








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>June 2024</h1>					<p><b>Independent Living &amp; Assisted Living Activity Calendar</b></p>  <p>Walnut Ridge</p>	<p><b>1</b> 9:00 Cocoa &amp; Conversation: Share about the best advice you've received (WC)</p> <p><b>11:15</b> Trivia (WC)</p> <p><b>1:00</b> Movie: "Gone with the Wind" (T)</p> <p>2:00 Play Pool (Rec Room on 2nd Floor)</p>
<p><b>2</b></p> <p>11:00 Catholic Readings &amp; Communion (CH)</p> <p>2:00 Church Service (CH)</p> <p>2:45 After Church Fellowship (B)</p>	<p><b>3</b></p> <p>No Cardio Class Today</p> <p>9:15 Chair Yoga (HN Patio)</p> <p>9:30 Valley West Shuttle</p> <p>10:00 Water Aerobics (RC)</p> <p>1:00 Medical Shuttle (Sign Up)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Party Bridge (G)</p> <p><b>1:30 Documentary: "Kinnick"</b></p> <p><b>6:30 Principal Guys Who Harmonize (HN)</b></p>	<p><b>4</b></p> <p>8:30 Walking Group (RC)</p> <p>9:00 Devotions (ITV)</p> <p>10:00 Rosary (C)</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 Strength &amp; Balance I (RC)</p> <p>1:00 Strength &amp; Balance II (RC)</p> <p>2:00 Life Discussions (WC)</p> <p>3:00 Wii Bowling (T)</p> <p>3:00 Gables Friends Social (Gables)</p> <p>4:00 Writer's Club (HN)</p>	<p><b>5</b></p> <p>8:30 Cardio Class (ITV)</p> <p>9:15 Floor Yoga (RC)</p> <p>9:30 Outing: Donuts at Gray's Lake (Sign Up)</p> <p>10:00 Water Aerobics (RC)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Cribbage (G)</p> <p><b>1:30 Music with Tim Javorsky (HN)</b></p> <p><b>3:00 Bible Study (C)</b></p> <p><b>4:00 Spring Sips: Sherbet Punch (B)</b></p> <p>6:00 Rummikub (B)</p>	<p><b>6</b></p> <p>8:30 Walking Group (RC)</p> <p>9:00 Sewing &amp; Crafting (C)</p> <p>10:00 Water Aerobics (RC)</p> <p>10:00 Pitch Card Group (G)</p> <p>10:30 Wii Bowling (T)</p> <p>11:00 Strength &amp; Balance I (RC)</p> <p>1:00 Strength &amp; Balance II (RC)</p> <p>2:00 Bingo (B)</p> <p>3:00 Summer Reading Challenge (HN)</p> <p>4:00 Mexican Train Dominos (HN)</p>	<p><b>7</b></p> <p>9:15 Chair Yoga &amp; Tai Chi (HN Patio)</p> <p>11:00 Outdoor Horseshoes (Terrace Patio)</p> <p>11:45 Catholic Mass (CH)</p> <p><b>1:00 Craft: Patriotic Wood Decoration (B)</b></p> <p><b>2:00 Movie: "Priscilla" (T)</b></p> <p>4:00 BYOB Happy Hour (WC)</p>	<p><b>8</b></p> <p>9:00 Cocoa &amp; Conversation: Share about your childhood home (WC)</p> <p>11:15 Trivia (WC)</p> <p><b>1:00 Movie: "Operation Petticoat" (T)</b></p> <p>2:00 Play Pool (Rec Room on 2nd Floor)</p>
<p><b>9</b></p> <p>11:00 Catholic Readings &amp; Communion (CH)</p> <p>2:00 Church Service (CH)</p> <p>2:45 After Church Fellowship (B)</p>	<p><b>10</b></p> <p>No Cardio Class or Yoga Today</p> <p>9:30 Jordan Creek Shuttle</p> <p>10:00 Water Aerobics (RC)</p> <p>1:00 Medical Shuttle (Sign Up)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Party Bridge (G)</p> <p><b>1:30 Documentary: "Explore America: Alaska" (T)</b></p> <p><b>7:00 Greater Des Moines Community Band Outdoor Concert</b></p>	<p><b>11</b></p> <p>8:30 Walking Group (RC)</p> <p>9:00 Devotions (ITV)</p> <p>10:00 Rosary (C)</p> <p>10:00 Water Aerobics (RC)</p> <p>11:00 Strength &amp; Balance I (RC)</p> <p>1:00 Strength &amp; Balance II (RC)</p> <p><b>1:30 Resident Birthday Party (B)</b></p> <p>2:00 Life Discussions (WC)</p> <p>3:00 Wii Bowling (T)</p> <p>3:00 Gables