June 2	,022 ~M	eadows	Building	z ~ Acti	vities Ca	alendar
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Catholic service on TV every day EWTN Ch 291 8am & 12 noon Christian Song & Scrip- ture on Ch 19 & Ch 287 every day	LOCATION KEY (A)- Avondale (CC)- Chatham C Unit (C:LR)- Chatham Liv. Rm (C:SR) - Chatham Sitting Room (C:ACT)- Chatham Activity Rm (C:B) Chatham Balcony (CY) - Meadows Courtyard (M:FP)- Meadows Front Porch (B:LR)- Berwyck Liv. Rm (B:ACT)- Berwyck Liv. Rm (B:ACT)- Berwyck Activity Rm (B:B) Berwyck Balcony (B:L)- Berwyck Library (I) - Independent Activity LWD : Look Who's Dancing	DAILY EXERCISE Monday—Friday 9:00am & 10:00am On Channel 98 On TV	1 Welcome to June! Memory Care Morning : LWD, Monthly Gazette & June Newsletter, Craft Club 10:00 Rummikub (C:ACT)(I) <u>11:00 Look Who's Dancing (A)</u> Memory Care Afternoon: Baking, June Art Club, Purple Petals 1:00 Berwyck Birds Group (B:SR) 1:00 Riddles & Jokes (C:ACT) 1:30 Bingo (C:ACT) 1:30 Bingo (B:ACT 3:00 Puzzle Group (I) (B:LR) 3:00 Movie Matinee (I) (C:LR) 3:00 Movie Matinee (I) (B:LR)	2 "You're a Grand Old Flag" Day Memory Care Morning: Manicures & Aromatherapy, Musical 10:30 Berwyck Bridge Group 11:00 Chicken Soup Club (C:SR) Memory Care Afternoon : Patriotic Sing A Long, Flag History, Patriotic Pudding Parfaits 1:00 Manicures & Movie (C:LR & B:LR) 2:00 Aromatherapy and Hand Mas- sages 3:00 Wii (B:LR) 4:00 Berwyck Book Club (B:SR) 6:00 Patriotic Parfait Making (C:ACT)	10:30 Rummikub (B:SR) Memory Care Afternoon : Acrostic Poems, Exercise, Ice Cream Social 1:00 Fresh Air & Friends (M:FP) 2:00 Resident Choice Radio (M:FR) 3:00 Poetry on the Porch (M:FR) 4:00 Classic Concert on TV (B:LR & C:LR) (I)	4 Shavuot Begins at Sundown Memory Care Morning : Shavuot Traditions, Patriotic Craft, Exercise Class Memory Care Afternoon: Balloon Volleyball, Tic Tac Toe, Dog Books 1:00 Craft Corner with Melissa (C:ACT) 2:00 Shavuot Traditions Talk (C:ACT) 3:00 Craft Corner with Melissa (B:ACT) 4:00 Resident Choice Activity (B:ACT)
<ul> <li>5 National Garden Week Begins</li> <li>8:00 Catholic Church on TV Ch 291 (I)</li> <li>Memory Care Morning : Catholic Church on TV, Garden Club,</li> <li>Flower Identification</li> <li>Memory Care Afternoon : Color- ing, Movie, Bingo</li> <li>1:00 Shavuot History &amp; Tradi- tions (C:LR)</li> <li>2:00 Succulent Craft (C:ACT)</li> <li>3:00 Shavuot Cheesecake Baking (B:ACT)</li> <li>4:00 Root Beer Floats (B:ACT)</li> </ul>	6 Mystery Monday Memory Care Morning : Balloon Volleyball, Finish the Lines & Lyrics, Jewelry Club <u>10:00 Pet Therapy with Basil (A)</u> 10:30 Berwyck Bridge Group Memory Care Afternoon : Color- ing Pages, Mystery Readings, Root beer Floats 1:00 Solve the Mystery Activities (C:ACT) 2:00 Craft Club (C:ACT) 3:00 Bingo (B:ACT) 4:00 Mocktail Social (B:ACT)	Boxes, Frankie Valli Sing a Long, Concert <u>10:30 Bill Long Concert (A)</u> 10:30 