

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Say Something Nice Day 1 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	National Bubba Day 2 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:00 Brain Boosters and Puzzles 2:00 Summertime Dot-to-Dot Puzzles 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	Doughnut Day 3 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Popcorn Movie Night
Hug Your Cat Day 4 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	National Veggie Burgers Day 5 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	Russian Language Day 6 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	World Caring Day 7 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Famous Quotes and Sayings 2:30 Snack & Hydrate 3:00 Happy Hour with Tony B. 5:30 Classic Card Games	Ghostbusters Day 8 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 1:00 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	Donald Duck Day 9 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Brain Boosters and Puzzles 2:00 Summertime Dot-to-Dot Puzzles 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	National Movie Night 10 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Popcorn Movie Night
Corn on the Cob Day 11 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	Loving Day 12 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	Roller Coaster Day 13 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	Flag Day 14 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Identify the Flag 2:00 Famous Quotes and Sayings 2:30 Snack & Hydrate 3:00 Happy Hour with Brenda H. 5:30 Classic Card Games	Nature Photography Day 15 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	Stewarts Rootbeer Day 16 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Brain Boosters and Puzzles 2:00 Summertime Dot-to-Dot Puzzles 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	Fudge Day 17 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Celebrate Fathers Day at the Bistro 5:30 Popcorn Movie Night
Happy Father's Day 18 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 3:00 Father's Day Celebration (Bistro) 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	Juneteenth 19 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	National Productivity Day 20 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	World Handshake Day 21 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Famous Quotes and Sayings 2:30 Snack & Hydrate 3:00 Happy Hour with Bobby R. 5:30 Classic Card Games	First Day of Summer 22 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	Public Service Day 23 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Brain Boosters and Puzzles 2:00 Summertime Dot-to-Dot Puzzles 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	World UFO Day 24 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Catholic Service 10:00 Snack & Hydrate 10:30 Chair Zumba Exercises 2:00 Candy Bingo 2:30 Snack & Hydrate 3:00 Namaste and Sangeet 5:30 Evening Movie & Snack
Color TV Day 25 9:00 Joel Osteen on Channel 26 9:30 Catholic Mass on Channel 12 10:00 Snack & Hydrate 10:30 The Daily Chronicle 1:30 Karaoke Fun with HS Staff 2:30 Snack & Hydrate 3:00 BINGO for Prizes 5:30 Evening Movie & Snack	National Coconut Day 26 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Scenic Train Ride from YouTube 11:30 Memorial Day Luncheon 2:30 Snack & Hydrate 3:00 Brain Booster Trivia 5:30 Board Games	National Sunglasses Day 27 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Scenic Drive & Snack 10:30 Sing Along Songs 2:00 Classic Card Games 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Popcorn Movie Night	Tau Day 28 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Test Your Problem Solving Skills 2:00 Famous Quotes and Sayings 2:30 Snack & Hydrate 3:00 Happy Hour with Mike J. 5:30 Classic Card Games	World Camera Day 29 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Let's Share Recipes 2:00 Scenic Train Ride from YouTube 2:30 Snack & Hydrate 3:00 Large Jigsaw Puzzles 5:30 Evening Movie & Snack	Disabled Veterans Day 30 9:00 Zen Music Meditation 9:30 The Daily Chronicle 9:45 Everfit Exercises 10:00 Snack & Hydrate 10:30 Brain Boosters and Puzzles 2:00 Summertime Dot-to-Dot Puzzles 2:30 Snack and Hydrate 3:30 Book Club Read Aloud 5:30 Armchair Travel & Snack	
Heritage Springs Memory Care Events All Activities Subject to Change by the Life Enrichment Director						