

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Sunday Morning Stretch 10:00 Good News, Coffee & Donuts 11:45 Namaste- Aromatherapy 1:00 Live in Concert: Simon and Garfunkel 1:30 Let's Color! 3:00 Popsicles w/ Caregivers Shavuot Begins	9:30 Morning Outdoor Walk 9:45 Communion 10:00 Snack & Hydration 10:30 Sing Along 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Afternoon Stretch 3:00 Popping Popcorn & A Movie: Gone Fishin'	9:30 Sit and Be Fit 10:00 Music, Tea, Cocoa & Coffee 10:30 Daily Chronicles 11:00 Craft w/ Rosanda 11:45 Namaste- Aromatherapy 1:30 Afternoon Walk w/ Recreational Activity 2:00 Snack & Hydration 3:00 Qwirkle & Sorting 4:00 Wild Babies Ep 1 6:00 Word Search in the Enclave	9:30 Dance Ribbon Exercise 10:00 Snack & Hydration 10:30 Trivia 11:45 Namaste- Aromatherapy 1:30 Soundsound Reader Jude 3:00 Gus Meza Duo * New Musical Duo 4:00 Coloring in the Activity Room 6:00 Shirley Temple: Heidi	9:30 Morning Outdoor Walk 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Loteria Mexican Bingo 2:30 Making Banana Splits 3:00 Social: Banana Splits 4:00 Puzzles in the Activity Room 4:10 MLB	9:30 Walking Club & Sunshine in the Courtyard 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Parachute Fun & Exercise 11:45 Namaste- Aromatherapy 1:30 Sing Along w/ MaryAnne 3:00 Bowling Games 4:00 Sing Along 6:00 Crossword Puzzles	9:30 Outdoor Morning Stretch 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Uno! 11:45 Namaste- Aromatherapy 1:30 Remembering Flower Gardening 2:00 Afternoon Snack 2:30 Family Bingo! 6:00 Word Search in the Enclave
9:30 Hymn Sing Along w/ Susan Q 10:00 Snack & Hydration 11:45 Namaste- Aromatherapy 1:00 Live in Concert: The Everly Brothers 2:00 Church Service w/ Faith Community Church 3:00 Popsicles w/ Caregivers	9:30 Morning Outdoor Walk 9:45 Communion 10:00 Snack & Hydration 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Afternoon Stretch 3:00 Popping Popcorn & A Movie: Wild Hogs	9:30 Sit and Be Fit 10:00 Music, Tea, Cocoa & Coffee 10:30 Daily Chronicles 11:00 Craft w/ Katie 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 2:00 Snack & Hydration 3:00 Music w/ Amber 4:00 Wild Babies Ep 2 6:00 Word Search in the Enclave	9:30 Dance Ribbon Exercise 10:00 Snack & Hydration 11:00 Jeopardy 11:45 Namaste- Aromatherapy 1:30 Noodle Ball 2:30 Sing Along w/ Linda Updike 4:00 Coloring in the Activity Room 6:00 Shirley Temple: Captain January	9:30 Morning Outdoor Walk 10:00 Snack & Hydration 11:00 Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Beach Ball Toss 2:30 Slicing Watermelons 3:00 Social: Watermelon Fiesta 4:00 Puzzles in the Activity Room 4:15 MLB:	9:30 Walking Club & Sunshine in the Courtyard 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Parachute Fun & Exercise 11:45 Namaste- Aromatherapy 1:30 Soundsound Reader w/Lee 3:00 Axe Throwing Games 4:00 Sing Along 6:00 Crossword Puzzles	9:30 Outdoor Morning Stretch & Snack 10:00 Donuts & Coffee w/ Dad 11:00 Uno! 11:45 Namaste- Aromatherapy 1:30 Card Match 2:00 Afternoon Snack 2:30 Family Bingo! 6:00 Word Search in the Enclave Flag Day (U.S.)
