
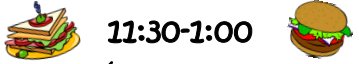

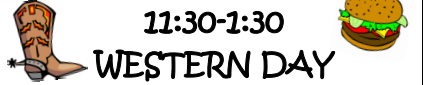

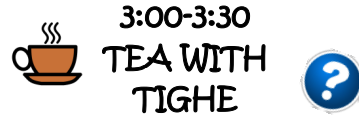


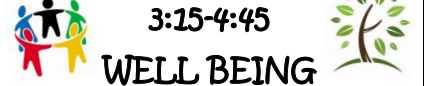
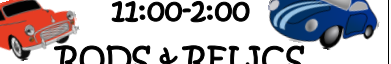
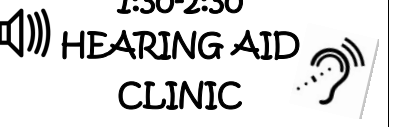


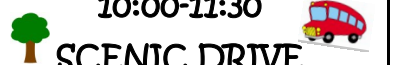
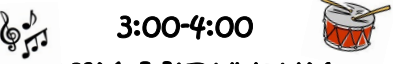


June 2018

Memory Lodge
Eskaton Village Carmichael

Sun	Mon	Tue	Wed	Thu	Fri	Sat
TUESDAYS MPIH (harpists) will come for private room visits 6:00-7:00p 	Activities and times may change. Contact MCU Activity Coordinator for any questions regarding schedule #916-974-2141				1 10:00 Exercise Video 11:00 Trivia 1:45 Bible Study w/ Ch. Grant 3:00 Game Hour 6:00 After Dinner Music 7:00 Ch 6- PBS News Hour ZUMBA CLASS CANCELLED	2 9:30 Morning Stretch 10:00 Balloon Baseball 11:00 Sing Fit! 2:00 Game Hour 6:00 CH 6– Lawrence Welk
3 11:15 Church Service 1:30 Sports Sunday 2:45 Ice Cream SUNdae Social 3:15 Spiritual Hymn Sing Along 6:00 CH 7- Perry Como Classics	4 10:00 Morning Walking Group 11:00 Classical Piano w/ Justin 1:30 Nail Spa 3:00 Julian LaCalle on Guitar 6:00 After Dinner Music 7:00 Evening TV	5 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 11:00 List 10– Word Game 1:30 Drive In Movie 6:00 Healing Harp Melodies 7:00 Evening TV	6 9:30 Morning Stretch 10:45 Massage by Sandra 2:00 Classic Sing Along 3:00 Happy Hour w/ Lily 6:00 After Dinner Music  11:30-1:00 CAFÉ LUNCHEON	7  (Hairdresser Visits) 10:00 Chair Yoga 10:30 Faces & Places II 2:00 Game– Cornhole 3:00 DIY- Squirrel Feeder 6:00 After Dinner Music 7:00 Evening TV	8 10:00 Chair Zumba w/ Christie 11:00 Trivia 1:45 Bible Study w/ Ch. Grant 3:00 Game Hour 6:00 After Dinner Music 7:00 Ch 6- PBS News Hour	9 9:30 Morning Stretch 10:00 Tactile Ball Toss 11:00 Sing Fit! 2:00 Game Hour 6:00 CH 6– Lawrence Welk
10 11:15 Church Service 1:15 Piano Hymns w/ Voz Alta 2:45 Ice Cream SUNdae Social 3:00 Sports Sunday 6:00 After Dinner Music 7:00 Evening TV	11 10:00 Morning Walking Group 11:00 Music w/ Skip Morgan 1:30 Afternoon Stretch 2:30 Road trip USA– Poconos 3:15 Game– JINGO 6:00 After Dinner Music 7:00 Evening TV	12 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 11:00 I Love the 60's Bell Zumba 1:30 Drive In Movie 6:00 Healing Harp Melodies 7:00 Evening TV	13 10:45 Massage by Sandra 11:00 Pets for People Visit 2:00 Sing Along with Denise 3:00 Happy Hour w/ TBA  11:30-1:30 WESTERN DAY LUNCHEON (AUD)	14  (Hairdresser Visits) 10:00 Chair Yoga 10:30 Susie Q's Video Sing Along 1:30 Movie Matinee 6:00 After Dinner Music 7:00 Evening TV  3:00-3:30 TEA WITH TIGHE	15 10:00 Chair Zumba w/ Christie 11:00 Trivia 1:45 Bible Study w/ Ch. Grant 3:00 Game Hour 9:00-12:00 DERMATOLOGY VISITS 	16 9:30 Morning Stretch 10:00 Balloon Baseball 11:00 Sing Fit! 2:00 Game Hour 6:00 CH 6– Lawrence Welk
17 (Father's Day) 11:15 Church Service 1:30 Sports Sunday 2:45 Ice Cream SUNdae Social 3:15 Spiritual Hymn Sing Along 6:00 After Dinner Music 7:00 Evening TV	18  (Manicurist Visits) 10:00 Morning Walking Group 10:30 Music w/ Alta Gray 1:30 Afternoon Stretch  3:15-4:45 WELL BEING COMMUNITY CONVO #1	19 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 1:30 Drive In Movie 6:00 Healing Harp Melodies  11:00-2:00 RODS + RELICS CAR SHOW (AUD)	20 10:00 Music w/ Michael Jaspar 10:45 Massage by Sandra 2:00 Sing Along with Denise 3:00 Happy Hour w/ Elaine  1:30-2:30 HEARING AID CLINIC	21  (Hairdresser Visits) (First Day of Summer) 10:00 Chair Yoga 10:30 Interactive Music w/ Alvin 2:00 Game– Twister Toss 3:00 Travel Mat– Portugal 6:00 After Dinner Music 7:00 Evening TV	22 10:00 Chair Zumba w/ Christie 11:00 Trivia 1:45 Bible Study w/ Ch. Grant 6:00 After Dinner Music 7:00 Ch 6- PBS News Hour	23 9:30 Morning Stretch 10:00 Tactile Ball Toss 11:00 Sing Fit! 2:00 Game Hour 6:00 CH 6– Lawrence Welk
24 11:15 Church Service 1:30 Sports Sunday 2:45 Ice Cream SUNdae Social 3:15 Piano Hymns w/ Voz Alta 6:00 After Dinner Music 7:00 Evening TV	25 10:00 Morning Walking Group 11:00 Classical Piano w/ Justin 1:30 Hisayo on Piano 3:00 DIY– Felt Bookmarks 6:00 After Dinner Music 7:00 Evening TV	26 9:30 Breathe & Stretch w/ Adam 10:30 Coffee & News 11:00 "I Went To The Market" 6:00 Healing Harp Melodies  2:00-3:00 ART PRESENTATION	27 9:30 Morning Stretch 10:45 Massage by Sandra 2:00 Sing Along with Denise 3:00 Happy Hour w/ Don 6:00 After Dinner Music  10:00-11:30 SCENIC DRIVE	28 10:00 Chair Yoga 10:30 DIY- Summer Abstract Art 1:30 Movie Matinee 6:00 After Dinner Music  3:00-4:00 DRUM W/ RHYTHMS OF EMPOWERMENT	29 10:00 Exercise Video 11:00 Trivia 1:45 Bible Study w/ Ch. Grant 6:00 After Dinner Music 7:00 Ch 6- PBS News Hour ZUMBA CLASS CANCELLED	30 9:30 Morning Stretch 10:00 Balloon Baseball 11:00 Sing Fit! 2:00 Game Hour 6:00 CH 6– Lawrence Welk