

Wilder Adult Day Health Services – Great Room

651-280-2500

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>10:00 Morning Stretch 10:15 Dance & Drama 11:00 Horse Shoes 12:30 Good News 01:15 Travel to Maine 01:15 Climb Theatre 02:30 Gang of Five</p>	<p>4</p> <p>10:00 Mindfulness 10:15 Baking w/Baker 10:15 Balloon Volleyball 11:00 Exercise w/Weights 12:30 Story Telling 01:15 Graffiti Artists 01:15 Flower Arranging 01:15 Climb Theatre 02:30 Alphabet Soup</p>	<p>5</p> <p>10:00 Morning Stretch 10:00 Art Class w/Sandra 10:15 Exercise w/Weights 11:00 Time Slips 12:30 History of Charles Lingbergh 01:15 Music w/Janine 02:30 Spell Up & Down</p>	<p>6</p> <p>09:45 Guided Imagery 10:00 Exercise w/Weights 10:45 Art Class w/Barb 10:45 Fishing Game 12:30 75th Anniversary D Day 01:00 Garden Meditation 01:15 Wilder Choir 01:30 Ocean Wonders 02:30 Treasured Memories</p>	<p>7</p> <p>10:00 Men's Group - Cars 10:15 Charades 11:00 Person, Place or Thing 12:30 Patio Social 01:30 Celebrate Dean Martin 02:30 Game of Outburst</p>
<p>10</p> <p>09:45 Fishing Eden Prairie 10:00 Mindfulness 10:15 Dance & Drama 11:00 Lawn Darts 12:30 Good News 01:15 Garden Poetry 01:15 Climb Theatre 02:30 Musing Memories & Make Believe</p>	<p>11</p> <p>10:00 Morning Stretch 10:00 Art Class w/Sandra 10:15 Exercise w/Weights 11:00 Bullseye 12:30 Short Stories 01:15 Summit Ave Virtual Tour 01:15 Climb Theatre 02:30 Fact or Fiction</p>	<p>12</p> <p>10:00 Mindfulness 10:15 Baking w/Mayo 10:15 Pocket Toss 11:00 Exercise w/Weights 12:30 Theatre Now 12:30 Client Planning 01:15 Science Corner 02:30 Baseball Word Search</p>	<p>13</p> <p>09:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Art Class w/Barb 10:45 Dutch Shuffleboard 12:30 What is in a name? Pinkie 01:00 Li Lac Festival 01:15 Wilder Choir 01:30 Wide World of Fishing 02:30 Garden Walk</p>	<p>14</p> <p>10:00 Men's Group - Honoring Flags 10:15 Rose 9 Square 11:00 Famous Fathers 12:30 Exercise w/Weights 01:15 Music w/Janine 02:30 Fishing w/Father</p>
<p>17</p> <p>10:00 Morning Stretch 10:15 Dance & Drama 11:00 Tunnel Run 12:30 Good News 01:15 Ripley's Believe it or not 01:15 Climb Theatre 02:30 Mind Stretches</p>	<p>18</p> <p>10:00 Guided Imagery 10:00 Art Class w/Sandra 10:15 Exercise w/Weights 11:00 Time Slips 12:30 Garden Stories 01:15 Music w/Charlie Maguire 01:15 Climb Theatre 01:15 Flower Arranging 02:30 Puzzles & Word Finds</p>	<p>19</p> <p>10:00 Morning Stretch 10:15 Baking w/Mayo 10:15 Garden Letter 11:00 Exercise w/Weights 12:30 Theatre Now 12:30 Summer Stroll 01:15 Music w/Janine 02:30 Garfield Comic Street</p>	<p>20</p> <p>09:45 Mindfulness 10:00 Exercise w/Weights 10:45 Art Class w/Barb 10:45 Summer Fun 9 Square 12:30 Community Project – Dog Blankets Fun Pet Videos 01:15 Wilder Choir 01:30 Nature Photography 02:30 Gang of Five</p>	<p>21</p> <p>10:00 Men's Grp – Male/Female Vocalist 10:15 Flower 9 Square 11:00 Women's Group Gardens 12:30 Exercise w/Weights 01:15 Summer Remanence & Poem 02:30 Summer Word Scrambles</p>
<p>24</p> <p>10:00 Guided Imagery 10:15 Dance & Drama 11:00 Tic Tac Toss 12:30 Good News 01:15 Rocking to the Decades 01:15 Climb Theatre 02:30 Rhyme Time</p>	<p>25</p> <p>10:00 Mindfulness 10:15 Baking w/Baker 10:15 Balloon Volleyball 11:00 Exercise w/Weights 12:30 Garden Stroll 01:15 It Happened in 1950 01:15 Flower Arranging 01:15 Climb Theatre 02:30 Quiz Time</p>	<p>26</p> <p>10:00 Guided Imagery 10:00 Art Class w/Sandra 10:15 Bowling 11:00 Exercise w/Weights 12:30 Group Yatzee 12:30 Theatre Now 01:15 St Lawrence Seaway 02:30 Spell Up & Down</p>	<p>27</p> <p>09:45 Morning Stretch 10:00 Exercise w/Weights 10:45 Art Class w/Barb 10:45 Horse Shoes 12:30 History of Split Rock Light House 01:15 Wilder Choir 01:30 Impressive Skyscrapers 02:30 Mind Stretches</p>	<p>28</p> <p>10:00 Men's Group – Road Trip 10:15 Camping in Style 11:00 Science Corner 12:30 Exercise w/Weights 01:15 Music w/Janine 02:30 Corvette Birthday</p>
		<p>DAILY</p> <p>09:00 Coffee & Snack 09:45 Mindfulness & Movement 10:00 Exercise w/without weights 11:45 Lunch 2:00 Snack 3:00 Helpful Tasks</p>		