Rummikub (B:SR) 10:00 Art Class (C:ACT) 11:00 Woodshop (B:ACT) Memory Care Afternoon : Chair Exercise, Ice Cream Social, Fresh Air & Friends	8 World Oceans Day Memory Care Morning : LWD, Ocean Trivia, Hand Massages, Res- idents Choice Movie 10:00 Rummikub (C:ACT)(I) <u>11:00 Look Who's Dancing (A)</u> Memory Care Afternoon: Baking, Art Club, Purple Petals, Ocean Col- oring 1:00 Berwyck Birds Group (B:SR) 1:00 Riddles & Jokes (C:ACT) 1:30 Bingo (C:ACT) 1:30 Bingo (B:ACT 3:00 Puzzle Group (I) (B:LR) 3:00 Colorists Group (I) (C:ACT) 3:00 Movie Matinee (I) (B:LR)	cures & Aromatherapy, Donald Duck Reruns & History 10:30 Berwyck Bridge Group 11:00 Chicken Soup Club (C:SR)	2:00 Resident Choice Radio (M:FR)	11 Great Barrier Reef Day Memory Care Morning : Coral Documentary, Fish Painting, Exercise Class Memory Care Afternoon: Bingo, Show & Tell, Building Group, Coloring 1:00 Chasing Coral On Netflix (C:LR) 2:00 Craft Corner (C:ACT) 3:00 Barrier Reef Trivia & Cocktails (B:ACT) 4:00 Craft Corner (B:ACT)
12 Gomer Pyle Day 8:00 Catholic Church on TV Ch 291 (I) Memory Care Morning : Catholic Church on TV, Patriotic Crafts, Hand Massages and Facials Memory Care Afternoon: Gomer Pyle Reruns, Trouble Game, Triv- ia 1:00 Gomer Pyle Reruns (C:LR) 2:00 Open Studio (C:LR) 3:00 Tea Party (B:ACT) 4:00 Patriotic Craft (B:ACT)	13 Kitchen Klutzes Day ! Memory Care Morning : Patriotic Baking , Chair Dancing & Sing a Long, Communion Service 10:30 Berwyck Bridge Group <u>11:00 Catholic Communion Ser-</u> vice (Avondale) Memory Care Afternoon, Baking, Boardwalk Reminisce, Craft Cor- ner, Musical 1:00 Fresh Air & Friends (M:FP) 2:00 Mocktails on Porch (M:FR) 3:00 Discussion Group (M:FR) 4:00 Summer Concert on TV (B:LR & C:LR) (I)	14 Flag Day Memory Care Morning : Garden Club, Flag Crafts & History, Fresh Air & Friends 10:30 Rummikub (B:SR) 11:00 Art Class (C:ACT) 11:00 Woodshop (B:ACT) Memory Care Afternoon : Memory Boxes, Ice Tea Social, Flag Day Concert <u>1:00 Chair Yoga (Avondale)</u> <u>1:30 Chair Yoga (C:LR)</u> <u>2:00 Flag Day Concert (CY)</u> 3:00 Manicures Balconies (C&B) 6:00 Evening Bingo (B:B)	15 V-Mail Sent for the First Time Memory Care Morning : Banana- grams, Bingo 10:00 Rummikub (C:ACT)(I) <u>10:00 Catholic Mass (C:LR)</u> Memory Care Afternoon : Purple Petals, What is V-Mail?, Art Class 1:00 Cranium Crunches (B:ACT) 1:00 Riddles & Jokes (C:ACT) 1:30 Bingo (C:ACT) 1:30 Bingo (B:ACT 3:00 Puzzle Group (I) (B:LR) 3:00 Colorists Group (I) (C:ACT) 3:00 Movie Matinee (I)(C:LR)		10:30 Rummikub (B:SR) Memory Care Afternoon : Musical, Craft Corner, Balloon Toss, Walk-	18 Westminster Dog Show Be- gins Memory Care Morning : Fitness Class, Dog Crafts , Puppy Paw Jewelry Club Memory Care Afternoon: Ice Cream Social, Dog Craft , Mov- ie 1:00 Westminster Dog Show on TV (B&C:LR) 2:00 Slinky Dog Craft (C:LR) 3:00 Puppy Paw Jewelry Club (B:ACT) 4:00 Dog Trivia & Reminisce (B:ACT)

