

June 2024 Terrace and Commons Activity Calendar

Mary T.—2nd
Linda C.—7th
Steve N.—15th
Marj J.—17th


Helen N.—19th
James H.—21st
Herschel W.—22nd
Diane R.—24th

Lois F.—25th
Shirley K.—29th



All activities are subject to change.
To keep up to date with activities turn to channel 982/126.1 or call 965-2100.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><i>*Events with asterisk require sign up at the front desk.*</i></p> <p align="center">Room Key: A—Auditorium AL3A— Assisted Living 3rd Floor Activity Room ALCR— AL Conference Room ALDR— AL Dining Room C—Chapel CLR—Club Room IDR—Independent Dining Room O—Outing P—Pond S—Salon T—Theater T1F3— Terrace One Floor Three Lounge WC—Wellness Center</p>			<p align="center"><i>Internal TV Channel is 984.</i></p>				<p>1 10:15 Pet Visits w/ Shooter—C 12:30 Movie: "42: The Jackie Robinson Story"—T 12:30 Popcorn—CLR 4:00 BYOB Happy Hour—CLR</p>
<p>2 9:00 Morning Mingle—CLR 2:00 Church {Baer}—C 3:00 Sunday Sips: "Sangria Mocktails"—CLR 6:00 Skip-Bo—T1F3</p>	<p>3 9:00 Sit 'N' Fit—WC 10:00 Prayer Walk—IDR 10:00 Catholic Mass—C 1:00 Bridge—T1F3 1:30 Bob Slings Performs—C 2:30 Strength + Balance—WC 3:00 Wii Golf—WC 3:15 Movie: "Edie"—T 3:00 Dominos—IDR 3:15 Bible Study—C 6:30 Jan & Jean—A</p>	<p>4 9:00 Prayer Fellowship—C 9:15 Chair Class—AL3A 10:00 Annual Volunteer Meeting—A 1:00 500 Club—CLR *1:00 Walmart—O 1:00 Golf Card Game—T1F3 2:00 Wii Bowling—WC 3:00 Mr. Lincoln Historical Talk—C 3:30 Parkinson's Meeting & Exercise—WC 6:45 Church—C</p>	<p>5 8:00 Men's Breakfast—CLR 9:00 Sit 'N' Fit—WC 10:00 Campus Update.—C 1:15 Bingo Store—ALDR 1:30 Bingo—ALDR 2:30 Strength + Balance—WC 3:00 Dominos—IDR 3:30 Music w/ Ardis—C 6:00 Skip-Bo—T1F3</p>	<p>6 9:15 Chair Class—AL3A 10:00 Hymn Sing with Janet—C 1:00 Bridge—T1F3 3:00 Phase 10—CLR 3:30 Devotions—C 4:30 Busy Hands Social—A 6:00 Movie: "Did You Hear About the Morgans?" —T</p>	<p>7 8:00 Parkinson's Conference—T 9:00 Sit 'N' Fit—WC 9:15 Morning Mingle—AL3A 1:00 AL Manicures —AL3A *1:00 Fareway—O 1:30 MP Fishing Contest—P 2:30 Strength + Balance—WC 3:15 Bible Study w/ Max—ALCR 3:15 Documentary: "Secrets of the Neanderthals"—T 6:00 Jokers—T1F3</p>	<p>8 12:30 Movie: "The Great Escape"—T 12:30 Popcorn—CLR 4:00 BYOB Happy Hour—CLR</p>	
