June 2024

MC Life Enrichment Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please note all activities are subject to change. Please sign up with Bethany for activities in Red. Life Enrichment Director, Bethany Swan, can be reached by phone or email. (763)235-2138 bswan@norbellaseniorliving.com					NorBella CHAMPLIN	**1** 10:00 Chair Exercise 3:00 Table Games – Group Puzzle
2 10:00 Chair Exercise 3:00 Table Games – Residents Choice	**3** 10:00 Catholic Mass (TV) And Communion (AL) 11:30 Chair Aerobics (AL) 2:30 Music with Kristin (AL) 3:30 Measuring Up Game	**4** 9:30 Daily Chronicles 9:45 Seated Stretches 10:00 Gardening on the Patio 1:00 1:1 Visits with Dave 2:30 Candy Bingo (AL)	**5** 9:30 Daily Chronicles 9:45 Chair Yoga 10:00 Minute to Win It 4:00 Let's Play: War 4:30 Visits with Kim	**6** *Nurse Angie's Last Day* 9:30 Daily Chronicles 9:45 Walkin' and Rollin' Club 10:00 Creative Circle 1:00 1:1 Visits with Dave 2:00 Shhh..! It's a Surprise: Angie's Congratulations and Send Off Party (AL)	**7** 9:15 Daily Chronicles 9:30 Sit & Be Fit 10:00 Pet Visits with Lily and Ranger 1:45 Resident Council 3:30 Chef Dave's Final Food Committee and Farewell ☹ (AL)	**8** 8:45 Daily Chronicles 9:00 Exercise with Alexis 9:30 Activities with Alexis 1:30 Whiteboard Games
9 8:45 Daily Chronicles 9:00 Exercise with Alexis 9:30 Activities with Alexis 1:30 Bingo with Alexis	**10** 10:00 Catholic Mass (TV) And Communion (AL) 11:30 Chair Aerobics (AL) 2:30 Music with Kristin 3:30 Manicures (AL)	**11** 9:45 Morning Movie 11:00 Lunch Outing: Picnic in the Park 1:00 1:1 Visits with Dave 3:00 Candy Bingo (AL)	**12** 9:30 Daily Chronicles 9:45 Never Have I Ever… 11:00 Chair Yoga with Allison 4:00 Roll a Tie Game 4:30 Visits with Kim	**13** 10:15 Daily Chronicles 10:30 Walkin' and Rollin' Club 11:00 Music with Shannon 3:00 Father's Day Floats with Firefighters	**14** 9:15 Daily Chronicles 9:30 Sit & Be Fit 10:00 Pet Visits with Lily and Ranger 11:00 Concert with Kori 1:45 Social on the Patio 3:00 Quarter Bingo (AL)	**15** 10:00 Chair Exercise 3:00 Table Games – Word Search
16 *Father's Day* 10:00 Chair Exercise 3:00 Table Games – Residents Choice	**17** 10:00 Catholic Mass (TV) And Communion (AL) 11:30 Chair Aerobics (AL) 2:30 Music with Kristin	**18** 9:45 Morning Movie 10:30 Let's Go Shopping: Bus Trip to Dollar Tree 1:00 1:1 Visits with Dave 2:30 Candy Bingo (AL)	**19** *Juneteenth* 9:30 Daily Chronicles 9:45 Chair Yoga 10:00 June Trivia 2:00 Let's Make: Ice Cream Sundaes! 4:30 Visits with Kim 7:00 Pet Visits with Jax & Claire	**20** 10:00 Daily Chronicles 10:15 Walkin' and Rollin' Club 10:30 Cornhole Competition 1:00 1:1 Visits with Dave 2:00 Readers Theater	**21** *John's Birthday!* 9:15 Daily Chronicles 9:30 Sit & Be Fit 10:00 Pet Visits with Lily and Ranger 2:00 Movie Matinee	**22** 8:45 Daily Chronicles 9:00 Exercise with Alexis 9:30 Activities with Alexis 1:30 Yard Games with Alexis
23 8:45 Daily Chronicles 9:00 Exercise w Alexis 9:30 Activities w Alexis 1:30 Bingo with Alexis **30** *Adele's Birthday!* 10:00 Chair Exercise 3:00 Table Games	**24** 10:00 Catholic Mass (TV) And Communion (AL) 11:30 Chair Aerobics (AL) 2:30 Music with Kristin 3:30 Massage & Meditation	**25** 9:30 Daily Chronicles 9:45 Seated Stretches 10:00 Church Service (TV) 1:00 1:1 Visits with Dave 3:00 June Birthday Party with Gigi the Ukulady (AL)	**26** 9:30 Daily Chronicles 9:45 DIY Birdfeeders 11:00 Chair Yoga with Allison 2:30 Candy Bingo (AL) 4:30 Visits with Kim	**27** 10:15 Daily Chronicles 10:30 Walkin' and Rollin' Club 11:00 Music with Shannon 1:00 1:1 Visits with Dave 2:00 Cut the Cards	**28** 9:15 Daily Chronicles 9:30 Sit & Be Fit 10:00 Pet Visits with Lily and Ranger 1:45 Patriotic Sing A Long 3:00 Prize Bingo (AL)	**29** 10:00 Chair Exercise 3:00 Table Games – Word Search