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## June 2022~Meadows Building ~ Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THUR, SDAY	F
<ul> <li>19 Juneteenth</li> <li>8:00 Catholic Church on TV Ch 291 (I)</li> <li>Memory Care Morning : Mass on TV, Craft Corner, Juneteenth History</li> <li>Memory Care Afternoon : Higher or Lower, Bingo, Balloon Volleyball</li> <li>1:00 Juneteenth Activities (C:ACT)</li> <li>2:00 Coloring Pages (C:ACT)</li> <li>3:00 Parfaits Social (B:LR)</li> <li>4:00 Fresh Air on the Balcony (B:B)</li> </ul>	20 Ed Sullivan Premiere 1948 Memory Care Morning : Chair Dancing, Chicken Soup for the Soul, Ed Sullivan Reruns <u>10:00 Pet Therapy with Basil (CC)</u> 10:30 Berwyck Bridge Group Memory Care Afternoon : Coloring, Sing A Long, Dog Puns, Musical, Egg Incubator Set up 1:00 Ed Sullivan Reruns (C:LR) 2:00 Craft Club (C:ACT) 3:00 Garden Club (B:B) 4:00 Ed Sullivan Trivia (B:B)	21 First Day of Summer Memory Care Morning : Stretches, Memory Boxes , Summer Remi- nisce, Craft 10:30 Rummikub (B:SR) 10:00 Art Class (C:ACT) 11:00 Woodshop (B:ACT) Memory Care Afternoon : Summer Sing A Long Garden Club, Puzzles <u>1:00 Chair Yoga (Avondale)</u> <u>1:30 Chair Yoga (B:LR)</u> 2:00 Manicures (B:LR & C:ACT) 3:00 Aromatherapy (B:LR & C:ACT) 4:00 Massages (B:LR & C:ACT) 6:00 Summer Wood Sign (B:B)	22 Happy Birthday Meryl Streep b 1949 Memory Care Morning : Meryl Streep Movie, Summer Social , LWD 10:00 Summer Social (A:CY) 10:00 Rummikub (C:ACT)(I) <u>11:00 Look Who's Dancing (A)</u> Memory Care Afternoon : Jewelry Club, Purple Petals, Concert w/ Maria 1:00 Berwyck Birds Group (B:SR) 1:00 Riddles & Jokes (C:ACT) 1:30 Bingo (C:ACT) 1:30 Bingo (B:ACT <u>2:00 Maria Damore Concert (Avondale)</u> 3:00 Puzzle Group (I) (B:LR) 3:00 Colorists Group (I) (C:ACT) 3:00 Movie Matinee (I)(C:LR)	23 All that Jazz Day Memory Care Morning : Manicures & Aromatherapy/Meditation, Jazz Concert on TV, Name that Instrument Memory Care Afternoon : Happy Hour, Fresh Air and Friends, Ball Toss 10:30 Berwyck Bridge Group 11:00 Chicken Soup Club (C:SR) 1:00 Wii (B:LR) 2:00 Summer Social (CY) 4:00 Berwyck Book Club (M:FP) <u>6:00 Concert w/ Amy Dee (C:LR)</u>	24 Celel Memory Sensory Guess w 10:30 R Memory Club , B 1:00 Cc 1:00 Mc 2:00 Sen 3:00 Sen 4:00 Gu (B:ACT
26 Atlantic City Boardwalk Birthday b 1870 8:00 Catholic Church on TV Ch 291 (I) Memory Care Morning : Boardwalk Trivia and Reminisce, Tic Tac Toe, Patio Balloon Volleyball Memory Care Afternoon : Century Club Spotlight, Fresh Air and Friends, Finish the Lyrics 1:00 Summer Craft (C:ACT) 2:00 Century Club Spotlights (C:ACT) 3:00 Boardwalk Trivia& Reminisce (B:ACT) 4:00 Bingo (B:ACT)	27 "Happy Birthday Tune" b 1859 Memory Care Morning : Daily Chronicle, Happy Birthday Tune History, Chair Yoga 9:45 Chair Yoga W/ Heather (A) 10:30 Berwyck Bridge Group Memory Care Afternoon : Sundaes, Craft Corner, Sing A Long 1:00 Century Club Poster (C:ACT) 2:00 Open Studio (C:ACT) 3:00 Baking (B:ACT) 4:00 Century Club Spotlights (B:ACT) 4:00 Wii (I) (B:LR)	28 Century Club Celebration Day Memory Care Morning : Ball Toss, Memory Boxes, Manicures 10:30 Rummikub (B:SR) 11:00 Art Class (C:ACT) 11:00 Woodshop (B:ACT) Memory Care Afternoon : Century Col- oring, Charades, Reminisce 1922 1:00 Movie Matinee (C&B:LR) 2:00 CENTURY PARTY (C:LR) 3:00 Manicures (C&B:LR) 6:00 Game Night & Mocktails (B:ACT)	29 Highway Day Memory Care Morning : Burma Shave Sins Reminisce, LWD, Highway Trivia 10:00 Rummikub (C:ACT)(I) <u>11:00 Look Who's Dancing (C:LR)</u> Memory Care Afternoon : Walking Club, SingALong, Purple Petals, Movie 1:00 Sing A Long (B:SR) 1:00 Riddles & Jokes (C:ACT) 1:15 Bingo with Chatham & Berwyck (C:LR) <u>2:00 Visit from Kangaroo!! (C:LR)</u> 3:00 Puzzle Club (I) (B:LR) 3:00 Colorists Group (I) (C:ACT) 3:00 Movie Matinee (I)(C:LR) 3:00 Movie Matinee (I) (B:LR)	30 Gone Fishin' Day Memory Care Morning : Fish Talk, Aromatherapy/Meditation, Morning Tea Party 11:00 Chicken Soup Club (C:SR) 10:30 Berwyck Bridge Group Memory Care Afternoon : Happy Hour, Finding Nemo, Craft Corner 1:00 Movie Matinee (B:LR) 1:00 Finding Nemo (C:LR) 1:30 Garden Therapy-Memory Care (CY) 3:00 Garden Therapy-Berwyck & Chatham (CY) 4:00 Berwyck Book Club (B:LR) 6:00 Murder Mystery Party (C:ACT)	
			Contact Activity Director, Molly Hillman at 610-728-5409 for any questions or concerns! Thank you!	Activities Ext Molly: 5409 Berwyck: 6975 Chatham: 6846 Memory Care: 6836	Ļ





