

July 2023


August 2023

Our Daily Wellness Path.

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Morning 30 Wake Up Daily Bulletin Baking Club NO Bake Snicker cheesecake bites 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration Afternoon Hymn Singing Karaoke Funny Camping Stories Jokes & Laughter 3:00 Church Service with Pastor Al DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL		Morning 31 Wake Up Daily Devotion Memory Jogging Conversation Ball 11:00 Music Therapy with Kirsten What Am I Snack & Hydration Afternoon Afternoon Stretch Reminiscing Variety Shows Courtyard Strolls Evening Movie Night		Morning 1 Wake Up Daily Devotion Memory Jogging Faces Baking Club Honey and Biscuits Snack and Hydration 11:05 Yoga with Ashely 11:30 1-1 Catholic Visits Afternoon Fitness Stretch Artistic Passions Bee Happy Day 1 IN2L Trivia Facts about Honey Bee's Tea and Honey Sticks Movie Matinee Bee Movie Courtyard Strolls		National Coloring 2 Day Morning Wake Up Daily Bulletin Bodies in Motion Trivia Fun Famous Art Work Oldies Singalong Snack & Hydration Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Sip and Color Courtyard Strolls		Watermelon Day 3 Morning Wake Up Daily Devotion Memory Jogging Spot The Differences Visits with Kid Kare & Watermelon Fun Watermelon Snack & Hydration Bodies in Motions Afternoon 102 Celebration  All are welcome to come and celebrate Bernie turning 102 2:00-3:30 Bernie's 102 Birthday Party Open House.		Morning 4 Donut Day Wake Up Daily Devotion Donuts and Hydration 10:30 Field Trip to West Shore State Park  Afternoon Movie Matinee and Popcorn Courtyard Strolls		Morning 5 Wake Up Daily Bulletin Bodies in Motion Parachute Fun Memory Jogging Snack & Hydration Afternoon Ice Cream Sandwich bar Beach Rock Painting Oldies & Goodies Singalong Movie Matinee: Patch Adams Evening 6:00 Lawrence Welk on PBS	

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<p>Beach Day 6</p> <p>Morning Wake Up Daily Bulletin Table Beach Luminaries 9:30 Canvas Church service & Cookies Beach Ball Toss Trivia Puzzles & Crosswords Snack & Hydration</p> <p>Afternoon Making a Sea Creature American Folk Song Karaoke 3:00 Church Service with Pastor Al</p> <p>Evening Movie Night</p> <p><small>DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL</small></p>	<p>Morning 7</p> <p>Wake Up Daily Devotion Memory Jogging Conversation Ball 11:00 Music Therapy with Kirsten What Am I Snack & Hydration</p> <p>Afternoon Fitness Stretch Reminiscing Courtyard Strolls</p> <p>Evening Movie Night</p>	<p>Morning 8</p> <p>Wake Up Daily Devotion Memory Jogging What Am I Snack and Hydration 11:05 Yoga with Ashely 11:30 1-1 Catholic Visits</p> <p>Afternoon Fitness Stretching Artistic Passions Bee Happy Day 2 IN2L Trivia Flight of the Bumblebee Movie The Secret Life of Bee's & Popcorn Courtyard Strolls</p>	<p>Book Lovers Day 9</p> <p>Morning Wake Up Daily Bulletin Baking Club Bodies in Motion Kick Ball Trivia Fun Oldies Singalong Snack & Hydration</p> <p>Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Books Books Books Courtyard Strolls</p>	<p>S'mores Day 10</p> <p>Morning Wake Up Baking Club S'mores Bars Daily Devotion Memory Jogging Spot The Differences Snack and Hydration Bodies in Motions</p> <p>Afternoon 1:30 Creston Crooners 2:00 Manicures Movie Matinee</p>	<p>World Elephant Day 11</p> <p>Morning Donut Friday Wake Up Daily Devotion Book Club Memory Jogging Category Trivia Donuts and Hydration Bodies in Motions</p>  <p>Afternoon Stretching Making Elephant Ears Learn About Elephants</p>	<p>Morning 12</p> <p>Wake Up Daily Bulletin Bodies in Motion Target Golf Game Memory Jogging Name that Instrument Snack & Hydration</p> <p>Afternoon Zumba in the Chair Outdoor Bingo Oldies & Goodies Singalong Movie Matinee Davey Crockett</p> <p>Evening 6:00 Lawrence Welk on PBS</p>


