

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				9:15 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>10:00 Protestant Service w/ Bethany Lutheran Church-2nd</b> 10:00 Lessons of Faith: "In The Shadow of Herod" 11:00 Giant Crossword Puzzle with Alan 1:00 Historical Moments in History with Renee: "100 American Facts You Never Knew" 2:00 Community Project: Coupon Clipping for Food Pantry with The Nayas <b>*2:00 WU-Game Show Network with Marty: Jeopardy-Father's Day Edition-2nd</b> <b>*3:00 WU-Strength Training with Resident, Meg-2nd</b> 3:00 Inventors Word Search with The Nayas 4:00 Busy Hands: Yarn Balls 6:30 Who's My Match: Cars with The Nayas           1	9:15 World News with Adrianna 9:30 Moving to Music with Adrianna <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Fancy Nails with Adrianna 11:00 Everyday Life Trivia with Adrianna 1:00 Afternoon Stretch with Adrianna 1:30 The Big Bands-Jazz Legends Music Special <b>2:00 Afternoon Social Hour with Edizon-MDR</b> 3:30 Shake Awake Your Taste with Adrianna 4:00 Busy Hands: Circle of Calm 6:30 National Italian Day Activity Packet with The Nayas           2	9:30 This Week in Review with The Nayas <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>*9:30 WU-Painting Techniques 101 with Manda: "Bubble Wrap"-2nd</b> <b>9:30: Outing: Geocaching with Renee (Car Only)</b> 10:00 Morning Stretch with The Nayas 10:30 The Lucy Show Special: "Lucy and The Bean Queen" 2:00 World's Greatest Geological Wonders: "Santorini-Impact of Volcanic Eruptions" 3:00 Jokes and Riddles with The Nayas <b>*3:30 WU-The Life and Death of Robert F. Kennedy-2nd</b> 4:00 Busy Hands: Button Sorting 6:30 Wedding Month Movie Special and Popcorn: "The In-Laws" with Michael Douglas 6:30 Hand Massages with The Nayas           3
9:00 Slow and Gentle Yoga with Sam 9:30 Mass with Holy Name Cathedral <b>10:00 Catholic Service: Holy Apostles-2nd</b> 11:00 Remembering the Good Old Days with Sam: Playing/Watching Sports 1:00 Reminiscing with Old Time Records with Sam 1:30 Mind Games with Sam: Caption This 2:00 Bingo for Prizes with Sam <b>*3:00 WU-Strength Training with Sam</b> 3:30 A-Z with Sam: Ice Cream Toppings 4:00 Busy Hands: Napkin Folding 6:30 Father's Day Movie Special and Popcorn: "Big Fish" with Ewan McGregor 6:30 God Created Adam and Eve Crossword Puzzle with The Nayas           4	9:15 Dear Abby with Sam 9:30 Moving to Music with Sam <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Sing Along with Sam <b>10:00 Outing: Historical Tour with Ed-Downtown Woodstock</b> 11:00 Balloon Volleyball with Sam 1:00 Afternoon Stroll with Sam 1:30 Chicken Soup for the Gardener's Soul Reading with Sam 2:00 Art and Crafts with Sam: "Pinch Pot Pets" <b>*2:30 Slow and Gentle Yoga w/ Denise</b> 3:00 Celebrity Biographies Discussion w/ Sam: Tony Bennett 3:30 Thriving Through Music w/ Sam: Music of Tony Bennett 4:00 Busy Hands: Polishing Silverware <b>*5:30 WU-Bible Study with Resident, Nancy-2nd</b> 6:30 Can You Solve it with The Nayas: Wheel of Fortune           5	9:15 In the News with Alan 9:30 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Coffee Klatch with Alan: "Salted Caramel Biscotti" 10:30 Dice Game with Alan: "Ship, Captain, Crew" 11:00 Wii Time with Alan: "Who Wants To Be a Millionaire" 1:00 Afternoon Stretch with Sam 1:30 National Geographic Special: "Lewis & Clark" <b>*2:00 WU-Cooking Demo with Chef Dayna-Lounge</b> <b>*3:00 WU-Senior Strength with Katy-2nd</b> 3:30 Bible Trivia with Sam 4:00 Busy Hands: Card Sorting 6:30 Board Games with The Nayas           6	9:15 Local News with Alan 9:30 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>*10:00 