Friends Social (Gables)</p>	<p><b>12</b></p> <p>No Cardio Class or Yoga Today</p> <p>10:00 Water Aerobics (RC)</p> <p>1:00 Ball Class (RC)</p> <p>1:00 Cribbage (G)</p> <p><b>3:00 Bible Study (C)</b></p> <p><b>4:00 Spring Sips: Raspberry Lemonade (B)</b></p> <p>6:00 Rummikub (B)</p>	<p><b>13</b> Walnut Ridge Agriculture Day</p> <p>8:30 Walking Group (RC)</p> <p>9:00 Sewing &amp; Crafting (C)</p> <p>10:00 Water Aerobics (RC)</p> <p>10:00 Pitch Card Group (G)</p> <p>10:30 Wii Bowling (T)</p> <p>11:00 Strength &amp; Balance I (RC) <i>(No 1:00 Strength &amp; Balance)</i></p> <p><b>1:30 Agriculture Day with Visiting Farm Animals (Outside)</b></p>  <p>4:00 Mexican Train Dominos (HN)</p>	<p><b>14</b> Flag Day </p> <p>9:15 Chair Yoga &amp; Tai Chi (HN Patio)</p> <p>11:00 Outdoor Horseshoes (Terrace Patio)</p> <p><b>1:00 Father's Day Social (B)</b></p> <p><b>2:00 Movie: "Ocean's Eleven" (T)</b></p> <p>4:00 BYOB Happy Hour (WC)</p>	<p><b>15</b></p> <p>9:00 Cocoa &amp; Conversation: Share memories about your father and grandfather (WC)</p> <p>11:15 Trivia (WC)</p> <p><b>1:00 Movie: "Kramer vs. Kramer" (T)</b></p> <p>2:00 Play Pool (Rec Room on 2nd Floor)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b> <i>Happy Father's Day!</i></p> <p>11:00 Catholic Readings &amp; Communion (CH)  <b>11:00-1:00 Father's Day Buffet (GM) (Sign Up)</b>            2:00 Church Service (CH)            2:45 After Church Fellowship (B)</p>	<p><b>17</b></p> <p>8:30 Cardio Class (ITV)            9:15 Chair Yoga (HN Patio)            9:30 Valley West Shuttle            10:00 Water Aerobics (RC)            1:00 Medical Shuttle (Sign Up)            1:00 Ball Class (RC)            1:00 Party Bridge (G)  <b>1:30 Documentary: "Explore America: Hawaii"</b></p>	<p><b>18</b></p> <p>8:30 Walking Group (RC)            9:00 Devotions (ITV)            10:00 Rosary (C)            10:00 Water Aerobics (RC)            11:00 Strength &amp; Balance I (RC)            1:00 Strength &amp; Balance II (RC)            2:00 Life Discussions (WC)            3:00 Wii Bowling (T)            3:00 Gables Friends Social (Gables)  <b>4:00 Writer's Club (HN)</b></p>	<p><b>19</b> <i>No Cardio Class Today</i></p> <p>9:15 Floor Yoga (RC)            10:00 Water Aerobics (RC)            1:00 Ball Class (RC)            1:00 Cribbage (G)  <b>2:00 Book Club (HN)</b>  <b>3:00 Bible Study (C)</b>  <b>4:00 Spring Sips: Orange Bubbler (B)</b>            6:00 Rummikub (B)  <b>7:00 West Des Moines Community Band Outside Concert</b></p>	<p><b>20</b> <i>Summer Begins</i></p> <p>8:30 Walking Group (RC)            9:00 Sewing &amp; Crafting (C)            10:00 Water Aerobics (RC)            10:00 Pitch Card Group (G)  <b>10:30 Wii Bowling (T)</b>            11:00 Strength &amp; Balance I (RC)            1:00 Strength &amp; Balance II (RC)  <b>2:00 Bingo (B)</b>            4:00 Mexican Train Dominos (HN)</p>	<p><b>21</b></p> <p>9:15 Chair Yoga &amp; Tai Chi (HN Patio)  <b>11:00 Outdoor Horseshoes (Terrace Patio)</b>  <b>1:00 Craft Class: Tie Dye Bandanas (HN)</b>  <b>2:00 Movie: "Calendar Girls" (T)</b>            4:00 BYOB Happy Hour (WC)</p>	<p><b>22</b></p> <p>9:00 Cocoa &amp; Conversation: Share about your favorite memories of summertime as a child (WC)            11:15 Trivia (WC)  <b>1:00 Movie: "The Holdovers" (T)</b>            2:00 Play Pool (Rec Room on 2nd Floor)</p>
