



# SUPPORT FOR ADULTS WITH MEMORY LOSS AND THEIR FAMILIES

• JUNE 2019 Program Schedule •

Monday	Tuesday	Wednesday	Thursday	Friday	
10:15 Brain fitness w/Julie 11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 <i>Bingo / Art w/Abby Music group</i> 2:15 <i>Tai Chi w/Iren Open Art Studio</i> 2:45 Delightful Piano w/ Malou and Moo and sing along <div style="text-align: right;">3</div>	10:15 <i>Ron Murrisey Spirit Builders</i> 11:00 <i>Walk &amp; strengthen Friendship group</i> 1:00 Jeff's Jumping Piano <i>Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth Men's group</i> 2:45 Sing along w/Malou 4:00 Table games <div style="text-align: right;">4</div>	10:15 Sports for All 11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i> 1:00 <i>Tom's Eclectic Songbook Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i> 2:45 Piano concert w/ Malou and Moo <div style="text-align: right;">5</div>	10:15 Mind Stretchers 11:00 <i>Take control with exercise Music group</i> 1:00 <i>Matt's Motown Music Art Lounge</i> 2:15 <i>Tai Chi w/Brian</i> 2:45 Sing Along w/Malou and Moo 4:00 Video <div style="text-align: right;">6</div>	10:15 <i>Hawaiian Bowling Ladies' Lounge</i> 11:00 <i>Laughter exercise Friendship group</i> 1:00 <i>Nathalie's French Sweet Melodies Art w/Abby</i> 2:15 Video <i>Art Lounge</i> 2:45 Sing along w/Malou and Moo Table games <div style="text-align: right;">7</div>	
10:15 Brain fitness w/Julie 11:00 Emergency Drill / <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 <i>Bingo / Art w/Abby Music group</i> 2:15 <i>Tai Chi w/Iren Open Art Studio</i> 2:45 Delightful Piano w/ Malou and Moo and sing along <div style="text-align: right;">10</div>	10:15 <i>Ron Murrisey Spirit Builders</i> 11:00 <i>Walk &amp; strengthen Friendship group</i> 1:00 <i>Memory Enhancement with Larry Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth Men's group</i> 2:45 Sing along w/Malou 4:00 Table games <div style="text-align: right;">11</div>	10:15 Write a letter to Dad 11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i> 1:00 UCLA Gluck Reed Quintet <i>Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i> 2:45 Piano concert w/ Malou and Moo <div style="text-align: right;">12</div>	10:15 Celebrate Father's Day 11:00 <i>Take control with exercise Music group</i> 1:00 <i>Mike and Carol Ann Sweet Songs</i> 2:15 <i>Tai Chi w/Brian Art Lounge</i> 2:45 Sing Along w/Malou and Moo 4:00 Video <div style="text-align: right;">13</div>	10:15 Let's celebrate Flag Day <i>Ladies' Lounge</i> 11:00 <i>Laughter exercise Friendship group</i> 1:00 <i>Brian's Afternoon Hootenanny</i> <i>Art w/Abby</i> 2:15 Video <i>Art Lounge</i> 2:45 Sing along w/Malou and Moo Table games <div style="text-align: right;">14</div>	
10:15 Brain fitness w/Julie 11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 <i>Bingo / Art w/Abby Music group</i> 2:15 <i>Tai Chi w/Iren Open Art Studio</i> 2:45 Delightful Piano w/ Malou and Moo and sing along <div style="text-align: right;">17</div>	10:15 <i>Ron Murrisey Spirit Builders</i> 11:00 <i>Walk &amp; strengthen Friendship group</i> 1:00 <i>Lifted Voices's Sweet Melodies Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth Men's group</i> 2:45 Sing along w/Malou 4:00 Table games <div style="text-align: right;">18</div>	10:15 Rhythm, Song & Dance 11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i> 1:00 <i>Bruce's Laidback Tunes Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i> 2:45 Piano concert w/ Malou and Moo <div style="text-align: right;">19</div>	10:15 Volleyball 11:00 <i>Take control with exercise Music group</i> 1:00 Felice's Afternoon Party 2:15 <i>Tai Chi w/Brian Art Lounge</i> 2:45 Sing Along w/Malou and Moo 4:00 Video <div style="text-align: right;">20</div>	10:15 <i>Welcome Summer Ladies' Lounge</i> 11:00 <i>Laughter exercise Friendship group</i> 1:00 <i>Susy &amp; Brad's Entertainment Time Art w/Abby</i> 2:15 Video <i>Art Lounge</i> 2:45 Sing along w/Malou and Moo Table games <div style="text-align: right;">21</div>	
10:15 Brain fitness w/Julie 11:00 <i>Flex &amp; stretch/ Laughter yoga Wildcats social club</i> 1:00 <i>Bingo / Art w/Abby Music group</i> 2:15 <i>Tai Chi w/Iren Open Art Studio</i> 2:45 Delightful Piano w/ Malou and Moo and sing along <div style="text-align: right;">24</div>	10:15 <i>Music for All Spirit Builders</i> 11:00 <i>Walk &amp; strengthen Friendship group</i> 1:00 <i>Memory Enhancement with Larry Open Art Studio</i> 2:15 <i>Yoga w/Elizabeth Men's group</i> 2:45 Sing along w/Malou 4:00 Table games <div style="text-align: right;">25</div>	10:15 Summer Art 11:00 <i>Fit and Fabulous Laughter Yoga Story telling group</i> 1:00 <i>Amy's Enchanted Flute Art w/Abby</i> 2:15 <i>Yoga w/Elizabeth Nisei group w/Juliet</i> 2:45 Piano concert w/ Malou and Moo <div style="text-align: right;">26</div>	10:15 Dreamed Vacation 11:00 <i>Take control with exercise Music group</i> 1:00 Less's Magical Show 2:15 <i>Tai Chi w/Brian Art Lounge</i> 2:45 Sing Along w/Malou and Moo 4:00 Video <div style="text-align: right;">27</div>	10:15 <i>Summer Time on the Patio Ladies' Lounge</i> 11:00 <i>Laughter exercise Friendship group</i> 1:00 <i>Bob and Bernie's Sweet Songs Art w/Abby</i> 2:15 Video <i>Art Lounge</i> 2:45 Sing along w/Malou and Moo Table games <div style="text-align: right;">28</div>	
				<p style="text-align: center;"><b>Ongoing daily activities</b></p> <p>9:00 - 10:00 Social time: meet, greet and eat            10:00 - 10:15 Warm-up</p> <p>12:00 - 1:00 Lunch</p> <p>2:00 - 2:15 Snack</p>	<p style="text-align: center;"><b>Programs subject to change without Notice</b></p> <p style="text-align: center;"><i>Italics denote simultaneous activities</i></p>