












# June 2023 Mezzanine Activity Calendar

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday



-  Animal Therapy
-  Creative Arts
-  Emotional
-  Health and Wellness
-  Intellectual
-  Music
-  Nature
-  Purposeful
-  Recreation and Leisure
-  Restorative
-  Spiritual

- Location Keys**
- |  |      |
|--|------|
| AL 2nd FL Activity Room                | AAR  |
| AL 4th FL Theater                      | ALT  |
| Assisted Living Patio                  | ALP  |
| Bistro                                 | BST  |
| Independent Living Game Room-4th Floor | ILGR |
| Independent Living Theater-3rd Floor   | ILT  |
| Mezzanine Activity Room                | Mez  |
| Mezzanine Library                      | ML   |
| Mezzanine Living Room                  | MLR  |
| Outing                                 | OUT  |
| We Come to You                         | WCY  |












All activities are subject to change.  
Please refer to your daily schedule for the most up to date information

<p><b>National Cheese Day!</b> <span style="float: right; font-size: 2em;">4</span></p> <p>10:00 🏃 Move and Groove [Mez]</p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🗣️ Finish the Phrase [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:30 🥘 Noodleball [Mez]</p> <p>2:00 🧀 Cheese Tasting [Mez]</p> <p>3:00 🎵 Remembering Wedding Songs [Mez]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p>10:00 🏃 Zumba and Laughter Yoga [Mez] <span style="float: right; font-size: 2em;">5</span></p> <p>10:45 📺 News and Views [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:30 🌿 Gardening Club [ALP]</p> <p>2:30 🧑‍🎨 Patio Chats [ALP]</p> <p>3:30 🧩 Table Games [Mez]</p> <p>4:00 🗣️ Word Games [Mez]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p>10:00 🏃 Move and Groove [Mez] <span style="float: right; font-size: 2em;">6</span></p> <p>10:30 🎵 <b>Music Therapy with Nancy [Mez]</b></p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:30 🎵 Opera Club [ILT]</p> <p>1:30 🏃 Walking Club [MLR]</p> <p>2:00 🧩 Picture Bingo [Mez]</p> <p>3:30 ❤️ Reminiscing-Family Memories [Mez]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p><b>National Chocolate Ice Cream Day</b> <span style="float: right; font-size: 2em;">7</span></p> <p>10:00 🏃 Sit and Be Fit [Mez]</p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🗣️ Word Games [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:00 📖 Bible Study with Suzanne [ML]</p> <p>1:30 🍦 Ice Cream Making [Mez]</p> <p>2:30 🍦 Ice Cream Social [Mez]</p> <p>3:00 🍷 <b>Happy Hour [BST]</b></p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p>10:00 🏃 Tai Chi with Diana [Mez] <span style="float: right; font-size: 2em;">8</span></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🗣️ Trivia [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:00 📖 Rosary [ML]</p> <p>1:30 🌿 Gardening Club [ALP]</p> <p>2:00 🎵 Janet &amp; Grant! [ALT]</p> <p>3:00 ❤️ Hand Massages [ML]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p><b>National Donut Day!</b> <span style="float: right; font-size: 2em;">9</span></p> <p>10:00 🗣️ World War I Doughnut Girls Discussion [Mez]</p> <p>10:30 🍷 Donut and Coffee Social and Donut Bingo [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>2:00 🎬 Friday Movie Matinee-Some Like it Hot [ALT]</p> <p>4:30 📖 Shabbat [BST]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p>9:30 📖 Carrington Community Church [BST] <span style="float: right; font-size: 2em;">10</span></p> <p>10:30 📺 News and Views [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:30 🌿 Gardening Club [ALP]</p> <p>2:30 🐮 Black Cow Social [ALP]</p> <p>3:30 🧩 Puzzles [Mez]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>
<p>10:00 🏃 Move and Groove [Mez] <span style="float: right; font-size: 2em;">11</span></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🗣️ Finish the Phrase [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:30 🥘 Noodleball [Mez]</p> <p>2:00 🍳 Cooking Club [Mez]</p> <p>2:30 ❤️ Remembering Family Sundays [Mez]</p> <p>3:00 🧑‍🎨 Sunday Social [Mez]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p>10:00 🏃 Zumba and Laughter Yoga [Mez] <span style="float: right; font-size: 2em;">12</span></p> <p>10:45 📺 News and Views [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:00 🍪 Baking Club-Peanut Butter Cookies [Mez]</p> <p>2:00 🌿 Gardening Club [ALP]</p> <p>2:30 ❤️ Patio Chats [ALP]</p> <p>3:30 🧩 Table Games [Mez]</p> <p>4:00 🗣️ Word Games [Mez]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p>10:00 🏃 Move and Groove [Mez] <span style="float: right; font-size: 2em;">13</span></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🎵 Karaoke [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>11:15 🌿 <b>Outing-Picnic Lunch [OUT]</b></p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>2:00 🧩 Picture Bingo [Mez]</p> <p>3:30 📺 Documentary Hour-Bears [Mez]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p><b>Flag Day</b> <span style="float: right; font-size: 2em;">14</span></p> <p>10:00 🏃 Sit and Be Fit [Mez]</p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🇺🇸 You're A Grand Ole Flag! [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:00 📖 Bible Study with Suzanne [ML]</p> <p>1:30 🎨 <b>Art Therapy with Leslie [Mez]</b></p> <p>3:00 🍷 <b>Happy Hour [BST]</b></p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p>10:00 🏃 Tai Chi with Diana [Mez] <span style="float: right; font-size: 2em;">15</span></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🗣️ Trivia [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:00 📖 Rosary [ML]</p> <p>1:30 🌿 Gardening Club [ALP]</p> <p>2:30 ❤️ Patio Chats [ALP]</p> <p>3:00 ❤️ Hand Massages [ML]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p>10:00 🏃 Chair Fitness [Mez] <span style="float: right; font-size: 2em;">16</span></p> <p>10:30 📺 News and Views [Mez]</p> <p>10:45 🗣️ Word Games [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>11:00 🇺🇸 Veteran's Club [ILGR]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>2:00 🎬 Friday Movie Matinee-My Big Fat Greek Wedding [ALT]</p> <p>4:30 📖 Shabbat [BST]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>	<p>9:30 📖 Carrington Community Church [BST] <span style="float: right; font-size: 2em;">17</span></p> <p>10:30 📺 News and Views [Mez]</p> <p>11:00 ❤️ Attitudes of Gratitude [Mez]</p> <p>12:30 🍷 Refresh and Recharge [Mez]</p> <p>1:30 🌿 Gardening Club [ALP]</p> <p>2:30 🧑‍🎨 Patio Chats and Games [ALP]</p> <p>3:30 🏃 Bowling [Mez]</p> <p>5:30 🍷 Relax and Unwind [Mez]</p>