WU-Virtual Reality Experience with Alan: "Playing Tennis"</b> <b>*10:30 WU-Culinary Creations with Alan: "Lemon Dessert Bars"</b> 11:00 Card Game with Alan: "Crazy 8's" 1:00 Painting 101 with Alan: "Mandala" 2:00 Movie Night Bingo for Prizes with Alan 3:00 Afternoon Social Hour with Lemon Dessert Bars <b>*3:30 WU-Sip n' Thrive Mixology with Alan: "Godfather's Cocktail"-Lounge</b> 4:00 Busy Hands: Dinner Set-Up 6:30 Jigsaw Puzzles with The Nayas           7	9:15 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>10:00 Protestant Service w/ United Methodist Church-2nd</b> 10:00 Lessons of Faith: "My Rock and My Fortress" 11:00 Concentration with Alan 1:00 Historical Moments in History with Renee: "Bazaar Foods Around The World" 2:00 Community Project: Coupon Clipping for Food Pantry with The Nayas <b>*2:00 WU-Discovery Series with HealthPro-2nd</b> <b>*3:00 WU-Strength Training with Resident, Meg-2nd</b> 3:00 I Spy: Ice Cream with The Nayas 4:00 Busy Hands: Yarn Balls <b>6:15 Outing: Concert in the Park-McHenry City Band</b> 6:30 Who's My Match: TV Dad's with The Nayas           8	9:15 World News with Adrianna 9:30 Moving to Music with Adrianna <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Fancy Nails with Adrianna 11:00 Quiz Me From A to Z with Adrianna 1:00 Afternoon Stretch with Adrianna 1:30 Johnny Mathis Music Special <b>2:00 Afternoon Social Hour Heather Braoudakis-MDR</b> 3:30 Famous Faces with Adrianna 4:00 Busy Hands: Circle of Calm 6:30 All About Lucille Ball Activity Packet with The Nayas           9	9:30 This Week in Review with The Nayas <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>*9:30 WU-Get Inspired with Pinterest with Noel: "Patriotic Gnome Door Sign"-2nd</b> 10:00 Morning Stretch with The Nayas 10:30 The Lucy Show Special: "Lucy Meets The Law" 2:00 World's Greatest Geological Wonders: "Mount Fuji" 3:00 Finish the Quote with The Nayas <b>*3:30 WU-84th Anniv. of The National Baseball Hall of Fame-History and Discussion with Alan</b> 4:00 Busy Hands: Button Sorting 6:30 Wedding Month Movie Special: and Popcorn: "Monster-in-Law" with Jane Fonda 6:30 Hand Massages with The Nayas           10
9:00 Slow and Gentle Yoga with Sam 9:30 Mass with Holy Name Cathedral <b>10:00 Catholic Service: Holy Apostles-2nd</b> 11:00 Remembering the Good Old Days with Sam: Your First Car 1:00 Reminiscing with Old Time Records with Sam 1:30 Mind Games with Sam: You Be The Judge 2:00 Bingo for Prizes with Sam <b>*3:00 WU-Strength Training with Sam</b> 3:30 A-Z with Sam: Flowers 4:00 Busy Hands: Napkin Folding 6:30 Father's Day Movie Special and Popcorn: "Father of the Bride" with Steve Martin 6:30 The Promise of a Savior Crossword Puzzle with The Nayas           11	9:15 Dear Abby with Sam 9:30 Moving to Music with Sam <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Sing Along with Sam <b>10:00 Outing: Historical Tour with Ed-Richmond</b> 11:00 Tic-Tac-Toss with Sam 1:00 Afternoon Stroll with Sam 1:30 Chicken Soup for the Golden Soul Reading with Sam 2:00 Art and Crafts with Sam: "Patriotic Gnome Door Sign" <b>*2:00 WU-Line Dancing 101 with Renee-2nd</b> 3:00 Celebrity Biographies Discussion w/ Sam: Dionne Warwick 3:30 Thriving Through Music w/ Sam: Music of Dionne Warwick 4:00 Busy Hands: Polishing Silverware <b>*5:30 WU-Bible Study with Resident, Nancy-2nd</b> 6:30 Can You Solve it with The Nayas: Wheel of Fortune           12	9:15 In the News with Alan 9:30 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>10:00 Miniature Horse Visit with Sunny-Patio</b> 10:00 Sentimental Reflections: "The Natchez Steams North" 11:00 Scripture