



Health Care Center

AUGUST 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Locations Alpine Room, ALP Bistro, B Computer Room, CR Exercise Room, ER First Hall Dining Room, 1DR Halls One, Two and Three, H 123	Lobby, L Malapais Room, MR Off-Campus, OC Outside, OS Second Hall Dining Room, 2DR Third Hall Dining Room, 3DR	1 9:30 FIT to Stretch®, ALP 10:00 News & Views, 3DR 1:00 Comm. Theatre Talents, ALP 2:30 P.A.L.S w/ Shasha, H 123 3:00 Jamming w/Joe, ALP	2 9:30 Restorative Exercise, ALP 10:00 Music Therapy w/ Meghan, 3DR 11:00 News & Views, 3DR 2:00 Navajo Bible Study, 2DR 2:30 Movie B Day Party, ALP	3 9:30 Restorative Exercise, ALP 10:00 News & Views, 3DR 1:15 M.N.A Outing, OC 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123	4 9:30 FIT to Be Stong, ALP 10:00 P.A.L.S. W/ Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	5 8:00 Brain Teasers, H 123 9:30 Craft Corner, 2DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR
6 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 News & Views, 3DR 1:00 Episcopal Church, MR 3:00 Flagstaff Tabernacle, ALP	7 9:30 Restorative Exercise, ALP 10:00 Hot Coffee & Tea, 3DR 10:15 News & Views, 3DR 2:00 Navajo Dance Performance, ALP 3:00 Bingo & Snacks, 2DR	8 9:30 FIT to Stretch®, ALP 9:30 Restorative Exercise, ALP 10:30 News & Views, 3DR 2:30 P.A.L.S w/ Shasha, H 123 3:00 Jamming w/Joe, ALP	9 10:00 Music Therapy w/ Meghan, 3DR 10:00 Tai Chi, ALP 10:45 Hot Coffee & Tea, 3DR 11:00 News & Views, 3DR 1:30 Game of Choice Day, 1DR 2:00 Navajo Bible Study, 2DR 3:00 Catholic Mass, MR	10 9:30 Restorative Exercise, ALP 10:00 News & Views, 3DR 2:00 Ice Cream Social, 2DR 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123	11 9:30 FIT to Be Stong, ALP 10:00 P.A.L.S. W/ Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Popcorn, 3DR 7:00 Movie, H 123	12 8:00 Brain Teasers, H 123 9:30 Craft Corner, 2DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR
13 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 News & Views, 3DR 1:00 Episcopal Church, MR	14 9:30 Muffin Monday, 3DR 10:00 News & Views, 3DR 10:15 Hot Coffee & Tea, 3DR 10:45 Aromatherapy Hand Massage, 3DR 3:00 Bingo & Snacks, 2DR	15 9:30 FIT to Stretch®, ALP 10:00 Restorative Exercise, ALP 10:30 News & Views, 3DR 2:30 P.A.L.S w/ Shasha, H 123 3:00 Jamming w/Joe, ALP	16 9:30 Restorative Exercise, ALP 10:00 Music Therapy w/ Meghan, 3DR 11:00 News & Views, 3DR 2:00 Navajo Bible Study, 2DR 2:30 Cake Walk Party, ALP	17 9:30 Restorative Exercise, ALP 10:00 News & Views, 3DR 1:15 Bookmans, OC 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123	18 9:30 FIT to Be Stong, ALP 10:00 P.A.L.S. W/ Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Bingo & Snacks, 2DR 7:00 Movie, H 123	19 8:00 Brain Teasers, H 123 9:30 Craft Corner, 2DR 10:30 Dance for Joy Performance, ALP 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR
20 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 News & Views, 3DR 1:00 Episcopal Church, MR 3:00 Salvation Army Church, ALP	21 9:30 Restorative Exercise, ALP 10:00 Hot Coffee & Tea, 3DR 1:30 Creative Cooking, 2DR 3:00 Bingo & Snacks, 2DR	22 9:30 FIT to Stretch®, ALP 10:00 Restorative Exercise, ALP 10:30 News & Views, 3DR 2:30 P.A.L.S w/ Shasha, H 123 3:00 Jamming w/Joe, ALP	23 10:00 Music Therapy w/Meghan, 3DR 10:45 Hot Coffee & Tea, 3DR 11:00 News & Views, 3DR 2:00 Navajo Bible Study, 2DR 3:00 Ice Cream Social, 2DR	24 10:00 News & Views, 3DR 2:00 Resident Council Meeting, 2DR 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123	25 9:30 FIT to Be Stong, ALP 10:00 P.A.L.S. W/ Danny, H 123 10:15 Doughnuts & Tea, 3DR 10:30 News & Views, 3DR 3:00 Teddy Bear Picnic, ALP 7:00 Movie, H 123	26 8:00 Brain Teasers, H 123 9:30 Craft Corner, 2DR 11:15 News & Views, 3DR 2:00 Bingo & Snacks, 2DR
27 Roaming Cart of Fun, H 123 8:00 Brain Teasers, H 123 10:30 FIT to Pedal®, ER 11:15 News & Views, 3DR 1:00 Episcopal Church, MR	28 10:00 News & Views, 3DR 10:15 Hot Coffee & Tea, 3DR 10:45 Aromatherapy Hand Massage, 3DR 3:00 Bingo & Snacks, 2DR	29 9:30 FIT to Stretch®, ALP 9:30 Restorative Exercise, ALP 1:25 Artistic Expressions, 2DR 2:30 P.A.L.S w/ Shasha, H 123 3:00 Jamming w/Joe, ALP	30 9:30 Restorative Exercise, ALP 10:00 Music Therapy w/ Meghan, 3DR 11:00 News & Views, 3DR 2:00 Navajo Bible Study, 2DR 2:00 Valiant Veterans® 3:00 Colorful Nails, 1DR	31 9:30 Restorative Exercise, ALP 10:00 News & Views, 3DR 3:00 Indian Bible Church, 2DR 3:30 Music on the Move w/B, H 123	<p>Calendar events are subject to change. The survey results are readily accessible to you and are located in the brown binder near the entrance to The Peaks Health Care Center.</p> <p>Birthdays Kenneth B., 1st Betty A., 12th</p>	