<p><b>23</b></p> <p>11:00 Catholic Readings &amp; Communion (CH)            2:00 Church Service (CH)            2:45 After Church Fellowship (B)</p>	<p><b>24</b></p> <p>8:30 Cardio Class (ITV)            9:15 Chair Yoga (HN Patio)            9:30 Jordan Creek Shuttle            10:00 Water Aerobics (RC)            1:00 Medical Shuttle (Sign Up)            1:00 Ball Class (RC)            1:00 Party Bridge (G)  <b>1:30 Documentary: "Explore America: Illinois"</b></p>	<p><b>25</b></p> <p>8:30 Walking Group (RC)            9:00 Devotions (ITV)            10:00 Rosary (C)            10:00 Water Aerobics (RC)  <b>11:00 Perspectives on Faith and Reason (T)</b>            11:00 Strength &amp; Balance I (RC)            1:00 Strength &amp; Balance II (RC)            2:00 Life Discussions (WC)            3:00 Wii Bowling (T)            3:00 Gables Friends Social (Gables)</p>	<p><b>26</b></p> <p>8:30 Cardio Class (ITV)            9:15 Floor Yoga (RC)  <b>9:15 Walking Tour at Hoyt Sherman Place (Sign Up)</b>            10:00 Water Aerobics (RC)            1:00 Ball Class (RC)            1:00 Cribbage (G)  <b>3:00 Bible Study (Theater)</b>  <b>4:00 Summer Sips: Peach Paradise (B)</b>            6:00 Rummikub (B)</p>	<p><b>27</b></p> <p>8:30 Walking Group (RC)            9:00 Sewing &amp; Crafting (C)            10:00 Water Aerobics (RC)            10:00 Pitch Card Group (G)  <b>10:30 Wii Bowling (T)</b>            11:00 Strength &amp; Balance I (RC)            1:00 Strength &amp; Balance II (RC)  <b>2:00 Bingo (B)</b>  <b>3:00 Educational Program: Houseplants 101 (T)</b>            4:00 Mexican Train Dominos (HN)</p>	<p><b>28</b></p> <p>9:15 Chair Yoga &amp; Tai Chi (HN Patio)  <b>11:00 Outdoor Horseshoes (Terrace Patio)</b>  <b>1:00 Cooking Club: Pear-Blueberry Ambrosia Salad (HN)</b>  <b>2:00 Movie: "Wonka" (T)</b>            4:00 BYOB Happy Hour (WC)</p>	<p><b>29</b></p> <p>9:00 Cocoa &amp; Conversation: Share about the best moments of this week, this month, and this year! (WC)            11:15 Trivia (WC)  <b>1:00 Movie: "Apollo 13" (T)</b>            2:00 Play Pool (Rec Room on 2nd Floor)</p>
<p><b>30</b></p> <p>11:00 Catholic Readings &amp; Communion (CH)            2:00 Church Service (CH)            2:45 After Church Fellowship (B)</p>	<div style="display: flex; align-items: center; justify-content: space-around;">   <div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p><i>Activities are subject to change and any changes will be announced on Channel 16.5 or 993</i></p> <p><i>ITV: Watch on Internal TV Station 16.11 or 990</i></p> </div> <div style="text-align: center;"> <p><b>Location Guide:</b></p> <p><b>B: Bistro</b>  <b>C: Craft Room</b>  <b>CH: Chapel</b>  <b>G: Game Room</b>  <b>HN: Harriet Nelson Room</b>  <b>RC: Ridge Club</b>  <b>T: Theater</b>  <b>WC: Walnut Club</b></p> </div> </div>					<div style="border: 2px dashed purple; padding: 20px; text-align: center;"> <h1 style="font-size: 48px; margin: 0;">June</h1> <h1 style="font-size: 48px; margin: 0;">2024</h1> </div>



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*ITV: Watch on Internal TV Station 16.11 or 990*

**Location Guide:**  
**B: Bistro**  
**C: Craft Room**  
**CH: Chapel**  
**G: Game Room**  
**HN: Harriet Nelson Room**  
**RC: Ridge Club**  
**T: Theater**  
**WC: Walnut Club**