Readings with Alan 1:00 Afternoon Stretch with Sam 1:30 National Geographic Special: "Great Inca Rebellion" <b>2:00 Mass with Holy Apostles-2nd</b> <b>*3:00 WU-Chair Aerobics with Katy-2nd</b> 3:30 Coffee Klatch with Sam: "Chex Mix Peanut Butter Treat Bars" 4:00 Busy Hands: Card Sorting 6:30 Board Games with The Nayas           13	9:15 Local News with Alan 9:30 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>*10:00 WU-Virtual Reality Experience with Alan: "Adventure Through Car Museums Around the World"</b> <b>*10:30 WU-Culinary Creations with Alan: "Famous Dave's Cornbread Muffins"</b> 11:00 Card Game with Alan: "Rummy" 1:00 Painting 101 with Alan: "Marble" <b>*1:00 WU-Health Talk w/ Nurse Tracy: "Vision Research"-2nd</b> 2:00 Gardening Bingo for Prizes with Alan 3:00 Afternoon Social Hour with Famous Dave's Cornbread Muffins <b>*3:30 WU-Sip n' Thrive Mixology with Alan: "Grand Ole Flag"-Lounge</b> 4:00 Busy Hands: Dinner Set-Up 6:30 Jigsaw Puzzles with The Nayas           14	9:15 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Virtual Protestant Service-2nd 10:00 Lessons of Faith: "The Time Had Fully Come" 11:00 Penny Ante with Alan 1:00 Historical Moments in History with Renee: "Toys for the Decades" 2:00 Community Project: Coupon Clipping for Food Pantry with The Nayas <b>2:00 Buds &amp; Suds Beer Tasting Event w/ Alan &amp; Jeff-MDR</b> <b>*3:00 WU-Strength Training with Resident, Meg-2nd</b> 3:00 I Spy: Father's Day with The Nayas 4:00 Busy Hands: Yarn Balls 6:30 Who's My Match: Famous Fathers w/ The Nayas           15	9:15 World News with Adrianna 9:30 Moving to Music with Adrianna <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Fancy Nails with Adrianna 11:00 Make Your Point with Adrianna 1:00 Afternoon Stretch with Adrianna 1:30 Frank Sinatra Music Special <b>2:00 Afternoon Social Hour with Ron Steta-MDR</b> 3:30 I Should Have Known That with Adrianna 4:00 Busy Hands: Circle of Calm <b>6:15 Candlelight Dinner-MDR (See front desk for sign up, price and menu)</b> 6:30 Father's Day Activity Packet w/ The Nayas           16	9:30 This Week in Review with The Nayas <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>*9:30 WU-Get Inspired with Pinterest with Noel: "Baseball Cap Gift Box"-2nd</b> 10:00 Morning Stretch with The Nayas 10:30 The Lucy Show Special: "Lucy's Barbershop Quartet" 2:00 World's Greatest Geological Wonders: "Galapagos Rift" 3:00 This Was the Year...1970 with The Nayas <b>*3:30 WU-Musical Notes with Alan: "Surf Culture-The Music and Movies"</b> 4:00 Busy Hands: Button Sorting 6:30 Wedding Month Movie Special: and Popcorn: "The Wedding Singer" with Adam Sandler 6:30 Hand Massages with The Nayas           17
<b>Happy Father's Day!</b> 9:00 Slow and Gentle Yoga with Sam 9:30 Mass with Holy Name Cathedral <b>10:00 Catholic Service: Holy Apostles-2nd</b> 11:00 Remembering the Good Old Days with Sam: Father's Day <b>11:15-12:15 Father's Day Brunch with John Ivan-MDR</b> 1:00 Reminiscing with Old Time Records with Sam 1:30 Mind Games with Sam: Happy Father's Day Word-in-Word 2:00 Bingo for Prizes with Sam <b>*3:00 WU-Strength Training with Sam</b> 3:30 A-Z with Sam: Father's Names 4:00 Busy Hands: Napkin Folding 6:30 Father's Day Movie Special and Popcorn: "Father of the Bride" Part 2 with Steve Martin 6:30 Juneteenth Word Search with The Nayas           18	9:15 Dear Abby with Sam 9:30 Moving to Music with Sam <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Sing Along with Sam <b>10:00 Outing: HistoricalTour with Ed-Harvard</b> 11:00 Twister Bean Bag with Sam 1:00 Afternoon Stroll with Sam 1:30 Celebrate Juneteenth: Emancipation of