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<p>Bagel Day 13</p> <p>Morning Wake Up Daily Bulletin Baking Club Creamy Lemonade 9:30 Canvas Church service & Cookies Reminiscing Lemonade Stands Snack & Hydration</p> <p>Afternoon Hymn Singing Karaoke Bagels and Cream cheese Sunday Strolls 3:00 Church Service with Pastor Al</p> <p>DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL</p>	<p>Morning 14</p> <p>Wake Up Daily Devotion Memory Jogging 1950's Trivia 11:00 Music Therapy with Kirsten 1950's Slang Snack & Hydration</p> <p>Afternoon 1:30 Music Dancing with the Kaz Uke Eez & Root Beer Floats Afternoon Stretching Reminiscing 1950's pop songs Karaoke Courtyard Strolls</p> <p>Evening</p>	<p>Morning 15</p> <p>Wake Up Daily Devotion Memory Jogging Faces Snack and Hydration 11:05 Yoga with Ashely 11:30 1-1 Catholic Visits</p> <p>Afternoon Fitness Stretching Artistic Passions Flower Arranging IN2L Trivia Courtyard Strolls</p>	<p>Lizard Day 16</p> <p>Morning Wake Up Daily Bulletin Baking Club Root Beer Floats Visits with Pickle Bodies in Motion Trivia Fun Oldies Singalong Snack & Hydration</p> <p>Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Aromatherapy Cleaning Hack Listening to Elvis Songs Courtyard Strolls</p>	<p>Morning 17</p> <p>Wake Up Daily Devotion Memory Jogging Presidential trivia 11:15 Hymn sing with Pastor Al Snack and Hydration Bodies in Motions</p> <p>Afternoon Manicures Reading out loud Short Stories Movie Matinee</p>	<p>Kool aide Day 18</p> <p>Morning Donut Day Wake Up Daily Devotion Baking Club Kool aide pickles Memory Jogging Color the state Donuts and Hydration Bodies in Motions</p>  <p>Afternoon Friday Crafting Party Kool Aide Mimosas' & Reminiscing photo's Sit Down Bowling</p>	<p>Popsicle Day 19</p> <p>Morning Wake Up Daily Bulletin Bodies in Motion Memory Jogging Snack & Hydration</p> <p>Birthday Celebration for Bobbie</p> <p>Afternoon Popsicle and Courtyard Strolls Oldies & Goodies Singalong Movie Matinee</p> <p>Evening 6:00 Lawrence Welk on PBS</p>

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<p>Morning 20 Wake Up Daily Bulletin 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration</p> <p>Afternoon Movie Matinee 3:00 Church Service with Pastor Al</p> <p>DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL</p>	<p>Self-Care Day 21 Morning Wake Up Daily Devotion Memory Jogging Conversation Ball 11:00 Music Therapy with Kirsten What Am I Snack & Hydration</p> <p>Birthday Celebration For Ed</p> <p>Afternoon Afternoon Stretching Aromatherapy Facials and Hand Massage Reminiscing Courtyard Strolls</p> <p>Evening Movie Night</p>	<p>Morning 22 Wake Up Daily Devotion Memory Jogging Faces Snack and Hydration 11:05 Yoga with Ashely 11:30 1-1 Catholic Visits</p> <p>Afternoon Fitness Stretching Artistic Passions IN2L Trivia Courtyard Strolls</p>	<p>Morning 23 Wake Up Daily Bulletin Baking Club Bodies in Motion Pitching Hoops Trivia Fun Oldies Singalong Snack & Hydration</p> <p>Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Courtyard Strolls</p>	<p>Morning 24 Wake Up Daily Devotion Memory Jogging Snack and Hydration Bodies in Motions</p> <p>Afternoon Manicures Movie Matinee</p>	<p>Morning 25 Donut Day Wake Up Daily Devotion Book Club Memory Jogging Category Trivia Donuts and Hydration Bodies in Motions</p>  <p>Afternoon Stretching IN2L Trivia</p>	<p>Dog Day 26 Morning Wake Up Daily Bulletin Making Dog Treats Bodies in Motion Memory Jogging Snack & Hydration</p> <p>Afternoon Visit with Nalla Oldies & Goodies Singalong Movie Matinee & Popcorn Beethoven</p> <p>Evening 6:00 Lawrence Welk on PBS</p>

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<p>Morning 27</p> <p>Wake Up Daily Bulletin Baking Club 9:30 Canvas Church service & Cookies Trivia Puzzles & Crosswords Snack & Hydration</p> <p>Afternoon Hymn Singing Karaoke 3:00 Church Service with Pastor Al</p> <p>DIMENSIONS OF WELLNESS PHYSICAL EMOTIONAL INTELLECTUAL SOCIAL</p>	<p>Fair Week 28</p> <p>Morning Wake Up Daily Devotion Memory Jogging Conversation Ball 11:00 Music Therapy with Kirsten What Am I Snack & Hydration</p> <p>Afternoon Carnival Games & Cotton Candy Afternoon Stretching Reminiscing Courtyard Strolls</p> <p>Evening Movie Night</p>	<p>Morning 29</p> <p>Wake Up Daily Devotion Memory Jogging Faces Snack and Hydration 11:05 Yoga with Ashely 11:30 1-1 Catholic Visits</p> <p>Afternoon Fair Animals & Popcorn Fitness Stretching Artistic Passions IN2L Trivia Courtyard Strolls</p>	<p>Morning 30</p> <p>Wake Up Daily Bulletin Baking Club Bodies in Motion Trivia Fun Oldies Singalong Snack & Hydration</p> <p>Afternoon 1:45 Fitness with Todd 2:30 Bible Study with Pastor Al Fry Bread and Fair Trivia Courtyard Strolls</p>	<p>Morning 31</p> <p>Wake Up Daily Devotion Memory Jogging Spot The Differences Snack and Hydration Bodies in Motions</p> <p>12:00 Fair Lunch</p> <p>Afternoon 2:45 Snow Cones & Caramel Apples Reminiscing About Fair 1:30 Manicures Movie Matinee</p>	<p>Morning 1</p> <p>Donut Day Wake Up Daily Devotion Book Club Memory Jogging Category Trivia Donuts and Hydration Bodies in Motions</p>  <p>Afternoon Fitness Stretching Water balloon Basket In Courtyard Lemonade and Pie Social & Trivia</p>	<p>South Dakota State 2</p> <p>Fair Morning Wake Up Daily Bulletin Bodies in Motion Colored Balloon Toss Game Memory Jogging Snack & Hydration</p> <p>Afternoon Making Baked Pickles Chips Tour Mont Rushmore Oldies & Goodies Singalong Movie Matinee</p> <p>Evening 6:00 Lawrence Welk on PBS</p>