


June 2024
HILLSIDE, VISTA 3 AND VISTA 9

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>June cont'd 30</p> <p>9:30 † Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor</p> <p>11:00 † Worship Service - Ch. 81</p> <p>2:00 Movie Matinee [9th Fl]</p>	<p>🍳 Cooking</p> <p>🧠 Creative</p> <p>🎮 Games</p> <p>🧠 Intellectual</p> <p>🎵 Music</p> <p>➡ Physical</p> <p>★ Purposeful</p> <p>👥 Social</p> <p>† Spiritual</p>	<p>Location Key</p> <p>HL-Hillside Lounge</p> <p>MP-Multi-purpose Room</p> <p>DRH-Hillside Dining Room</p> <p>9th Fl-Vista 9</p> <p>PA-Point Aud</p>	<p>NEW!</p> <p>Dakim Brain Fitness</p> <p>Located on Vista 9 NW Corner</p> <p>Ask Life Enrichment Come Check It Out!</p>	<p>HAPPY FATHER'S DAY</p>		<p>11:00 ➡ 9th Floor Exercise-DR</p> <p>2:00 🎮 Mexican Train [DR-H]</p>
<p>"The things we truly love stay with us always, locked in our hearts as long as life remains."</p> <p>— Josephine Baker</p>	<p>9:30 † Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor</p> <p>11:00 † Worship Service - Ch. 81</p> <p>12:15 🎵 Piano w/ Martha & Brian [DR-H]</p> <p>2:00 Movie Matinee [9th Fl]</p>	<p>9:00 ➡ Balance Class with Heidi [9th Fl]</p> <p>9:30 Morning Fitness [MP]</p> <p>10:00 ★ Tai Chi w/Jesse [MP]</p> <p>10:30 🧠 Current Events w/ Randy Mayeux [9th Fl]</p> <p>2:00 ➡ "What is Reiki" Presentation by Anna Perkins-Learn the benefits of Reiki [MP]</p>	<p>9:30 🧠 CCY Campus News-Ch. 81</p> <p>9:30 ➡ Morning Fitness [MP]</p> <p>10:00 ➡ Virtual Trails "Here We Go"-Counting Steps [MP]</p> <p>1:00 🎵 CC Young'uns Choir Practice [PA]</p> <p>2:00 🧠 Men's Social w/ Aaron [9th Fl]</p> <p>2:30 🎮 Let's Rummikub [HS Activity Room]</p> <p>6:00 🎮 Bridge Night [9th Fl]</p>	<p>9:00 ➡ Work out Balance Class with Heidi- [9th Fl]</p> <p>9:30 ➡ Morning Fitness</p> <p>10:00 ★ Knock Out Parkinson's w/ Jesse [MP]</p> <p>10:45 🧠 Table Talk w/ John Hill [9th Fl]</p> <p>2:00 Northwest Bible Church Volunteers-Games!</p> <p>3:00 ★ Knit Wits Group-All Welcome [9th Fl]</p> <p>4:45 🎵 Piano Music w/ Russ Rieger [DR-H]</p>	<p>9:30 ➡ Morning Fitness</p> <p>10:00 🧠 Calendar Planning [MP]</p> <p>10:00 ★ Express Your Voice Class [9th Fl]</p> <p>10:30 ★ Grief Support w/ Barbara Marcum [MP]</p> <p>11:30 🎮 Lunch Out-Birdies</p> <p>2:30 ➡ Drumba Class w/ Aaron [MP]</p> <p>3:00 ★ Smart Smoothie Shots-Thirsty Thursdays-Hillside Lobby</p> <p>6:00 🧠 Bridge Night [9th Fl]</p>	<p>9:30 ➡ Morning Fitness</p> <p>9:50 ➡ Tai Chi Class w/ Jesse [9th Fl]</p> <p>10:00 Irma Rangel student volunteers-Volleyball Fun!</p> <p>11:00 🧠 Tech Talk w/ Daphne Lee-"Text Me Too" [MP]</p> <p>2:00 🎮 Mahjong w/ Nancy & Laura [MP]</p> <p>2:00 ★ Stop by for a Healthy Snack-Friday Foodies-Hillside Lobby</p>	<p>11:00 ➡ 9th Floor Exercise-DR</p> <p>2:00 🎮 Mexican Train Game [DR-H]</p>
