

Independence Village of Waukee

Memory Care

June 2025

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30 Daily Hope/Chronicles 10:00 Hope Online Service 10:30 Dust n Shine 1:30 Folding and Sorting 6:00 Aromatherapy/Hand Massages</p>	<p>2</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 Color Sorting 3:00 Name That Tune! 6:00 Monday Movie:</p>	<p>3</p> <p>9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy 1:30 Bead Sorting 3:00 Been There, Done That 6:00 Puzzles and Word Search</p>	<p>4</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 2:00 Happy Hour: June Blooms 3:00 Yahtzee! 6:00 Evening Tea Time</p>	<p>5</p> <p>9:30 Daily Hope/Chronicles 10:00 Walking for Wellness 1:30 Who's That Star? 3:00 Let's Get Crafty: Make and Take Jewelry Shop 6:00 Movie Night</p>	<p>6</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 BINGO 3:00 Polish Perfection 6:00 Guided Relaxation</p>	<p>7</p> <p>9:30 Daily Hope/Chronicles 10:00 Sunshine and Stretch 10:30 Balloon Bat 6:00 Coloring Creations</p>
<p>8</p> <p>9:30 Daily Hope/Chronicles 10:00 Hope Online Service 10:30 Counting Coins 1:30 Name 10 6:00 Aromatherapy/Hand Massages</p>	<p>9</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 Name That Landmark! 3:00 Ticketless Travel: Cologne, Germany 6:00 Movie Monday:</p>	<p>10</p> <p>9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy 1:30 Cooking Corner: Fruit Salad 3:00 Trivia Fun 6:00 Puzzles and Word Search</p>	<p>11</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 2:00 Happy Hour: Flamingle & Mingle Island Fruit Fiesta 3:00 Music with Neil Hewitt 6:00 Evening Tea Time</p>	<p>12</p> <p>9:30 Daily Hope/Chronicles 10:00 Walking for Wellness 1:30 Helping Hands: Craft Prep 3:00 Let's Get Crafty: Patriotic Windsock 6:00 Movie Night</p>	<p>13</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 BINGO 3:00 Polish Perfection 6:00 Guided Relaxation</p>	<p>14</p> <p>Flag Day</p> <p>9:30 Daily Hope/Chronicles 10:00 Sunshine and Stretch 10:30 Shake a Memory Loose 6:00 Coloring Creations</p>
<p>Fathers Day 15</p> <p>9:30 Daily Hope/Chronicles 10:00 Hope Online Service 1:30 Thank You Cards for Dad 6:00 Aromatherapy/Hand Massages</p>	<p>16</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 Pet Therapy with Grady 3:00 Seated Ball Toss 6:00 Monday Movie:</p>	<p>17</p> <p>9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy 1:30 Balloon Volleyball 3:00 Tales in a Tea Cup 6:00 Puzzles and Word Search</p>	<p>18</p> <p>9:30 Daily Hope/Chronicles 10:00 Music and Massages with Jeanne Blum 1:30 Happy Hour: Pitcher Perfect 3:00 Cardio Drumming 6:00 Evening Tea Time</p>	<p>Juneteenth 19</p> <p>9:30 Daily Hope/Chronicles 10:00 Walking for Wellness 1:30 UNO! 3:00 Let's Get Crafty: Freedom Hands 6:00 Movie Night</p>	<p>20</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 BINGO 3:00 Polish Perfection 6:00 Guided Relaxation</p>	<p>First Day of Summer 21</p> <p>9:30 Daily Hope/Chronicles 10:00 Sunshine and Stretch 10:30 Velcro Catch 6:00 Coloring Creations</p>
<p>Mary Lou Birthday 22</p> <p>9:30 Daily Hope/Chronicles 10:00 Hope Online Service 1:30 Folding and Sorting 6:00 Aromatherapy/Hand Massages</p>	<p>23</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 Balloon Volleyball 3:00 Tea Talk and Tales 6:00 Movie Monday:</p>	<p>24</p> <p>9:30 Daily Hope/Chronicles 10:00 Live 2B Healthy 1:30 Music with David Ambroson 3:00 Food for Thought: Universal Yums 6:00 Puzzles and Word Search</p>	<p>25</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 Happy Hour: Swingin' Summer Sock Hop 3:00 Yahtzee 6:00 Evening Tea Time</p>	<p>26</p> <p>9:30 Daily Hope/Chronicles 10:00 Walking for Wellness 1:30 Make a Shape 3:00 Let's Get Crafty: Tangled Treasures 6:00 Movie Night</p>	<p>27</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 BINGO 3:00 Polish Perfection 6:00 Guided Relaxation</p>	<p>28</p> <p>9:30 Daily Hope/Chronicles 10:00 Sunshine and Stretch 10:30 Puzzle's 6:00 Coloring Creations</p>
<p>29</p> <p>9:30 Daily Hope/Chronicles 10:00 Hope Online Service 1:30 Yarn Rolling 6:00 Aromatherapy/Hand Massages</p>	<p>30</p> <p>9:30 Daily Hope/Chronicles 10:00 Cardio Drumming 1:30 Sing Along 50s Edition 3:00 Our Planet Documentary 6:00 Movie Monday:</p>					

Calendar Key:

ALAR - Assisted Living Activity Room

ALLR - Assisted Living Living Room
ALDR - Assisted Living Dining Room

CR - Community Room
EX - Exercise Room
FR - Family Room
GR - Game Room

ILDR - Independent Living Dining Room
TC - Town Center
TH- Theater

Life Skills:

Coupon Clipping
Counting Coins
Dust & Shine
Folding & Sorting
Stuffing Envelopes
Sorting Mail
Yarn Rolling
Seasonal Decorating
Napkin Folding
Bead Sorting
Sweeping
Reading/Writing (ex: thank you cards)
Grading Papers
Sweeping
Table Setting
Table Wipe Down
Kitchen Clean Up
Silverware Sorting
Silverware Polishing
Greeting Card Writing
List Making (ex. Grocery Lists)
Sorting Playing Cards
Sorting By Colors (ex. dominoes)
Watering Plants/Gardening
Baby Care
Identifying Tools/Household Items
Cooking Corner

Physical Engagement:

Target Practice
Jumbo Bowling
Ladder Toss
Balloon Bat
Balloon Volleyball
Bean Bag Toss
Bucket Ball
Ring Toss
Ball Darts
Seated Ball Toss
Parachute Game
Basketball Toss
Tabletop Air Hockey
Velcro Catch (patio game)

Exercises:

Cardio Drumming
Chair Yoga
Seated Tai Chi
Stretching
Walking Club
Sit and Fit
Scarf Dancing
Ribbon Dancing

Mental Engagement/Memory Recall:

Trivia
Name 10
Finish the Phrase
Hangman
Pictionary
BINGO
Sensory (ex: scent guessing)
Name that Sound (youtube)
Reading Daily Chronicle
Open Ended Questions
My 2 Cents Game
Shake Loose a Memory Game
Recipe Recall Activity
Sequencing Tasks
Card Games
Board Games
Identify Famous Faces
What's in the Box?
Puzzles
Taste Testing
Who Am I?/What Am I? (activity connection)
Name That Landmark
Name That Tune
Sing Along
Instrument Exploration (maracas/shakers)
Life Long Learning
Tech Exploration
National Geographic/Earth/Historic Documentaries
Ticketless Travel (activity connection)
Reminisce
Conversation Prompts/Discussions (open-ended questions)