<p>9 9:00 Morning Mingle—CLR 2:00 Church {Bradley}—C 3:00 Sunday Sips: "Slushy Punch"—CLR 6:00 Skip-Bo—T1F3</p>	<p>10 9:00 Sit 'N' Fit—WC 10:00 Prayer Walk—IDR 10:00 IL Manicures—CLR 12:30 Movie: "Life as We Know It"—T 1:00 Bridge—T1F3 2:30 Strength + Balance—WC 3:00 Wii Golf—WC 3:00 Dominos—IDR 3:15 Bible Study—C 6:30 Jan & Jean—A</p>	<p>11 9:00 Prayer Fellowship—C 9:15 Chair Class—AL3A 10:00 Nurse's Social—ALCR 1:00 500 Club—CLR *1:00 Walmart—O 1:00 Golf Card Game—T1F3 1:30 Line Dancing Class—A 2:00 Wii Bowling—WC 6:45 Church —C</p>	<p>12 9:00 Sit 'N' Fit—WC 1:30 Bingo—ALDR 2:30 Strength + Balance—WC 3:00 Dominos—IDR 3:30 Book Club—ALCR 6:00 Skip-Bo—T1F3</p>	<p>13 9:15 Chair Class—AL3A 10:00 Hymn Sing with Janet—C *10:30 Day Trip to Altoona—O 1:00 Bridge—T1F3 3:00 Phase 10—CLR 3:30 Devotions—C 6:00 Movie: "Fathers & Sons" —T</p>	<p>14 *8:00 Father's Day Brunch—ALDR/IDR 9:00 Sit 'N' Fit—WC 9:15 Morning Mingle—AL3A 1:00 AL Manicures —AL3A *1:00 Fareway—O 1:30 Shuffleboard Contest—A 2:30 Strength + Balance—WC 3:15 Bible Study w/ Max—ALCR 3:15 Documentary: "Secrets of the Saqqara Tomb"—T 6:00 Jokers—T1F3</p>	<p>15 10:00 Joe Klinefelter Performs—C 12:30 Movie: "Fiddler on the Roof"—T 12:30 Popcorn—CLR 4:00 BYOB Happy Hour—CLR</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>16</p> <p>9:00 Morning Mingle—CLR</p> <p>2:00 Church {Ankeny Baptist}—C</p> <p>3:00 Sunday Sips: "Fruit Punch"—CLR</p> <p>6:00 Skip-Bo—T1F3</p>	<p>17</p> <p>9:00 Sit 'N' Fit—WC</p> <p>10:00 Catholic Mass—C</p> <p>10:00 Prayer Walk—IDR</p> <p>12:30 Movie: "The First Wives Club"—T</p> <p>1:00 Bridge—T1F3</p> <p>2:30 Strength + Balance—WC</p> <p>3:00 Wii Golf—WC</p> <p>3:00 Dominos—IDR</p> <p>3:15 Bible Study—C</p> <p>6:30 Jan & Jean—A</p>	<p>18</p> <p>9:00 Prayer Fellowship—C</p> <p>9:15 Chair Class—AL3A</p> <p>*9:45 Shopping Shuttle—O</p> <p>1:00 500 Club—CLR</p> <p>*1:00 Walmart—O</p> <p>1:00 Golf Card Game—T1F3</p> <p>2:00 1974 Ankeny Tornado Historical Talk—C</p> <p>2:00 Wii Bowling—WC</p> <p>6:45 Church—C</p>	<p>19</p> <p>9:00 Sit 'N' Fit—WC</p> <p>1:30 Bingo—ALDR</p> <p>2:30 Strength + Balance—WC</p> <p>3:00 Dominos—IDR</p> <p>3:30 Music w/ Ardis—C</p> <p>6:00 Skip-Bo—T1F3</p>	<p>20</p> <p>9:15 Chair Class—AL3A</p> <p>10:00 Hymn Sing with Janet—C</p> <p>*10:30 Café Club—O</p> <p>1:00 Bridge—T1F3</p> <p>1:30 Jim Quales Performs—C</p> <p>3:00 Phase 10—CLR</p> <p>3:30 