











WellLife June 2017

AT BLAKEFORD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Life Enrichment Coordinator: Lynn Beckstrom Phone: 615-665-2693</p> <p>•Calendar Subject to Change</p>	 <p>Flag Day Ceremony & Veterans Recognition Program Wednesday, June 14th 2:00pm MPR</p>	<p>Check Out Channel 7 for In-house Movies</p> 	 <p>Men's Health Seminar/ Father's Day Brunch Thursday, June 15th 11:00am MPR</p>	<p>1</p> <p>9:30am Balance & Coordination – MPR 11:00 Outing: Lunch at Barbara's Home Cooking 1:00pm Dominoes-GR 3:00pm Needlecrafters - LR 3:00pm Cardio Drum Group 2 – MPR 4:00pm TED Talk - MPR 5:00pm Symphony Transportation</p>	<p>2</p> <p>9:00am - Supervised Exercise – WC 9:30am – Tai Chi Class - MPR 10:30am Wii Golf – WR 11:00am Blakeford University: "Musical Memories from Hollywood's Golden Era" Instructor: Bill Ferarri-MPR 1:00pm Sequence – GR 7:00pm Bingo-MPR</p>	<p>3</p> <p>4:00pm The West Wing - MPR 6:45pm Movie: -MPR</p>
<p>4</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble - N. Tower 4th floor lounge. 4:00pm Vespers Service - MPR 6:45pm Sunday Movie – WR</p>	<p>5</p> <p>9:00am-Supervised Exercise –WC 9:30 Walking Club-LR 10:00 Bible Study on Summer Break– MPR 10:30am Wii Bowling- WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00pm Art Class "Art with Attitude" - BC 1:00pm Rhythm & Moves-MPR 1:00pm No Spanish Today MPR 1:30pm Seated Yoga –MPR 2:00pm Let's Play Bunco-GR 6:45pm Movie: -MPR</p> 	<p>6</p> <p>9:30am Cardio Drum Grp.1 MPR 10:30-11:30 Audiology Associates MPR 1:00pm-2:00pm Ice Cream Sundaes & Music on the Patio 1:00pm Canasta-GR 1:30pm Bridge-MPR 2:00pm Seated strength – MPR 4:30pm Social Hour with Brian Hanson- LR</p>	<p>7</p> <p>9:00am - Supervised Exercise –WC 9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30am Bible Study –MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on the Patio 1:00pm Ukulele Class with Lindy WR 1:00pm Rhythm & Moves –MPR 1:30pm Seated Yoga –MPR 2:00pm Table Topics: Discussion Group-LR 2:15pm Roman Catholic Com .HC 4:00pm Afternoon Matinee – M 6:45pm Classic Movie – MPR</p>	<p>8</p> <p>9:30am Balance & Coordination – WR 1:00pm Dominoes-GR 1:30pm Outing: Shopping Nashville West At Home and Dollar Tree 2:00pm Better Balance-WR 3:00pm Needlecrafters - LR 3:00pm Cardio Drum Group 2 – WR 4:00pm No TED Talk Today - MPR</p>	<p>9</p> <p>9:00am - Supervised Exercise – WC 9:30am – Tai Chi Class - WR 10:30am Wii Golf-WR 1:00pm Sequence – GR 3:00pm Keith Sargent in Concert -LR 7:00pm Bingo-Moved to WR 7:00pm Shabbat Service – BC</p>	<p>10</p> <p>4:00pm The West Wing WR 6:45pm Movie: -WR</p>

