

Independence Village of Ames

Assisted Living

June 2023  
Life Enrichment Monthly Calendar

Activities are subject to change

| Sunday                                                                                                                                                                                                                       | Monday                                                                                                                                                                                          | Tuesday                                                                                                                                                                                                                              | Wednesday                                                                                                                                                                                            | Thursday                                                                                                                                                                | Friday                                                                                                                                                                                                                                                         | Saturday                                                                                                                                                                                                |                                                                                                                                          |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                             |                                                                                                                |                                                                                                                                                    |                                                                                                                   |                                                                                      | <div>1</div> <div>10:30 Sit &amp; Be Fit (CYH)<br/>1:30 BINGO (DR)<br/>3:00 Crafts w/ Dave England (AR)<br/>4:00 (AR)<br/>6:15 Secret Society of Men (LIB)</div>                                                                                               | <div>2</div> <div>National Donut Day!<br/>9:30 Patio Chat: Donuts (IF-F)<br/>10:30 Sit &amp; Be Fit (CYH)<br/>12:45 Tech Class (AR)<br/>2:00 June Celebration (DR)<br/>6:15 Movie: Hustle (CH/TV)</div> | <div>3</div> <div>9:00 Shopping: Hy-Vee (CO)*<br/>11:15 Hi-Fitness (CYH)<br/>1:00 Burgies Coffee (CO)*<br/>3:30 Pit Card Game (AR)</div> |
| <div>4</div> <div>9:00 Mini Put Put<br/>10:15 Catholic Comm.(CH/TV)<br/>11:15 Hi-Fitness (CYH)<br/>1:00 Rummy Card Game (AR)<br/>3:30 Corn Hole (IF-F)</div>                                                                 | <div>5</div> <div>National Moonshine Day!<br/>9:30 Pastor Amanda (PDR)<br/>10:30 Sit &amp; Be Fit (CYH)<br/>12:30 Manicures (AR)<br/>3:00 Moonshine Tasting (CY)<br/>4:00 Ladderball (CY)</div> | <div>6</div> <div>10:30 Strengthen Fitness (CYH)<br/>1:00 Watermelon Coasters (AR)<br/>2:30 Educational Lecture (CH/TV)<br/>3:30 Bocce Ball (CY)</div>                                                                               | <div>7</div> <div>10:30 Sit &amp; Be Fit (CYH)<br/>1:00 Book Club (LIB)<br/>2:00 Corn Hole (CY)<br/>3:00 Mini Golf @ Perfect Games (CO)*<br/>6:15 Bev's Movie: Overcomer (CH/TV)</div>               | <div>8</div> <div>9:30 Current Events &amp; Coffee Bar (CY)<br/>10:30 Sit &amp; Be Fit (CYH)<br/>1:30P BINGO (DR)<br/>3:00 Badminton (CY)<br/>6:15 Jeopardy! (AR)</div> | <div>9</div> <div>9:30 Patio Chat: Muffins (PO)<br/>10:30 Sit &amp; Be Fit (CYH)<br/>1:00 Reimen Gardens (CO)*<br/>3:30 TV Show: Marvelous Mrs. Maisel Ep. 1 (CH/TV)</div>                                                                                     | <div>10</div> <div>9:00 Shopping: Wal-Mart (CO)*<br/>11:15 Hi-Fitness (CYH)<br/>1:00 Hearts Card Game (AR)<br/>3:30 Noodle Ball (IF-F)</div>                                                            |                                                                                                                                          |