Devotions—C</p> <p>6:00 Movie: "New In Town"—T</p> <p>6:30 Walnut Street Players-C</p>	<p>21</p> <p>9:00 Sit 'N' Fit—WC</p> <p>9:15 Morning Mingle—AL3A</p> <p>1:00 AL Manicures —AL3A</p> <p>*1:00 Fareway—O</p> <p>2:30 Strength + Balance—WC</p> <p>3:15 Bible Study w/ Max—ALCR</p> <p>3:15 Documentary: "Mysteries of Faith"—T</p> <p>6:00 Jokers—T1F3</p>	<p>22</p> <p>12:30 Movie: "The Bridges of Madison County"—T</p> <p>12:30 Popcorn—CLR</p> <p>4:00 BYOB Happy Hour—CLR</p>
<p>23</p> <p>9:00 Morning Mingle—CLR</p> <p>2:00 Church {Newton}—C</p> <p>3:00 Sunday Sips: "Summer Punch"—CLR</p> <p>3:30 Singalong w/ Resurrection Lutheran Church—C</p> <p>6:00 Skip-Bo—T1F3</p>	<p>24</p> <p>9:00 Sit 'N' Fit—WC</p> <p>10:00 Prayer Walk—IDR</p> <p>12:30 Movie: "Driving Miss Daisy"—T</p> <p>1:00 Bridge—T1F3</p> <p>1:00 IL Manicures—CLR</p> <p>3:00 Wii Golf—WC</p> <p>3:00 Dominos—IDR</p> <p>3:15 Bible Study—C</p> <p>6:30 Jan & Jean—A</p>	<p>25</p> <p>9:00 Prayer Fellowship—C</p> <p>9:15 Chair Class—AL3A</p> <p>10:00 Teacher's Social—ALCR</p> <p>1:00 500 Club—CLR</p> <p>*1:00 Walmart—O</p> <p>1:00 Golf Card Game—T1F3</p> <p>*1:30 Wine Glass Painting—AL3A</p> <p>2:00 Wii Bowling—WC</p> <p>6:45 Church—C</p>	<p>26</p> <p>9:00 Sit 'N' Fit—WC</p> <p>1:30 Bingo—ALDR</p> <p>2:30 Strength + Balance—WC</p> <p>3:00 Dominos—IDR</p> <p>3:30 Holy Trinity—C</p> <p>6:00 Skip-Bo—T1F3</p>	<p>27</p> <p>9:15 Chair Class—AL3A</p> <p>10:00 Hymn Sing with Janet—C</p> <p>1:00 Bridge—T1F3</p> <p>3:00 Phase 10—CLR</p> <p>3:30 Devotions—C</p> <p>6:00 Movie: "Draft Day"—T</p>	<p>28</p> <p>9:00 Sit 'N' Fit—WC</p> <p>9:15 Morning Mingle—AL3A</p> <p>1:00 AL Manicures —AL3A</p> <p>*1:00 Fareway—O</p> <p>1:30 Birthday Party w/ David Hammel—ALDR</p> <p>2:30 Strength + Balance—WC</p> <p>3:15 Bible Study w/ Max—ALCR</p> <p>3:15 Documentary: "Mysteries of Faith Cont."—T</p> <p>6:00 Jokers—T1F3</p>	<p>29</p> <p>12:30 Movie: "Holiday Inn"—T</p> <p>12:30 Popcorn—CLR</p> <p>4:00 BYOB Happy Hour—CLR</p>
<p>30</p> <p>9:00 Morning Mingle—CLR</p> <p>2:00 Church {Nesbitt}—C</p> <p>3:00 Sunday Sips: "Ocean Blue Punch"—CLR</p> <p>6:00 Skip-Bo—T1F3</p>	 <p>presbyterian homes & services</p> <p>Mill-Pond</p>					<p>All activities are subject to change.</p> <p>To keep up to date with activities turn to channel 982 or 125.1 or call 965-2100.</p>

