

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



June 2019

# Sheldon Park Assisted Living

<p>June 2019</p> <h1>Sheldon Park Assisted Living</h1>							<p>9:00 News Review 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Music Appreciation 1:15 Fun Brain Puzzles 2:15 Art with Elements 3:00 Nickle Bingo 4:00 Nature Walk</p> <p style="text-align: right;"><b>1</b></p>
<p>9:00 Start the Week Right 9:30 Stretch Exercise 10:00 Legend of Marilyn Monroe 11:00 Let's Play Pool 1:30 Sheldon Park Store 2:15 Sunday Social 3:00 Bingo Time 4:00 Fun Summer DYI</p> <p style="text-align: right;"><b>2</b></p>	<p>9:00 Trip to Bimart 9:30 Exercise with Kate 10:30 Baking with Jennifer 10:30 Drive: Trent 1:15 Shopping: Trader Joes 1:20 Black Jack Game 2:00 Memory Tones 3:00 Bean Bag Baseball 4:00 Margarita Monday</p> <p style="text-align: right;"><b>3</b></p>	<p>9:00 Today's News 9:30 Sit &amp; Stretch Exercise 10:30 Communion 10:30 Brain Games 1:15 Flower Arranging/BBQ Jer 2:15 Food Meeting w/Jerry 3:00 Matt from the Shedd 4:00 Cheese Sampling 5:30 Outside Chat</p> <p style="text-align: right;"><b>4</b></p>	<p>9:15 Celebrate You!!! 9:30 Kates Exercise 10:30 Oregon History w/Mel 10:45 Painting with Jaylene 1:00 Nickle Bingo 2:15 Let's Talk Birds 3:00 Marshmallow Shooter 3:30 Tell us Your Story 4:00 Wine Wednesday</p> <p style="text-align: right;"><b>5</b></p>	<p>9:00 News of the Building 9:30 Sit &amp; Stretch Exercise 10:30 Brain Games 1:15 Resident Meeting 2:15 Horseracing Game 3:00 John on Guitar 3:30 Let's Play Poker 6:00 Bingo with Paul</p> <p style="text-align: right;"><b>6</b></p>	<p>9:00 Getting to Know You 9:30 Kates Exercise 10:30 Resident Acting 10:30 All Day Trip to Oakridge 1:30 Garden Meditation 2:15 Fresh Fruit Friday 3:00 Fire Safety Talk w/John 4:00 Flavored Vodka</p> <p style="text-align: right;"><b>7</b></p>	<p>9:00 News Review 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Music Appreciation 1:15 Fun Brain Puzzles 2:15 Art with Elements 3:00 Nickle Bingo 4:00 Nature Walk Belmont Stakes</p> <p style="text-align: right;"><b>8</b></p>	
<p>9:00 Start the Week Right 9:30 Stretch Exercise 10:00 Favorite Cruises 11:00 Let's Play Pool 1:30 Sheldon Park Store 2:15 Shavuot 2:30 Sunday Social 4:00 How it's Made</p> <p style="text-align: right;"><b>9</b></p> <p style="text-align: center;"><small>Shavuot</small></p>	<p>9:00 Trip to Bimart 9:30 Exercise with Kate 10:30 Cruise Ship Delights 10:30 Disembark to Mabel 1:15 Disembark:Run an Errand 1:20 Black Jack Game 2:00 Gary on Keyboard 3:00 Bean Bag Baseball 4:00 Margarita Monday</p> <p style="text-align: right;"><b>10</b></p>	<p>9:00 Cruise Ship News 9:30 Sit &amp; Stretch Exercise 10:30 Communion 10:30 Brain Games 1:15 Creative Flower Arrange 2:15 Staff Talent Show 3:00 Matt from the Shedd 4:00 Fast Round Trivia 4:30 BBQ Dinner</p> <p style="text-align: right;"><b>11</b></p>	<p>9:15 Celebrate You!!! 9:30 Kates Exercise 10:30 Ships of Oregon w/Mel 11:00 Painting with Jaylene 1:00 Cruise Bingo 2:15 Lucky Paws 3:00 What is Your Element 3:30 Cruise to Alaska 4:00 Wine Tasting Wednesday</p> <p style="text-align: right;"><b>12</b></p>	<p>9:00 Cruise Ship News 9:30 Sit &amp; Stretch Exercise 10:30 Brain Games 1:15 Activity Meeting 2:15 Horseracing Game 3:00 John on Piano 3:30 Let's Play Poker\Gamble 5:00 Formal Dinner w/Captain</p> <p style="text-align: right;"><b>13</b></p>	<p>9:00 Getting to Know You 9:30 Kates Exercise 11:00 Flag Day Celebration 1:15 Trip to Walmart 1:30 Sand Meditation 2:15 Fruit Carving 3:00 Cruise Ship Party 4:00 Flavored Vodka</p> <p style="text-align: right;"><b>14</b></p> <p style="text-align: center;"><small>Flag Day (US)</small></p>	<p>9:00 News Review 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Music Appreciation 1:15 Fun Brain Puzzles 2:15 Art with Elements 3:00 Nickle Bingo 4:00 Nature Walk</p> <p style="text-align: right;"><b>15</b></p>	