Enslaved African Americans with Sam 2:00 Art and Crafts with Sam: "Pinch Pot Pets, Part 2" <b>*2:00 WU-Qigong with Renee</b> 3:00 Celebrity Biographies Discussion w/ Sam: Michael Jackson <b>*3:15 WU-Billiards with Ed-Library</b> 3:30 Thriving Through Music w/ Sam: Music of Michael Jackson 4:00 Busy Hands: Polishing Silverware <b>*5:30 WU-Bible Study with Resident, Nancy-2nd</b> 6:30 Can You Solve it with The Nayas: Wheel of Fortune           19	9:15 In the News with Alan 9:30 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Coffee Klatch with Alan: "Birthday Cake Drizzled Granola Clusters" 10:30 Dice Game with Alan: "Bunco" <b>*11:00 WU-Life Long Learning with Marcia from C.L.</b> 1:00 Afternoon Stretch with Sam 1:30 National Geographic Special: "Bear Island" <b>*2:00 WU-Snackin' Around the World with Renee: "England"</b> <b>*3:00 WU-Senior Strength with Katy-2nd</b> 3:30 Bible Study with Sam 4:00 Busy Hands: Card Sorting 6:30 Board Games with The Nayas           20	9:15 Local News with Alan 9:30 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>*10:00 WU-Virtual Reality Experience with Alan: "Touring The Miller Lite Factory"</b> <b>*10:00 WU-People Who Paved the Way for LGBTQ Rights Discussion with Renee-2nd</b> <b>*10:30 WU-Culinary Creations with Alan: "Reese's Peanut Butter Coffee Cake"</b> 11:00 Card Game with Alan: "Skip-Bo" 1:00 Painting 101 with Alan: "Watercoloring" 2:00 Global Bingo for Prizes with Alan 3:00 Afternoon Social Hour with Reese's Peanut Butter Coffee Cake <b>*3:30 WU-Sip n' Thrive Mixology with Alan: "Captain of The Sea"-Lounge</b> 4:00 Busy Hands: Dinner Set-Up 6:30 Jigsaw Puzzles with The Nayas           21	9:15 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>10:00 Protestant Service with Immanuel Lutheran-2nd</b> 10:00 Lessons of Faith: "No Greater Love" 11:00 Toss The Pig with Alan 1:00 Historical Moments in History with Renee: "Chicago in Review" 2:00 Community Project: Coupon Clipping for Food Pantry with The Nayas <b>*2:00 WU-Hilarious History with Resident Jim-2nd</b> <b>*3:00 WU-Strength Training with Resident, Meg-2nd</b> 3:00 I Spy: Insects with The Nayas 4:00 Busy Hands: Yarn Balls 6:30 Who's My Match: Baseball Team Logos with The Nayas           22	9:15 World News with Adrianna 9:30 Moving to Music with Adrianna <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Fancy Nails with Adrianna 11:00 Mind Stretchers with Adrianna 1:00 Afternoon Stretch with Adrianna 1:30 Judy Garland Live Music Special <b>2:00 Afternoon Social Hour with Daniel Rausch-MDR</b> 3:30 Don't Quote Me with Adrianna 4:00 Busy Hands: Circle of Calm 6:30 Summer Vacations Destinations Activity Packet with The Nayas           23	9:30 This Week in Review with The Nayas <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>*9:30 WU-Get Inspired w/ Pinterest: "Pinecone Flowers"-2nd</b> 10:00 Morning Stretch with The Nayas 10:30 The Lucy Show Special: "Lucy & Viv Put in a Shower" 2:00 World's Greatest Geological Wonders: "African Rift Valley" 3:00 Person, Place or Thing with The Nayas <b>*3:30 WU-On The Road: "Savannah, Georgia"</b> 4:00 Busy Hands: Button Sorting 6:30 Wedding Month Movie Special: and Popcorn: "The Bachelor" with Chris O'Donnell 6:30 Hand Massages with The Nayas           24
