

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Wellness Key</i>  <b>Cognitive</b>  <b>Psychosocial</b>  <b>Spiritual</b>  <b>Physical</b>  <b>Special Event</b></p>	<p><b>HAPPY BIRTHDAY TO:</b>          6/12 Doug          6/13 Jaci          6/16 Michelle          6/20 Ruby</p>	<p>*Snacks are served at          10AM and 2PM*</p>	<p><b>Father's Day</b>  <b>June 16</b></p>	
<p><b>3</b>          10-11 June in History          11-12 Yoga &amp; Movement          1-2 Music Therapy          2-3 Memories of Germany          with Heidi          3-4</p>	<p><b>4 Nat'l Cheese Day</b>          10-11 Volley Ball          11-12 Thankful For?          1-2 Musical Choice          2-3 Pottery Class          3-4 Gardening Club</p>	<p><b>5</b>          10-11 Craft Surprise          11-12 T'ai Chi          1-2 Music Therapy          2-3 Meet &amp; Greet Michelle          3-4 Parlor Games</p>	<p><b>6</b>          10-11 Person of Interest          11-12 Yoga Fun          1-2 Music Therapy          2-3 Virginia Hi-Lights          with Vikki          3-4</p>	<p><b>7 Nat'l Chocolate Day</b>          10-11 Anytime Fitness          11-12 Lunch Outing          1-2 Weekend Hope          2-3 Around the World          3-4 Puzzle Mania</p>
<p><b>10 Celebrate CNA's</b>          10-11 Guess Who          11-12 Yoga &amp; Movement          1-2 Music Therapy          2-3 Spotlight on Health          3-4 Chess &amp; Checkers</p>	<p><b>11 Nat'l Corn on Cob Day</b>          10-11 Praise Moves          11-12 Thankful For?          1-2 Musical Choice          2-3 Nature's Art          3-4 Gardening Club</p>	<p><b>12 Nat'l Peanut Cookies</b>          10-11 Tie Time          11-12 T'ai Chi          1-2 Music Therapy          2-3 Health Tour          3-4 Name that Dad</p>	<p><b>13</b>          10-11 aMAZEing          11-12 Yoga Fun          1-2 Music Therapy          2-3 Carolina Performing          Arts Center          3-4</p>	<p><b>14 Flag Day</b>          10-11 Anytime Fitness          11-12 Music Therapy          1-2 Weekend Hope          2-3 What's Your Flag          3-4 Book Club</p>
<p><b>17</b>          10-11 Cooking with Kim          11-12 Yoga &amp; Movement          1-2 Music Therapy          2:45 Fam/Mem Council          3-4 Chess &amp; Cards</p>	<p><b>18</b>          10-11 Strength Training          11-12 Thankful For?          1-2 Musical Choice          2-3 Scrabble          3-4 Gardening Club</p>	<p><b>19</b>          10-11 Summer Flora          11-12 T'ai Chi          1-2 Music Therapy          2-3 Karen's Korner          3-4 Place Your Bet</p>	<p><b>20</b>          10-11 Occupational Match          11-12 Yoga Fun          1-2 Music Therapy          2-3 Guest Gary Ostlund          3-4 Bat Presentation</p>	<p><b>21</b>          10-11 Anytime Fitness          11-12 Music Therapy          1-2 Weekend Hope          2-3 Name that Tune          3-4 Puzzle Mania</p>
<p><b>24</b>          10-11 Word Games          11-12 Yoga &amp; Movement          1-2 Music Therapy          2-3 Who Am I?          3-4 Chess &amp; Checkers</p>	<p><b>25</b>          10-11 Stretch it Out          11-12 Thankful For?          1-2 Musical Choice          2-3 Old Maid          3-4 Gardening Club</p>	<p><b>26</b>          10-11 Family Feud          11-12 T'ai Chi          1-2 Music Therapy          2-3 Project with Wendy          3-4 Trivia</p>	<p><b>27</b>          10-11 Team Building          11-12 Yoga Fun          1-2 Music Therapy          2-3 Games with Kristen          3-4 Member Choice</p>	<p><b>28</b>          10-11 Anytime Fitness          11-12 Music Therapy          1-2 Weekend Hope          2-3 Price is Right          3-4 Book Club</p>



# HIGHLIGHTS & NEWS

## Important Dates

**Special Features**– Carolina Performing Arts on Thursday the 13th at 2 PM, Gary Ostlund (BAT presentation) on Thursday the 20th at 2 PM  
**Music Therapist**– Every Monday, Wednesday, Thursday at 1 PM  
**Family Member Council**– Monday the 17th at 2:45 PM  
**Health Education**– Monday the 10th at 2 PM

## Daily Schedule

7:30-8:30 Welcome!	1:00-2:00 Spiritual Growth
8:30-9:30 Coffee with Friends	2:00-3:00 Cognitive Health
9:30-10:00 Orientation & Snack	3:00-4:00 Games
10:00-11:00 Social Activity	4:00-5:00 Relax ~ See you Soon!
11:00-12:00 Exercise Group	
12:00-1:00 Lunch / Relaxation	

## June Birthdays

**6/12 Doug**  
**6/13 Jaci**  
**6/16 Michelle**  
**6/20 Ruby**

Celebrating on  
Monday, June 17

## The Retreat Team

Kathryn Doddridge, Executive Director  
Montana McKeown, Administrative Assistant  
Heidi Whitescarver, Nurse Manager  
Karen Koenig, Healthcare Coordinator  
Lois Thompson, Activities Director  
Rachel Shell, Music Therapist  
Victoria Willcox, Certified Nurse Aide  
Wendy Chavis, Certified Nurse Aide  
Michelle Yeshulas, Licensed Practical Nurse  
Kim Bronson, Cook  
Cindy Boles, Yoga & Movement  
Kristen Mueller, Volunteer  
Marian Murphy, Volunteer  
Patricia McDermott, Volunteer  
Debbi Bassett, Volunteer

## Additional Services

Massage  
Beautician  
Physical Therapy