9:00 Sunday Morning Stretch 10:00 Good News, Coffee & Donuts 11:45 Namaste- Aromatherapy 12:00 Father's Day Lunch 1:00 Live in Concert: Tony Bennet and Tom Jones 1:30 Let's Color! 3:00 Popsicles w/ Caregivers Father's Day	9:30 Morning Outdoor Walk 9:45 Communion 10:00 Snack & Hydration 10:30 Hootenanny Sing Along 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Afternoon Stretch 3:00 Popping Popcorn & A Movie: Dave	9:30 Sit and Be Fit 10:00 Music, Tea, Cocoa & Coffee 10:30 Daily Chronicles 11:00 Craft w/ Maryanna 11:45 Namaste- Aromatherapy 1:30 Afternoon Walk w/ Recreational Activity 2:00 Snack & Hydration 3:00 Qwirkle & Sorting 4:00 Wild Babies Ep 3 6:00 Word Search in the Enclave	9:30 Dance Ribbon Exercise 10:00 Snack & Hydration 11:00 Remembering Dean Martin Songs 11:45 Namaste- Aromatherapy 1:00 Soundsound Reader Jude 2:00 Cooking Demo w/ Chef Mershon 3:00 Manny Herrera 4:00 Coloring in the Activity Room 6:00 Shirley Temple: Curly Top	9:30 Morning Outdoor Walk 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Scenic Bus Ride 11:45 Namaste- Aromatherapy 1:30 Loteria Mexican Bingo 2:30 Slicing Cheese & Fruit 3:00 Social: Wine, Cheese, Crackers & Fruit 4:00 Puzzles in the Activity Room 5:05 MLB:	9:30 Walking Club & Sunshine in the Courtyard 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Parachute Fun & Exercise 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 3:00 Music w/ Banjo Doug 4:00 Sing Along 6:00 Crossword Puzzles	9:30 Outdoor Morning Stretch & Snack 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Uno! 11:45 Namaste- Aromatherapy 1:30 Short Story: The Giant Trout 2:00 Afternoon Snack 2:30 Family Bingo! 6:00 Word Search in the Enclave
9:30 Good News, Coffee & Donuts 10:00 Snack & Hydration 11:00 Armchair Travelogue: Cologne, Germany 11:45 Namaste- Aromatherapy 1:00 Live in Concert: Nate King Cole 2:00 Church Service w/ Faith Community Church 3:00 Popsicles w/ Caregivers	9:30 Morning Outdoor Walk 9:45 Communion 10:00 Snack & Hydration 10:30 Sing Along 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Afternoon Stretch 3:00 Popping Popcorn & A Movie: A Ranger, A Cook and A Hole in the Sky	9:30 Sit and Be Fit 10:00 Music, Tea, Cocoa & Coffee 10:30 Daily Chronicles 11:00 Floral Watercolor Painting 11:45 Namaste- Aromatherapy 1:30 Steel Feathers Chair Zumba w/ Liz 2:00 Snack & Hydration 3:00 June Birthday Party 4:00 Wild Babies Ep 4 6:00 Word Search in the Enclave	9:30 Dance Ribbon Exercise 10:00 Snack & Hydration 11:00 Name That Tune 11:45 Namaste- Aromatherapy 1:30 Nail Polish Parlor & Spa 2:00 Staff Cook-Off Food from Around the World 4:00 Coloring in the Activity Room 6:00 Shirley Temple: Susannah of the Mounties	9:30 Morning Outdoor Walk 10:00 Snack & Hydration 10:30 Daily Chronicles 11:45 Namaste- Aromatherapy 1:30 Beach Ball Toss 2:00 Going Out for Ice Cream Cones at Dairy Queen 4:00 Puzzles in the Activity Room 4:10 MLB:	9:30 Walking Club & Sunshine in the Courtyard 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Parachute Fun & Exercise 11:45 Namaste- Aromatherapy 1:30 Soundsound Reader w/Lee 2:30 Snack Social 3:00 Bowling Games 4:00 Sing Along 6:00 Crossword Puzzles	9:30 Outdoor Morning Stretch & Snack 10:00 Snack & Hydration 10:30 Daily Chronicles 11:00 Uno! 11:45 Namaste- Aromatherapy 1:30 Card Match 2:00 Afternoon Snack 2:30 Family Bingo! 6:00 Word Search in the Enclave
9:00 Sunday Morning Stretch 10:00 Good News, Coffee & Donuts 11:45 Namaste- Aromatherapy 1:00 Live in Concert: Frank Sinatra 1:30 Let's Color! 3:00 Popsicles w/ Caregivers	9:30 Morning Outdoor Walk 9:45 Communion 10:00 Snack & Hydration 10:30 Sing Along 11:30 Namaste- Aromatherapy 1:30 Bingo 2:30 Afternoon Stretch 3:00 Popping Popcorn &					

June 2025

Sierra Del Sol The Lodge

Schedule is Subject to change. For the most updated information please see Activity Daily. Sierra Del Sol Senior Living 8151 E Speedway Tucson AZ 85710