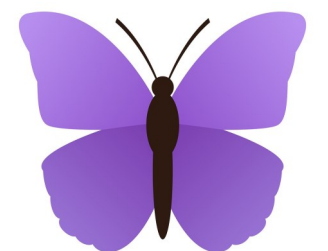
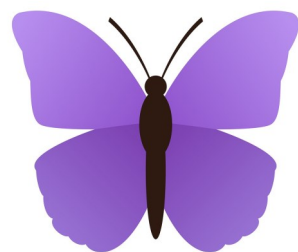


Internal TV Channel is 984.

Events with asterisk require sign up at the front desk.

Room Key:

A—Auditorium AL3A— Assisted Living 3rd Floor Activity Room ALCR— AL Conference Room ALDR— AL Dining Room
 P—Out by the Pond C—Chapel WC—Wellness Center
 CLR—Club Room IDR—Independent Dining Room O—Outing S—Salon T—Theater T1F3— Terrace One Floor Three Lounge





MONTHLY HIGHLIGHTS CONTINUED...
Here are all the special events happening this month!

JUNE 7TH (FRI.) 1:30PM POND	SUMMER FISHING CONTEST: Join us out by the pond for a lovely Friday Fishing Competition! Who can reel in the biggest fish? Who can catch the most fish? Whether you want to fish or cheer on the competition come on out to the pond for a fun event!
JUNE 14TH (FRI.) 8-9:30AM AL & IL DINING ROOMS	FATHER'S DAY BRUNCH: Reminder to all men our Father's Day Brunch is coming up. Please sign up for the event at the front desk by June 7th. Reminder due to space you are allowed to bring one guest with you to the brunch.
JUNE 14TH (FRI.) 1:30PM AUDITORIUM	SHUFFLEBOARD COMPETITION: Do you love a friendly competition? Join us for a Friday Fun Afternoon playing shuffleboard. It's okay if you've never played, we put you on a team and it's easy to learn.
JUNE 25TH (TUES.) 1:30PM AL 3RD FLOOR COMMUNITY ROOM	WINE GLASS PAINTING: Join us for a relaxing painting class, where our canvas this time is wine glasses! Sign up is required for this activity in the activity book!



Want a digital copy of this calendar or other Mill Pond Calendars? Scan this QR code with the camera on your smart device!



Live2B HEALTHY
Monday/
Wednesday/Friday
9:00 Sit N Fit
2:30 Strength and Balance

IMPORTANT FITNESS NEWS
Reminder
Before using any equipment in the gym, you must do a fitness orientation!
To schedule a fitness orientation please contact, Life Enrichment Director, MacKenzie, in person or call 515-965-3154.

June 2024
Terrace & Commons Activity Highlights

SHOPPING

Walmart
Save money. Live better.

Tuesdays at 1:00 pm

FAREWAY
MEAT & GROCERY

Fridays at 1:00 pm
Be sure to sign up for ALL bus trips BEFORE the day of the trip! Spots are limited.

presbyterian homes & services

The most updated version of the activity schedule is posted on the Mill Pond TV channel and on the Mill Pond Announcement Line. Turn to channel 982 or 126.1 on your TV to view it, or call 965-2100 and keep up to date with all the activities.

JUNE OUTINGS

Altoona Day Trip
Thursday, June 13th, Bus Departs at 10:30AM
Join us for a day trip to Altoona! We will start with lunch at Johnny's Steakhouse and then going across the street to do some shopping at the Outlets of Des Moines Mall.

Shopping Shuttle: Dollar Tree & Goodwill
Tuesday, June 18th Bus Departs at 9:45AM
Heading back over to Ankeny Blvd to go shopping at the Dollar Tree & Goodwill.

Café Club: Hickory Park
Thursday, June 20th, Bus Departs at 10:30AM
This month's Café Club Hickory Park in Ames known best for their BBQ & Ice Cream!

Sign up in the activity book for all outings!

Volunteer Annual Meeting
Tuesday, June 4th at 10AM, Auditorium
Annual volunteer meeting to review procedures & policies, PHS mission & other important reminders for all our volunteers.

Campus Update
Wednesday, June 5th at 10AM, Chapel
Interim Campus Administer, Nick will be here to discuss upcoming events and news about Mill Pond. We strongly encourage residents to come in person to this program.

CLUBS/GROUPS

JUNE 4TH (TUES.) 3:30PM	PARKINSON'S GROUP Join our June Speaker, Kay A. as she will share with the group her experience with Parkinson's. Exercise to follow the presenter.
JUNE 6TH (THUR.) 4:30PM	BUSY HANDS SOCIAL is now making comfort blankets for families and residents at Mill Pond. All are welcome, talk to <i>Bobbi Y.</i> with questions. (Auditorium)
JUNE 11TH (TUES.) 10AM	NURSE'S SOCIAL A monthly social where nurses can get together, share stories and fellowship. (Location: AL Conference Room)
JUNE 12TH (WED.) 3:30PM	BOOK CLUB This month's book club discussion will be over the book, <i>I Will Send The Rain</i> . Anyone is welcome to join, and copies of the book are available in the Life Enrichment office. (Location: AL Conference Room)
JUNE 25TH (TUES.) 10AM	TEACHER'S SOCIAL A monthly social where teachers can get together to fellowship. (Location: AL Conference Room)
EVERY TUESDAY 9AM	PRAYER FELLOWSHIP Join us in the chapel for prayer and fellowship. All are welcome to join, contact Phyllis S. with any questions. (Location: Chapel)



ENTERTAINMENT HIGHLIGHTS

Come out to the chapel to catch some great LIVE entertainment.