lebrate the Senses Day

ry Care Morning : Stretching, ry Class, Aromatherapy, what's in the bag! Rummikub (B:SR) ory Care Afternoon: Craft Bingo, TV Sing A Long Coloring (C:ACT) Aovie Matinee (B:LR) Gensory Class (C:ACT) Gensory Class (B:ACT) Guess What's in the Bag CT) 25 George Orwell Birthday b 1903

Memory Care Morning : Walking Club, Orwell Readings, Ice Tea & Fresh Air, Movie Memory Care Afternoon :Garden Club, Musical, Finish the Lyrics 1:00 Orwell Readings & Coloring (C:ACT)

2:00 Craft Club (C:ACT) 3:00 Wine & Cheese (B:ACT) 4:00 Random Knowledge Test (B:ACT)



# The Meadows

### SHANNONDELL

June 2022 ~ The Inn & 1st Floor ~ Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Catholic service on TV every day EWTN Ch 291 8am & 12 noon Christian Song & Scripture on Ch 19 & Ch 287 every day	LOCATION KEY FOR <u>REHAB BUILDING:</u> (1:ACT) - 1st Fl Activity Room (1:LV)- 1st Fl Living Room (4:ACT) - 4th Fl Activity Room (4:SR) - 4th Fl Sitting Room (4:LR) - 4th Fl Grand Liv- ing Room (4:BAL) - 4th Fl Balcony (MT) - Movie Theatre (CY) - Courtyard (I) = Independent activity/ watch at your own leisure	DAILY EXERCISE Monday—Friday 9:00am	1 Welcome to June! 9:30 1:1 Visits 10:00 Men's Club—1952 World Series, Game 7: Yan- kees @ Dodgers - YouTube (MT) 10:15 Walking Club (4th Fl) 10:30 Bingo (4:LR) <u>2:30 Music and Friends Con- cert (4:LR)</u> 6:00 Patriotic Parfait Making! (4:LR)	2 "You're a Grand Old Flag" Day 9:30 1:1 Visits 10:30 Patriotic Sing A Long (MT) 1:30 Manicures (4:LR) 2:30 Aromatherapy & Mas- sages (4:LR)	9:00 Independent Exercise Class on Channel 98 11:00 "Great Courses" on Channel 98	4 Shavuot Begins at Sun- down 9:30 1:1 Visits 10:00 Group Exercise Class (Ch 98) in Movie Theater (MT) 10:30 Shavuot History & Traditions (MT) 1:30 Movie Matinee (MT)
<ul> <li>5 National Garden Week Begins</li> <li>8:00 Catholic Church on TV Ch 291 (I)</li> <li>9:30 1:1 Visits</li> <li>10:00 Group Exercise Class (Ch 98) in Movie Theater (MT)</li> <li>10:30 Summer Craft (4:LR)</li> <li>1:00 Flower Documentary (4:LR)</li> <li>2:00 Flower Water Color Painting (4:LR)</li> </ul>	<ul> <li>6 Mystery Monday</li> <li>9:00 Independent Exercise Class on Channel 98</li> <li>11:00 "Great Courses" on Channel 98</li> <li>1:30 Independent