9:00 Slow and Gentle Yoga with Sam 9:30 Mass with Holy Name Cathedral <b>10:00 Catholic Service: Holy Apostles-2nd</b> 11:00 Remembering the Good Old Days with Sam: Summer Vacations 1:00 Reminiscing with Old Time Records with Sam 1:30 Mind Games with Sam: Wacky Words 2:00 Bingo for Prizes with Sam <b>*3:00 WU-Strength Training with Sam</b> 3:30 A-Z with Sam: Presidents 4:00 Busy Hands: Napkin Folding 6:30 Father's Day Movie Special and Popcorn: "King Richard" with Will Smith 6:30 Adam to Noah Crossword Puzzle w/ The Nayas           25	9:15 Dear Abby with Sam 9:30 Moving to Music with Sam <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Sing Along with Sam <b>10:00 Outing: Historical Tour with Ed-Algonquin</b> 11:00 Ring Ross with Sam 1:00 Afternoon Stroll with Sam 1:30 Chicken Soup for the Christian Woman's Soul Reading with Sam 2:00 Art and Crafts with Sam: "Pinecone Flowers" <b>*2:30 Slow and Gentle Yoga with Denise</b> 3:00 Celebrity Biographies Discussion w/ Sam: Louis Armstrong 3:30 Thriving Through Music w/ Sam: Music of Louis Armstrong 4:00 Busy Hands: Polishing Silverware <b>*5:30 WU-Bible Study with Resident, Nancy-2nd</b> 6:30 Can You Solve it with The Nayas: Wheel of Fortune           26	9:15 In the News with Sam 9:30 Moving to Music with Sam <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>*10:00 WU-Card Making with Alan-2nd</b> 10:00 Coffee Klatch with Sam: "Mini Powdered Donettes" 10:30 Dice Game with Sam: "Cover All" 11:00 Wii Time Fun with Sam: "Bowling" 1:30 June in History with Alan 2:00 Outdoor Scavenger Hunt with Alan <b>*2:00 WU-Guided Imagery w/ Resident, Marilyn-2nd</b> 3:00 Rosary Group with Alan <b>*3:00 WU-Chair Aerobics with Katy-2nd</b> 3:30 Bleacher Report with Alan 4:00 Busy Hands: Card Sorting 6:30 Board Games with The Nayas           27	9:15 Local News with Alan 9:30 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> <b>*10:00 WU-Virtual Reality Experience with Alan: "Traveling Along Route 66"</b> <b>*10:00 WU-Com. Service: Be a Community Scientist-2nd</b> <b>*10:30 WU-Culinary Creations with Alan: "Banana Bread"</b> 11:00 Card Game with Alan: "Slap Jack" 1:00 Painting 101 with Alan: "Tape Art" 2:00 Ocean Bingo for Prizes with Sam 3:00 Afternoon Social Hour with Banana Bread <b>*3:30 WU-Sip n' Thrive Mixology: "Coronarita"-Lounge</b> 4:00 Busy Hands: Dinner Set-Up 6:30 Jigsaw Puzzles with The Nayas           28	9:15 Moving to Music with Alan <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Virtual Protestant Service-2nd 10:00 The Life of Jesus Christ 11:00 Sequence with Alan 1:00 Historical Moments in History with Renee: "Happy Little Accidents" 2:00 Community Project: Coupon Clipping for Food Pantry with The Nayas <b>*2:00 WU-Card Making with Zita</b> <b>*3:00 WU-Strength Training with Resident, Meg-2nd</b> 3:00 Soap Opera Word Search with The Nayas 4:00 Busy Hands: Yarn Balls 6:30 Who's My Match: Countries Flags w/ The Nayas           29	9:15 World News with Adrianna 9:30 Moving to Music with Adrianna <b>*9:30 WU-Connie's Total Body Workout-3rd</b> 10:00 Fancy Nails with Adrianna 11:00 What More Do You Know? with Adrianna 1:00 Afternoon Stretch with Adrianna 1:30 In Classical Mood-Bittersweet Memories <b>2:00 Monthly Birthday/Welcome Party with Music by Dante-MDR</b> 3:30 Horse Race with Adrianna 4:00 Busy Hands: Circle of Calm 6:30 Summertime Fun Activity Packet with The Nayas           30	
<div> <div>JUNE 2023</div> <div>The Gardens</div> </div>				<div> <div>ACTIVITY LOCATOR KEY</div> <div>           All Activities are located in the Gardens unless otherwise noted.         </div> </div>		<div> <div>           2nd-2nd Floor            KAR-King Arthur Room            L-Lobby            LG-Lounge            MDR-Main Dining Room            P-Patio            3rd-3rd Floor            TR-Training Room         </div> <div>           *Denotes a Watermark University Course             Calendar is subject to change-Please check the daily sheets for any schedule changes.         </div> </div>