JUNE 3RD (MON.) 1:30PM	BOB SLINGS: Bob is a favorite here at Mill Pond and will be playing all your favorite country songs, and hymns on guitar.
JUNE 11TH (TUES.) 1:30PM	LINE DANCING CLASS: Back by popular demand! Tallis from the Des Moines Ballroom will be instructing line dances that can be done standing or sitting. Music & great exercise combined!
JUNE 15TH (SAT.) 10AM	JOE KLINEFELTER: Providing weekend entertainment! Joe is a solo fingerstyle guitarist. He plays and sing a mix of country, folk, swing, and blues music.
JUNE 20TH (THUR.) 1:30PM	JIM OUALES: Jim's mission is to encourage, uplift and serve. He does this by playing your favorite gospel hymns. Jim is a favorite here at Mill Pond.
JUNE 23RD (SUN.) 3:30PM	SINGALONG W/ RESURRECTION LUTHERAN CHURCH: Here for the very first time! Members of the Resurrection Lutheran Church are ready to provide a Sunday afternoon full of fun with music!

GAMES

GOLF THE CARD GAME	Brand new card game group meeting on Tuesday afternoons at 1:00 pm on Terrace One 3rd floor lounge.
BRIDGE	The Bridge group plays every Monday and Thursday at 1:00 pm on the third floor of Terrace One. Call <i>Herschel W.</i> if you have questions!
500 CLUB	Play 500 Tuesday afternoons at <u>1:00pm</u> in the clubroom. If you have any interest, please join! Call <i>Lois P.</i> with questions.
MEXICAN TRAIN DOMINOS	Play every Monday and Wednesday at 3:00 pm in the IL Dining Room.
PHASE 10	This card game is similar to rummy. Join in on the fun every Thursday at 3:00 pm in the Club Room.
SKIP-BO	This card game is the ultimate sequencing card game. Play a game every Sunday and Wednesday night at 6:00 pm on third floor of terrace one.
JOKERS	Card & marble game, join in on the fun played on Friday nights at 6pm on 3rd floor of Terrace 1.

PRESENTATIONS

Here are all of the educational presentations this month.

JUNE 4TH (TUES.) 3PM	PRESIDENT LINCOLN: President Lincoln is back at Mill Pond and ready to present on the presidential campaigns and election process. (Location: Auditorium)
JUNE 7TH (FRI.) 8AM	PARKINSON'S CONFERENCE: 2024 Iowa Parkinson's Conference: Interested in learning more about the disease and how to manage it better? Mill Pond will be streaming the conference live from the theater. Come and listen about Parkinson's and stay as long as you would like. Questions, please talk to Life Enrichment Director, MacKenzie. (Location: Theater)
JUNE 18TH (TUES.) 2PM	1974 ANKENY TORNADO: Did you know this June marks the 50th anniversary of the tornado that past through Ankeny and other surrounding towns? Join our guest speaker Bob Berkins as he presents about the tornado. (Location: Auditorium)

JUNE BIRTHDAY PARTY

Friday, June 28th, at 1:30PM
AL Dining Room
Come celebrate all the June Birthdays!



More Events and Programs Continued on the Next Page!

NOW SHOWING!!

The Mill Pond Movie Theater June 2024 Movies



Mill-Pond

All activities are subject to change.

To keep up to date with activities turn to channel 982 or 125.1 or call 965-2100.

Monday, June 3rd, 3:15 PM "Edie"

83 year old Edie believes that it is never too late - packing an old camping bag, leaving her life behind and embarking on an adventure she never got to have - climbing the imposing Mount Suilven in Scotland.

1 Hour & 42 Min., 2017, PG, Adventure
Resident Request



Want to Help Pick a Movie?

Please Let Life Enrichment Director MacKenzie know if you have a movie recommendation.

Do you have DVD or Blu-Ray DVDs at Home and want to watch them on the Big Screen?

Please let Life Enrichment Director MacKenzie borrow them and they will get added to the movie rotation



Thursday, June 6th, 6:00 PM "Did You Hear About the Morgans?"

In New York City, an estranged couple who witness a murder are relocated to small town Wyoming as part of the Witness Protection Program.

1 Hour & 43 Min., 2009, PG-13, Comedy



Friday, June 7th, 3:15 PM "Secrets of the Neanderthals"

A unique excavation unravels the complex and creative nature of Neanderthals, shattering preconceptions through the lens of a landmark discovery - the best-preserved Neanderthal skeleton found in over 25 years.

