evening	Evening	Evening	Evening	Evening	
Movies to Remember			Hymn Sing a longs	Reminiscence Boxes	Word Puzzles	Wheel of Fortune	Music Circle	
Lotion Hand Massages	Relaxatio	on Hour	Lotion Hand Massages	Evening Tea	Relaxation Hour	Manicures	Lotion Massages	
24		25	2	6	2	8	29 30	
Morning		rning	Morning —	Morning	Morning	Morning	Morning	
Balloon Ball	Chair E	Exercises	Explore your Community	Bowling	Nature Walk	Active Exercises	Parachute Exercises	
Table Puzzles	Come Bak	ce with Me	Gardening	Craft Corner	My Life Scrapbook	Table Puzzles	craft	
Afternoon		noon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	
Brain Teasers		Circle	Arm Chair Travels- Canada	Fill in the Blank Trivia	Table Games	Games with Friends	Scrabble	
Walking Club	Coffee Break		Taste of Canada	Trip to the Cinema-T	Hymn Sings	Lemonade/Patio	Sing a long songs	
Evening		ning	Evening	Evening	Evening	Evening	Evening	
Movies to Remember		rith Friends	Hymn Sing a longs	Reminiscence Boxes	Word Puzzles	Wheel of Fortune	Music Circle	
Lotion Hand Massages	Kelaxati	on Hour	Lotion Hand Massages	Evening Tea	Relaxation Hour	Manicures	Lotion Massages	
31	We would like	e to welcome M	argaret Thaver to our comm	unity. She will be	and Bull III	1	This month we are celebrating	
Morning								
Balloon Ball	you may direct them toward her or Amber West. We look forward to our time					BI	North America	
Table Puzzles	you may direct	t them toward he	er or Amber West. We look to		Join us in wishing all	E NO		
Afternoon	together.			* 1		Ic	oin us as we explore the many different cultural regions	
Brain Teasers					residents, associates,		om around the world each month. If you have any	
Walking Club					family, and friends a ver	p]	hotos or experiences that you would like to share	
Evening							Pith the residents during a month please contact the Director of Life Enrichment, Amber West, by email at	NOTE: Scheduled activities are subject to change without notice. Please see bulletin board for any possible changes.
Movies to Remember					happy birthday!		restamber@gablepines.com.	Managed by Life Care Services ♣
Lotion Hand Massages						· ·	- U 1	Managed by Life Gale Services