| <div>11</div> <div>9:00 Cannonball Chats<br/>10:15 Catholic Comm. (CH/TV)<br/>1:00 Church Hymns w/ Carol Pady on keyboard (CH/TV)<br/>2:00 Church Service (CH/TV)<br/>3:30 Play 9 Card Game (AR)</div>                       | <div>12</div> <div>10:30 Sit &amp; Be Fit (CYH)<br/>12:30 Manicures (AR)<br/>2:00 Educational Lecture (CH/TV)<br/>3:00 Bill Lawyer Music (IF-F)<br/>4:15 Card Game: Speed (AR)</div>            | <div>13</div> <div>11:00 Community Q&amp;A (DR)<br/>10:30 Strengthen Fitness (CYH)<br/>12:30-2:00 Vision for Less (CYH)<br/>1:30 Bowling (IF-F)<br/>3:00 60's Music Trivia (AR)</div>                                                | <div>14</div> <div>FLAG DAY!<br/>10:30 Sit &amp; Be Fit (CYH)<br/>1:00 Book Club (LIB)<br/>1:30 Flag Day History (CH/TV)<br/>2:30 Craft w/ Wren (AR)<br/>6:15 Bev's Movie: Soul Surfer (CH/TV)</div> | <div>15</div> <div>10:30 Sit &amp; Be Fit (CYH)<br/>1:30P BINGO (DR)<br/>3:00 Volleyball (CY)<br/>4:00 Game w/ Lou (AR)<br/>6:15 Secret Society of Men (LIB)</div>      | <div>16</div> <div>National Fudge Day!<br/>9:30 Patio Chat: Bagels (PO)<br/>10:30 Sit &amp; Be Fit (CYH)<br/>12:00 Pontoon Boat (CO)*<br/>4:00 Happy Hour &amp; Fudge Tasting (IF-F)<br/>6:15 Friday Flix: Harry Potter and the Sorcerer's Stone (CH/TV)</div> | <div>17</div> <div>9:00 Shopping: Ames Farmer's Market (CO)*<br/>11:15 Hi-Fitness (CYH)<br/>1:00 Blackjack Card Game (AR)<br/>3:30 Cheese Tasting (AR)</div>                                            |                                                                                                                                          |
| <div>18</div> <div>Father's Day<br/>9:00 Shuffleboard (IF-F)<br/>10:15 Catholic Comm. (CH/TV)<br/>11:15 Hi-Fitness (CYH)<br/>1:00 Happy Hour/Yard Games (PO)<br/>3:00 Fatherhood (CH/TV)<br/>3:15 Poker Card Game (AR)</div> | <div>19</div> <div>9:30 Pastor Amanda (PDR)<br/>10:30 Sit &amp; Be Fit (CYH)<br/>12:30 Manicures (AR)<br/>2:30 FroYo Bar (IF-F)<br/>4:00 Activity Planning Meeting (AR)</div>                   | <div>20</div> <div>10:30 Strengthen Fitness (CYH)<br/>1:00 Creative Writing (LIB)<br/>2:00 Hymns w/ Pastor Jim (IF-F)<br/>2:30 Movie: A Man Called Otto (CH/TV)<br/>3:00 Summer Door Sign (AR)</div>                                 | <div>21</div> <div>10:30 Sit &amp; Be Fit (CYH)<br/>1:00 Book Club (LIB)<br/>1:15 Foot Clinic (CYH)<br/>3:00 Seashell Craft w/ Wren (AR)<br/>6:15 Bev's Movie: Spare Parts (CH/TV)</div>             | <div>22</div> <div>9-11 Massages by Shad (LIB)<br/>10:30 Sit &amp; Be Fit (CYH)<br/>1:30P BINGO (DR)<br/>3:00 Chat w/ Iced Coffee (PO)<br/>6:15 Trivia Night (AR)</div> | <div>23</div> <div>9:00 Café Milo (CO)*<br/>10:30 Sit &amp; Be Fit (CYH)<br/>2:00 Q&amp;A w/ Chef (DR)<br/>3:00 Happy Hour (IF-F)<br/>6:15 Friday Flix: Harper Valley PTA (CH/TV)</div>                                                                        | <div>24</div> <div>9:00 Shopping: Fareway (CO)*<br/>11:15 Hi-Fitness (CYH)<br/>1:00 Rummy Card Game (AR)<br/>3:30 Volleyball (AR)</div>                                                                 |                                                                                                                                          |
| <div>25</div> <div>9:00 Cannonball Chats<br/>10:15 Catholic Comm. (CH/TV)<br/>11:15 Hi-Fitness (CYH)<br/>1:00 Ada Hayden (CO)*<br/>3:30 Crazy 8's Card Game (AR)</div>                                                       | <div>26</div> <div>10:30 Sit &amp; Be Fit (CYH)<br/>12:30 Manicures (AR)<br/>2:30 Sunglasses Design Craft (AR)<br/>4:00 Card Game: Speed (AR)</div>                                             | <div>27</div> <div>National Sunglasses Day!<br/>8:00-10:00 Hearing Clinic (LIB)<br/>10:30 Strengthen Fitness (CYH)<br/>1:00 Nurse Chat w/ Betsy (CYH)<br/>2:30 Educational Lecture (CH/TV)<br/>4:00 Sunglasses Showcase (IF-F)</div> | <div>28</div> <div>10:30 Sit &amp; Be Fit (CYH)<br/>1:00 Book Club (LIB)<br/>1:00 Ledges Outing (CO)*<br/>3:30 Craft w/ Wren (AR)<br/>6:15 Bev's Movie: The Proposal (CH/TV)</div>                   | <div>29</div> <div>10:30 Sit &amp; Be Fit (CYH)<br/>1:30P BINGO (DR)<br/>3:00 Ladder ball<br/>4:00 Flip Flop Decorating (AR)<br/>6:15 Secret Society of Men (LIB)</div> | <div>30</div> <div>9:30 Patio Chat w/ Pastries (PO)<br/>10:30 Sit &amp; Be Fit (CYH)<br/>2:00 Happy Hour (IF-F)<br/>3:00 Craft Make-Up Day! (AR)<br/>6:15 Friday Flix: Gabriel Iglesias Stand-Up Comedy (CH/TV)</div>                                          |                                                                                                                    |                                                                                                                                          |