1 Hour & 20 Min., 2024, Documentary



Saturday, June 1st, 12:30 PM "42: The Jackie Robinson Story"

In 1947, Jackie Robinson becomes the first African-American to play in Major League Baseball in the modern era when he was signed by the Brooklyn Dodgers and faces considerable racism in the process.

2 Hours & 8 Min., 2013, PG-13, Biography



Saturday, June 8th, 12:30 PM "The Great Escape"

Allied prisoners of war plan for several hundred of their number to escape from a German camp during World War II.

2 Hours & 52 Min., 1963, Adventure



Monday, June 10th, 12:30 PM
"Life as We Know It"

Two single adults become caregivers to an orphaned girl when their mutual best friends die in an accident.

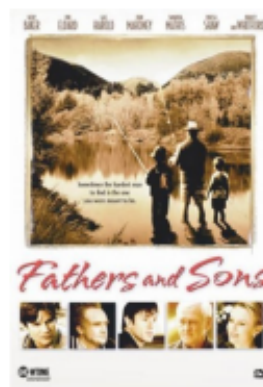
1 Hour & 54 Min., 2010, PG-13, Comedy



Thursday, June 13th, 6:00 PM
"Fathers and Sons"

Intertwined tales of three families who grow up on the same street, focusing on the relationship of fathers and sons.

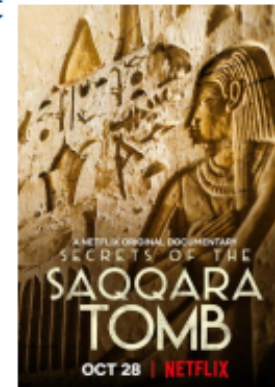
1 Hour & 41 Min., 2005, R, Drama



Friday, June 14th, 3:15 PM
"Secrets of the Saqqara Tomb"

After unearthing a tomb that had been untouched for 4,400 years, Egyptian archaeologists attempt to decipher the history of the astonishing find.

1 Hour & 53 Min., 2020, TV-G, Documentary



Saturday, June 15th, 12:30 PM
"Fiddler on the Roof"

In pre-revolutionary Russia, a Jewish peasant with traditional values contends with marrying off three of his daughters with modern romantic ideals while growing anti-Semitic sentiment threatens his village.

3 Hours, 1971, G, Musical

Resident Request



Monday, June 17th, 12:30 PM
"The First Wives Club"

Reunited by the death of a college friend, three divorced women seek revenge on the husbands who left them for younger women.

1 Hour & 43 Min., 1996, PG, Comedy



Thursday, June 20th, 6:00 PM
"New In Town"

A Miami, Florida businesswoman adjusts to her new life in a small Minnesota town.

1 Hour & 37 Min., 2009, PG, Romance



Friday, June 21st, 3:15 PM
"Mysteries of Faith: Epi. 1 & 2"

The series explores the secrets of Christianity's most legendary treasures. From the Crown of Thorns to the iconic Holy Grail, these cherished relics have inspired millions for centuries.

Episodes 1 & 2, 2023, TV Series, Documentary



Saturday, June 22nd, 12:30PM
"The Bridges of Madison County"

Photographer Robert Kincaid wanders into the life of housewife Francesca Johnson for four days in the 1960s.

2 Hours & 15 Min., 1995, PG-13, Romance



Monday, June 24th, 12:30 PM
"Driving Miss Daisy"

An old Jewish woman and her African-American chauffeur in the American South have a relationship that grows and improves over the years.

1 Hour & 39 Min., 1989, PG, Comedy



Thursday, June 27th, 6:00 PM
"Draft Day"

At the NFL Draft, General Manager Sonny Weaver has the opportunity to rebuild his team when he trades for the number one pick. He must decide what he's willing to sacrifice on a life-changing day for a few hundred young men with NFL dreams.

1 Hour & 50 Min., 2014, PG-13, Sports Drama



Friday, June 28th, 3:15 PM
"Mysteries of Faith: Epi. 3 & 4"

The series explores the secrets of Christianity's most legendary treasures. From the Crown of Thorns to the iconic Holy Grail, these cherished relics have inspired millions for centuries.

Episodes 3 & 4, 2023, TV Series, Documentary



Saturday, June 29th, 12:30PM
"Holiday Inn"

At an inn which is open only on holidays, a crooner and a hooper vie for the affections of a beautiful up-and-coming performer.

1 Hour & 40 Min., 1942, Comedy

Resident Request