Location Key: GR- Game Room FP-Front Parlor LR- Living Room MPR-Multipurpose Room WC-Wellness Center WR-WellLife Room BC-Burton Court HC- Woodcrest Health Center BU- BLAKEFORD UNIVERSITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble - N. Tower 4th floor lounge. 6:45pm <i>Sunday Movie</i> - MPR</p>	<p>9:00am-Supervised Exercise –WC 12</p> <p>9:30 Walking Club-LR 10:00am Bible Study on Summer Break – MPR 10:30am Wii Bowling- WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00-2:00 Men's Open Gym-WC 1:00pm Rhythm & Moves-MPR 1:00pm Crafts w/Lynn Patriotic Floral Decor GR 1:30pm Seated Yoga –MPR 2:30pm – Resident Council-MPR 6:45pm <i>Movie</i>: -MPR</p>	<p>13</p> <p>9:30am Cardio Drum Grp.1 MPR 10:00-11:00 Men's Open Gym WC 10:00 Outing: Shop Stein Mart, TJ Maxx & Nordstrom rack in Brentwood 1:00pm Canasta-GR 1:30pm Bridge-MPR 2:00pm Seated strength – MPR 2:30pm Watermelon on the Patio & seed Spitting Contest 4:30pm Social Hour with Richard Griffen- LR</p>	<p>9:30am – Strength Training – MPR14</p> <p>10:00am Open Communion - MPR 10:30am Bible Study– MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on the Patio 1:00pm Ukulele Class w/LindyWR 1:00pm Rhythm & Moves –MPR 2:00 Flag Day Ceremony and Veterans Recognition MPR 2:15pm Roman Catholic Com .HC 4:00pm <i>Afternoon Matinee</i> – MPR 6:45pm <i>Classic Movie</i> – MPR </p>	<p>15</p> <p>9:30am Balance & Coord.–MPR 11:00 Men's Health Seminar/ Father's Day Brunch MPR 1:00pm Dominoes-GR 2:00pm Better Balance-WR 2:30pm Blakeford University: Ballroom Dancing Class MPR (No Partner Needed) 3:00pm Needlecrafters -LR 3:00pm Cardio Drum Group 2 – MPR 4:00pm TED Talk – MPR </p>	<p>16</p> <p>9:00am - Supervised Exercise – WC 10:30am Wii Golf-WR 11:30 Ladies Tea - MPR 1:00pm Sequence – GR 3:00 Men's Club: Poker Game and Refreshments - GR 7:00pm Bingo-MPR</p> <p style="text-align: center;">Wear Blue Today for Men's Health!</p>	<p>17</p> <p>4:00pm The West Wing - MPR 6:4 <i>5pm Movie</i>: -MPR</p>
<p>18</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble – N. Tower 4th floor lounge. 6:45pm <i>Sunday Movie</i> - MPR</p> <p></p>	<p>19</p> <p>9:00am - Supervised Exercise – WC 9:30 Walking Club-LR 10:00am Bible Study on Summer Break - MPR 10:30am Wii Bowling-WR 11:00am Spiritual Wellness: with Chaplain Sherry – MPR 1:00pm Intro to Spanish MPR 1:00pm Rhythm & Moves- MPR 1:30pm Seated Yoga –MPR 5:00pm Nashville Sounds Baseball Game \$14.00 6:45pm <i>Movie</i> – MPR </p>	<p>20</p> <p>9:30am Cardio Drum Grp.1– WR 9:30 Outing: The Hermitage & Lunch Cost \$17 Plus Lunch 1:00pm Canasta-GR 1:00pm-2:00pm Ice Cream Sundaes & Music on the Patio 1:30pm Bridge-MPR 2:00pm Seated strength – MPR 4:30pm Social Hour: Bill Ferarri LR</p>	<p>9:00am-Supervised Exercise –WC 21</p> <p>9:30am National Éclair Day: Stop by for Coffee & Eclairs in the LR 10:00am Open Communion - MPR 10:30am Bible Study - MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on the Patio 1:00pm Ukulele Class with Lindy-WR 1:00pm Rhythm & Moves – MPR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com. HC 4:00pm <i>Afternoon Matinee</i> – MPR 6:45pm <i>Classic Movie</i> – MPR</p>	<p>22</p> <p>9:30am Balance & Coordination – MPR 10:00am Outing: The Parthenon \$3.00 & Lunch Out 1:00pm Dominoes-GR 2:00pm Better Balance-WR 3:00pm Needlecrafters -LR 3:00pm Cardio Drum Grp 2 –WR 4:00pm TED Talk – MPR 7:00pm Campfire Songs & S'mores on the Patio </p>	<p>23</p> <p>9:00am-Supervised Exercise –WC 10:00am Take Your Dog to Work Day: Meet Lynn's Dogs Dulce & Precious LR 10:30am Wii Golf-WR 1:00pm Sequence – GR 2:00 Crafts w/Lynn: Starfish Pins- GR 7:00pm Bingo-MPR 7:00pm Shabbat Service –BC </p>	<p>24</p> <p>4:00pm The West Wing - MPR 6:45pm <i>Movie</i>: -MPR</p>
<p>25</p> <p>1:30pm Skip Bo-GR/WR 1:30pm Canasta-GR/WR 2:00pm Scrabble – N. Tower 4th floor lounge. 6:45pm <i>Sunday Movie</i> – MPR</p>	<p>9:00am - Supervised Exercise–WC26</p> <p>9:30 Walking Club-LR 10:00am Bible Study on Summer Break - MPR 10:30am Wii Bowling-WR 1:00pm Rhythm & Moves- MPR 1:00pm Intro to Spanish MPR 1:30pm Seated Yoga – MPR 2:00pm Let's Play Bunco-GR 3:00pm Blakeford Book Club-MPR  6:45pm <i>Movie</i>:MPR</p>	<p>27</p> <p>9:30am Outing: Shop Downtown Franklin and Lunch at Merridee's 9:30am Cardio Drum Grp.1 MPR 1:00-2:00pm Ice Cream Sundaes & Music on the Patio 1:30pm Bridge-MPR 2:00pm Seated Strength – MPR 4:30pm Social Hour with John Jonethis LR</p>	<p>9:00am-Supervised Exercise –WC 28</p> <p>9:30am – Strength Training – MPR 10:00am Open Communion - MPR 10:30 Bible Study - MPR 10:30am Wii Bowling-WR 11:30-1:00 Cook Out on the Patio 1:00pm Rhythm & Moves – MPR 1:00 Sing-A-Long w/ Lindy LR 1:30pm Seated Yoga –MPR 2:15pm Roman Catholic Com. HC 3:00 Get to know your neighbor: Joyce Weingartner- MPR 4:00pm <i>Afternoon Matinee</i> – MPR 6:45pm <i>Classic Movie</i> – MPR</p>	<p>29</p> <p>9:30am Balance & Coord.–MPR 9:30 Outing: "The Clay Lady" Pottery Studio, Wheel Demo, Studio Tour & Shopping 1:00pm Dominoes-GR 2:00pm Better Balance-WR 2:30pm Blakeford University: Ballroom Dancing Class MPR (No Partner Needed) 3:00pm Needlecrafters -LR 3:00pm Cardio Drum Grp 2 –WR 4:00pm TED Talk – MPR</p>	<p>30</p> <p>9:00am-Supervised Exercise –WC 9:30am – Tai Chi Class – MPR 10:30am Wii Golf-WR 10:30am Crafts w/Lynn: Clay Stamping GR 1:00pm Sequence – GR 3:00 June Birthday Party! MPR 7:00pm Bingo-MPR 7:00pm Shabbat Service -BC </p>	<p>Don't miss out!</p> <p>Please remember to check the in-house mail room for the sign up book & latest info.</p>