Card Group &amp; Puzzles (4:LR)</li> </ul>	<ul> <li>7 Chocolate Ice Cream Day</li> <li>9:30 1:1 Visits</li> <li>10:30 Puzzle Group (4:LR)</li> <li>10:30 Horoscopes (4:LR)</li> <li>1:30 Chair Yoga with Heather (4:LR)</li> <li>2:00 Scrapbooking (4:LR)</li> <li>3:00 Ice Cream Social (4:LR)</li> <li>3:00 Pet Therapy Room Visits with Dyson</li> </ul>	8 World Oceans Day 9:30 1:1 Visits 10:00 Men's Club—Top 100 Sports Plays of the Decade   2010 - 2019 YouTube (MT) 10:15 Walking Club (4th Fl) 10:30 Craft (4:LR) 1:30 Bingo (4:LR) 6:00 Craft Night! (4:LR)	<ul> <li>9 Donald Duck's Birthday b 1934</li> <li>9:30 1:1 Visits</li> <li>10:30 Donald Duck Coloring &amp; Crafts (4:LR)</li> <li>1:30 Manicures (4:LR)</li> <li>2:30 Aromatherapy &amp; Massages (4:LR)</li> </ul>	10:30 Wizard of Oz (MT) 2:00 Craft Corner (4:LR) 3:00 Judy Garland Trivia (4:LR)	<ul> <li>11 Great Barrier Reef Day</li> <li>9:00 Independent Exercise Class on Channel 98</li> <li>11:00 "Great Courses" on Channel 98</li> <li>1:30 Independent Card Group &amp; Puzzles (4:LR)</li> </ul>
12 Gomer Pyle Day	<ul> <li>13 Kitchen Klutzes Day !</li> <li>9:30 1:1 Visits</li> <li><u>10:00 Pet Therapy Horse Vis-its with Fabio (4:LR)</u></li> <li>10:30 Chicken Soup for the Soul Club (4:SR)</li> <li>1:30 Baking (1:ACT)</li> <li>2:00 Rummikub (1:ACT)</li> </ul>	<ul> <li>14 Flag Day</li> <li>9:30 1:1 Visits <ul> <li><u>11:00 Catholic Service with</u></li> <li><u>Fr Mulranen (4:LR)</u></li> </ul> </li> <li>1:00 Craft Corner (4:ACT) <ul> <li>2:00 Can you Name 5? / This or That (4:LR)</li> </ul> </li> </ul>		<ul> <li>16 US Open Golf Champion- ship</li> <li>9:30 1:1 Visits</li> <li>10:30 US OPEN on Big Screen (MT)</li> <li>11:00 Prayer Service with</li> <li>Pastor Roy (4:LR)</li> <li>1:30 Concert with Marcus (4:LR)</li> <li>2:30 Manicures (4:LR)</li> </ul>	<ul> <li>9:00 Independent Exercise</li> <li>Class on Channel 98</li> <li>11:00 "Great Courses" on</li> <li>Channel 98</li> <li>1:30 Independent Card Group</li> <li>&amp; Puzzles (4:LR)</li> </ul>	<ul> <li>18 Westminster Dog Show Begins</li> <li>9:30 1:1 Visits</li> <li>10:00 Group Exercise Class (Ch 98) in Movie Theater (MT)</li> <li>10:30 Westminster Dog Show in Theatre (MT)</li> <li>2:00 David Gregory Concert (4:LR)</li> </ul>