<p>Resident Birthdays</p> <p>Judy M. 6/1</p> <p>Wanda F. 6/4</p> <p>Sue M. 6/11</p> <p>Lawrence G. 6/12</p> <p>Janet W. 6/15</p> <p>Willis C. 6/18</p> <p>Mary Lou S. 6/18</p> <p>Bertie (Blind) K. 6/24</p> <p>Ava S. 6/29</p>	<p>9:30 † Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor</p> <p>11:00 † Worship Service - Ch. 81</p> <p>2:00 Movie Matinee [9th Fl]</p>	<p>9:00 ➡ Work out Balance Class with Heidi- [9th Fl]</p> <p>9:30 Morning Fitness [MP]</p> <p>10:00 ★ Tai Chi w/Jesse [MP]</p> <p>11:00 🎮 Trivia Star/Mental Health-Come have fun sharpen your mind w/ fun questions! [MP]</p> <p>1:30 ➡ Trip Out-North Park Mall</p> <p>2:00 🎮 Bingo w/ Janet [HS Activity Room]</p> <p>2:00 🎮 Bridge w/Sharon & Friends-All Levels [MP]</p>	<p>9:30 🧠 CCY Campus News-Ch. 81</p> <p>9:30 ➡ Morning Fitness [MP]</p> <p>10:00 ➡ Virtual Trails "Here We Go"-Counting Steps [MP]</p> <p>11:00 🧠 For Love & Art w/ Wolford [9th Fl]</p> <p>1:00 🎵 CC Young'uns Choir Practice [PA]</p> <p>2:00 🧠 Men's Social w/ Aaron [9th Fl]</p> <p>2:30 🎮 Let's Rummikub [HS Activity Room]</p> <p>6:00 🎮 Bridge Night [9th Fl]</p>	<p>9:00 ➡ Work out Balance Class with Heidi- [9th Fl]</p> <p>9:30 ➡ Morning Fitness</p> <p>10:00 ★ Chef Connection w/ Tyron [DR-H]</p> <p>10:00 ★ Knock Out Parkinson's w/ Jesse [MP]</p> <p>2:00 Storying Telling w/Jo Radar [MP]</p> <p>3:00 ★ Knit Wits Group-All Welcome [9th Fl]</p>	<p>9:30 ➡ Morning Fitness</p> <p>10:00 ★ Express Your Voice Class [9th Fl]</p> <p>10:00 ★ Manicures-Limited Seating [HS Activity Room]</p> <p>10:30 ★ Grief Support w/ Barbara Marcum [MP]</p> <p>1:00 🧠 Special Father's Day Luncheon [9th Fl]</p> <p>2:00 🎮 Storytelling w/ Jo Rader [MP]</p> <p>2:30 ➡ Drumba Class w/ Aaron [MP]</p> <p>3:00 ★ Smart Smoothie Shots-Thirsty Thursdays-Hillside Lobby</p> <p>6:00 🧠 Bridge Night [9th Fl]</p>	<p>Flag Day</p> <p>9:30 ➡ Morning Fitness</p> <p>9:50 ➡ Tai Chi Class w/ Jesse [9th Fl]</p> <p>10:30 🎵 Hymn Sing w/ Nancy Roberts [MP]</p> <p>12:30 ★ Birthday Honorees Celebration [HS Activity Room]</p> <p>2:00 🎮 Mahjong w/ Nancy & Laura [MP]</p>	<p>11:00 ➡ 9th Floor Exercise-DR</p> <p>2:00 🎮 Mexican Train Game [DR-H]</p>
<p>GO FOR THE GOLD!</p> <p>CC YOUNG SENIOR'S HOME</p>	<p>Father's Day 16</p> <p>9:30 † Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor</p> <p>11:00 † Worship Service - Ch. 81</p> <p>2:00 Movie Matinee [9th Fl]</p>	<p>9:00 ➡ Work out Balance Class with Heidi- [9th Fl]</p> <p>9:30 Morning Fitness [MP]</p> <p>10:00 ★ Tai Chi w/Jesse [MP]</p> <p>11:00 🎮 Trivia Star/Mental Health-Come have fun sharpen your mind w/ fun questions! [MP]</p> <p>2:00 🎮 Bingo w/ Janet [HS Activity Room]</p> <p>2:00 🎮 Bridge w/Sharon & Friends-All Levels [MP]</p>	<p>9:30 🧠 CCY Campus News-Ch. 81</p> <p>9:30 ➡ Morning Fitness [MP]</p> <p>10:00 ➡ Virtual Trails "Here We Go"-Counting Steps [MP]</p> <p>10:30 🍳 J & J Fun Cooking Class</p> <p>1:00 🎵 CC Young'uns Choir Practice [PA]</p> <p>2:00 🧠 Men's Social w/ Aaron [9th Fl]</p> <p>2:30 🎮 Let's Rummikub [HS Activity Room]</p> <p>3:00 🧠 Arts & Crafts w/ Jesse [HS Activity Room]</p> <p>4:45 🎵 Piano w/ Russ Reiger [9th Fl]</p> <p>6:00 🎮 Bridge Night [9th Fl]</p>	<p>Juneteenth</p> <p>9:00 ➡ Work out Balance Class with