# June 2023 Mezzanine Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																						
<b>Father's Day 18</b> 10:00 🏃 Move and Groove [Mez] 10:30 📺 News and Views [Mez] 10:45 🗣️ Finish the Phrase [Mez] 11:00 ❤️ Attitudes of Gratitude [Mez] <b>11:00 ❤️ Father's Day Brunch</b> 11:30 ❤️ Father's Day Brunch 12:30 🌿 Refresh and Recharge [Mez] 1:30 🏃 Noodleball [Mez] 2:00 ❤️ A Toast To Tv Dads [Mez] 3:00 ❤️ Fatherly Wit and Wisdom [Mez] 5:30 🌿 Relax and Unwind [Mez]	<b>Juneteenth 19</b> 10:00 🏃 Zumba and Laughter Yoga [Mez] 10:45 📺 News and Views [Mez] 11:00 ❤️ Attitudes of Gratitude [Mez] 11:00 📺 Celebrating Juneteenth [Mez] <b>12:30 🌿 Outing-Botanic Gardens [OUT]</b> 12:30 🌿 Refresh and Recharge [Mez] 1:30 🎬 Movie Matinee [Mez] 4:00 🗣️ Word Games [Mez] 5:30 🌿 Relax and Unwind [Mez]	10:00 🏃 Move and Groove [Mez] <b>10:30 🎵 Music Therapy with Nancy [Mez]</b> 11:00 ❤️ Attitudes of Gratitude [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🏃 Walking Club 2:00 🍷 Vanilla Milkshake Social [ALP] 2:30 🎬 Picture Bingo [Mez] 3:30 📺 Documentary Hour- Dolphin Reef [Mez] 5:30 🌿 Relax and Unwind [Mez]	10:00 🏃 Sit and Be Fit [Mez] 10:30 📺 News and Views [Mez] 10:45 🗣️ Word Games [Mez] 11:00 ❤️ Attitudes of Gratitude [Mez] 11:00 🌿 Nature Talks With Alyse [BST] 12:30 🌿 Refresh and Recharge [Mez] 1:00 📖 Bible Study with Suzanne [ML] 2:00 🍷 Lei Making [Mez] <b>3:00 🍷 Happy Hour [BST]</b> <b>4:00 🍷 Longest Day Luau!</b> 5:30 🌿 Relax and Unwind [Mez]	10:00 🏃 Tai Chi with Diana [Mez] <b>10:30 🥁 Drumming with Chris! [Mez]</b> 10:30 📺 News and Views [Mez] 10:45 🗣️ Trivia [Mez] 11:00 ❤️ Attitudes of Gratitude [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:00 📖 Rosary [ML] 1:30 🌿 Gardening Club [ALP] 2:30 ❤️ Patio Chats [ALP] 3:00 ❤️ Hand Massages [ML] 5:30 🌿 Relax and Unwind [Mez]	10:00 🏃 Chair Fitness [Mez] 10:30 📺 News and Views [Mez] 10:45 🗣️ Word Games [Mez] 11:00 ❤️ Attitudes of Gratitude [Mez] 12:30 🌿 Refresh and Recharge [Mez] 2:00 🎬 Friday Movie Matinee-Hello Dolly! [ALT] 4:30 📖 Shabbat [BST] 5:30 🌿 Relax and Unwind [Mez]	9:30 📖 Carrington Community Church [BST] 10:30 📺 News and Views [Mez] 11:00 ❤️ Attitudes of Gratitude [Mez] 12:30 🌿 Refresh and Recharge [Mez] 1:30 🌿 Gardening Club [ALP] 2:30 🎬 Patio Chats and Games [ALP] 3:30 🎬 Puzzles [Mez] 5:30 🌿 Relax and Unwind [Mez]																						
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"Gaze upward, look inward, reach outward, press forward."  
— Thomas S. Monson

-  Animal Therapy
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-  Nature
-  Purposeful
-  Recreation and Leisure
-  Restorative
-  Spiritual

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Please refer to the Daily Sheet for the most up to date schedule of programs



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