## June 2022 ~ The Inn & 1st Floor ~ Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	F
<ul> <li>19 Juneteenth &amp; Father's Day</li> <li>8:00 Catholic Church on TV Ch 291 (I)</li> <li>9:30 1:1 Visits</li> <li>10:00 Group Exercise Class (Ch 98) in Movie Theater (MT)</li> <li>10:30 Juneteenth Documen- tary (MT)</li> <li>1:30 Dad Jokes (4:B)</li> <li>2:00 Fresh Air &amp; Friends</li> <li>3:00 Parfaits Social for Fa- thers Day (4:B)</li> </ul>	<ul> <li>20 Ed Sullivan Premiere 1948</li> <li>9:00 Independent Exercise Class on Channel 98</li> <li>11:00 "Great Courses" on Channel 98</li> <li>1:30 Independent Card Group &amp; Puzzles (4:LR)</li> </ul>	21 First Day of Summer 9:30 1:1 Visits 10:30 Summer Crafts 1:30 Summer Mocktails (4:LR) 2:00 Pete & Ted Concert (4:LR)	22 Happy Birthday Meryl Streep b 1949 9:30 1:1 Visits 10:00 Men's Club—Top 10 Greatest Games of All Time   NFL Films - YouTube (MT) 10:15 Walking Club (4th Fl) 10:30 Craft Club (4:LR) 2:00 Summer Social (4:LR) 6:00 Late Night Bingo 4:LR)	23 All that Jazz Day 9:30 1:1 Visits 10:30 Jazz Concert on TV (MT) 1:30 Manicures (4:LR) 2:30 Aromatherapy & Mas- sages (4:LR)	24 Celeb 9:30 1:1 10:30 Ce (4:LR) 2:00 Bin 3:00 Sen
<ul> <li>26 Atlantic City Boardwalk Birthday b 1870</li> <li>8:00 Catholic Church on TV Ch 291 (I)</li> <li>9:00 Independent Exercise Class on Channel 98</li> <li>11:00 "Great Courses" on Channel 98</li> <li>(I) Atlantic City Boardwalk</li> <li>Hand Out</li> <li>1:30 Independent Card Group &amp; Puzzles (4:LR)</li> </ul>	<ul> <li>27 "Happy Birthday Tune" b 1859</li> <li>9:30 1:1 Visits <u>10:15 Chair Yoga w/ Heather</u> (<u>4:LR</u>)</li> <li>10:45 Happy Birthday Tune History (4:LR)</li> <li>1:30 Baking (1:ACT)</li> <li>2:30 Fresh Air on Front Porch (FP)</li> </ul>	28 Century Club Celebration Day 9:30 1:1 Visits <b>10:00 Residents Council</b> (4:ACT) 11:00 Crafts (4:LR) 2:00 CENTURY PARTY (CHATHAM : LR) 2:00 Independent Movie in Theatre (MT)	29 Highway Day 9:30 1:1 Visits 10:00 Men's Club—NBA's Top 100 Plays Of The Decade - YouTube (MT) 10:15 Walking Club (4th Fl) 10:30 Jewelry Club (4:LR) <u>1:15 Kangaroo Visit (4:LR)</u> 2:00 Bingo (4:LR) 6:00 Wine & Cheese Social (4:LR)	30 Gone Fishin' Day 9:30 1:1 Visits 10:30 Craft Club (MT) 1:30 Manicures (4:LR) 2:30 Aromatherapy & Mas- sages (4:LR)	
			Please Call Ext 5409 or 3496 with questions and requests Contact Activity Director, Molly Hillman at 610-728-5409 for any ques- tions or concerns! Thank you!		Ţ

### RIDAY

brate the Senses Day

l Visits Century Spotlight

ingo (4:LR) ensory Activity (4:LR)



25 George Orwell Birthday b 1903

9:00 Independent Exercise Class on Channel 98 11:00 "Great Courses" on Channel 98

1:30 Independent Card Group & Puzzles (4:LR)



## The Meadows

### SHANNONDELL