Heidi- [9th Fl]</p> <p>9:30 ➡ Morning Fitness</p> <p>10:00 ★ Knock Out Parkinson's w/ Jesse [MP]</p> <p>10:45 🧠 Table Talk w/ John Hill [9th Fl]</p> <p>3:00 ★ Knit Wits Group-All Welcome [9th Fl]</p> <p>4:45 🎮 Piano w/ Russ Reiger [DR-H]</p>	<p>First Day of Summer</p> <p>9:30 ➡ Morning Fitness</p> <p>10:00 ★ Express Your Voice Class [9th Fl]</p> <p>10:00 ★ Manicures-Limited Seating [HS Activity Room]</p> <p>10:30 ★ Grief Support w/ Barbara Marcum [MP]</p> <p>2:30 ➡ Drumba Class w/ Aaron [MP]</p> <p>4:00 🧠 Welcome New Residents Meeting [9th Fl]</p> <p>6:00 🧠 Bridge Night [9th Fl]</p>	<p>9:30 ➡ Morning Fitness</p> <p>9:50 ➡ Tai Chi Class w/ Jesse [9th Fl]</p> <p>11:00 🧠 Tech Talk w/ Daphne Lee-"Taking Photos w/ Your iPhone" [MP]</p> <p>11:30 🎮 Lunch Out-Mama's & Daughters</p> <p>2:00 🎮 Mahjong w/ Nancy & Laura [MP]</p> <p>2:00 ★ Stop by for a Healthy Snack-Friday Foodies-Hillside Lobby</p> <p>4:00 🎵 BYO-Musicians! [DR-H]</p>	<p>11:00 ➡ 9th Floor Exercise-DR</p> <p>2:00 🎮 Mexican Train Game [DR-H]</p>
<p>Make sure to get your 2024 Wellness Challenge Booklet</p> <p>Each week you will find great opportunities to:</p> <p>*Participate in self-care</p> <p>*Track your Steps!</p> <p>*Stay Hydrated and More!</p>	<p>9:30 † Church Service w/ Rev. Mike-Christ Chapel-Vista 2nd Floor</p> <p>11:00 † Worship Service - Ch. 81</p> <p>2:00 Movie Matinee [9th Fl]</p>	<p>9:00 ➡ Work out Balance Class with Heidi- [9th Fl]</p> <p>9:30 Morning Fitness [MP]</p> <p>10:00 ★ Tai Chi w/Jesse [MP]</p> <p>11:00 🎮 Trivia Star/Mental Health-Come have fun sharpen your mind w/ fun questions! [MP]</p> <p>2:00 🎮 Bingo w/ Janet [HS Activity Room]</p> <p>2:00 🎮 Bridge w/Sharon & Friends-All Levels [MP]</p>	<p>9:30 🧠 CCY Campus News-Ch. 81</p> <p>9:30 ➡ Morning Fitness [MP]</p> <p>10:00 ➡ Virtual Trails "Here We Go"-Counting Steps [MP]</p> <p>1:00 🎵 CC Young'uns Choir Practice [PA]</p> <p>2:00 🧠 Men's Social w/ Aaron [9th Fl]</p> <p>2:30 🎮 Let's Rummikub [HS Activity Room]</p> <p>6:00 🎮 Bridge Night [9th Fl]</p>	<p>9:00 ➡ Work out Balance Class with Heidi- [9th Fl]</p> <p>9:30 ➡ Morning Fitness</p> <p>9:30 ➡ Morning Fitness</p> <p>10:00 ★ Knock Out Parkinson's w/ Jesse [MP]</p> <p>10:45 🧠 Table Talk w/ John Hill [9th Fl]</p> <p>3:00 ★ Knit Wits Group-All Welcome [9th Fl]</p>	<p>9:30 ➡ Morning Fitness</p> <p>10:00 ★ Express Your Voice Class [9th Fl]</p> <p>10:00 ★ Manicures-Limited Seating [HS Activity Room]</p> <p>10:30 ★ Grief Support w/ Barbara Marcum [MP]</p> <p>2:30 ➡ Drumba Class w/ Aaron [MP]</p> <p>3:00 ★ Smart Smoothie Shots-Thirsty Thursdays-Hillside Lobby</p> <p>6:00 🧠 Bridge Night [9th Fl]</p>	<p>9:30 ➡ Morning Fitness</p> <p>9:50 ➡ Tai Chi Class w/ Jesse [9th Fl]</p> <p>10:30 🎵 Hymn Sing w/ Nancy Roberts [MP]</p> <p>2:00 🎮 Mahjong w/ Nancy & Laura [MP]</p> <p>2:00 ★ Stop by for a Healthy Snack-Friday Foodies-Hillside Lobby</p>	<p>11:00 ➡ 9th Floor Exercise-DR</p> <p>2:00 🎮 Mexican Train Game [DR-H]</p>

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