<p>9:00 Start the Week Right 9:30 Stretch Exercise 10:00 Sea Turtles Day 11:00 Let's Play Pool 11:30 Father's Day Lunch 1:30 Sheldon Park Store 2:15 Father's Day Social 3:00 Bingo Time 4:00 Fun Summer DYI</p> <p style="text-align: right;"><b>16</b></p> <p style="text-align: center;"><small>Father's Day</small></p>	<p>9:00 Trip to Bimart 9:30 Exercise with Kate 10:30 Baking with Jennifer 10:30 Drive: Drain 1:15 Shopping: Emerald Art G 1:20 Black Jack Game 2:00 Snack Crate 3:00 Bean Bag Baseball 4:00 Margarita Monday</p> <p style="text-align: right;"><b>17</b></p>	<p>9:00 Today's News/BBQ Jer 9:30 Sit &amp; Stretch Exercise 10:30 Communion/ Brain Game 11:30 Picnic Time 1:15 Flower Arranging/BBQ Jer 2:15 Volleyball Game 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat</p> <p style="text-align: right;"><b>18</b></p>	<p>9:15 Celebrate You!! 9:30 Kates Exercise 10:30 Oregon History w/Mel 11:00 Painting with Jaylene 1:00 Nickle Bingo 2:15 Walk Through the Kitchen 3:00 Blowing Bubbles 3:30 Tell us Your Story 4:00 Wine Wednesday</p> <p style="text-align: right;"><b>19</b></p>	<p>9:00 News of the Building 9:30 Sit &amp; Stretch Exercise 10:30 Brain Games 1:15 Learn Sign Language 2:15 Horseracing Game 3:00 Meet &amp; Greet Everyone 3:30 Let's Play Poker 6:00 Bingo with Paul</p> <p style="text-align: right;"><b>20</b></p>	<p>9:00 Getting to Know You 9:30 Kates Exercise 10:30 Resident Acting 10:30 Country Bakery 1:15 Detering Orchard 1:30 Garden Meditation 2:15 Alzheimer's Talk 3:00 Summer Solstice 4:00 Flavored Vodka</p> <p style="text-align: right;"><b>21</b></p> <p style="text-align: center;"><small>Summer Begins</small></p>	<p>9:00 News Review 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Music Appreciation 1:15 Fun Brain Puzzles 2:15 Art with Elements 3:00 Nickle Bingo 4:00 Nature Walk</p> <p style="text-align: right;"><b>22</b></p>	
<p>9:00 Start the Week Right 9:30 Stretch Exercise 10:00 Senses Day 11:00 Life Stories 1:30 Sheldon Park Store 2:15 Sun Tea Sunday 3:00 Mathematics Madness 4:00 You Tube Funnies</p> <p style="text-align: right;"><b>23</b></p>	<p>9:00 Today's Happy Talk 9:30 Exercise with Kate 10:30 Baking with Jennifer 1:20 Black Jack Game 2:00 Snack Crate 3:00 Bean Bag Baseball 4:00 Margarita Monday</p> <p style="text-align: right;"><b>24</b></p>	<p>9:00 Today's News 9:30 Sit &amp; Stretch Exercise 10:30 Communion 10:30 Brain Games 1:15 Flower Arranging/BBQ 2:15 Resident Talent Show 3:00 Matt from the Shedd 4:00 Fast Round Trivia 5:30 Outside Chat</p> <p style="text-align: right;"><b>25</b></p>	<p>9:15 Celebrate You!!! 9:30 Kates Exercise 10:30 Oregon History w/Mel 11:00 Painting with Jaylene 1:00 Nickle Bingo 2:15 Lucky Paws 3:00 Rock Collection 3:30 Tell us Your Story 4:00 Wine Wednesday</p> <p style="text-align: right;"><b>26</b></p>	<p>9:00 News of the Building 9:30 Sit &amp; Stretch Exercise 10:30 Brain Games 1:15 Legend of Helen Keller 2:15 Learn Sign Language 3:00 Horseracing Game 6:00 Bingo with Paul</p> <p style="text-align: right;"><b>27</b></p>	<p>9:00 Getting to Know You 9:30 Kates Exercise 10:30 Fishing Trip/Archery 1:15 Trip to Walmart 1:30 Garden Meditation 2:15 Special Treat 3:00 Croquet Game 4:00 Flavored Vodka</p> <p style="text-align: right;"><b>28</b></p>	<p>9:00 News Review 9:30 Stretch Exercise 10:30 Bible Study with Jack 11:00 Music Appreciation 1:15 Brain Puzzles 2:15 Art with Elements 3:00 Nickle Bingo 4:00 Nature Walk</p> <p style="text-align: right;"><b>29</b></p>	
<p>9:00 Start the Week Right 9:30 Stretch Exercise 10:00 Log Cabin Day 11:00 Life Stories 1:30 Sheldon Park Store 2:15 Sunday Social 3:00 Bingo Time 4:00 You Tube Funnies</p> <p style="text-align: right;"><b>30</b></p>	<p><b>Cruise Week June 9<sup>th</sup>-15<sup>th</sup>.</b> Family and friends are welcome to join in all activities. The activity department has a new <b>Closed Group Facebook page</b>. We will be posting daily sheets, calendars, photos of residents participating in activities and events. If you would like the Facebook link e-mailed to you, please e-mail me at <a href="mailto:sheldon.ad@blueharborsl.com">sheldon.ad@blueharborsl.com</a>.</p>						

Activities are subject to change. Please check daily sheet.