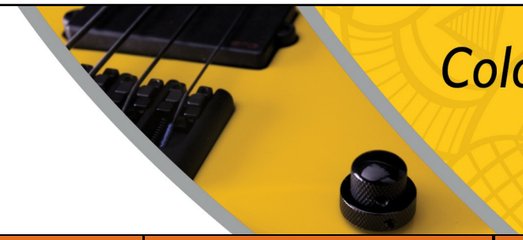
JUNE 2017

Meadow Brook Senior Living: Residence Club



Color your life with... Disco, Party, & Island Music

Did you know?

One of the 1st disco hits was "Rock the Boat" in 1974

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Room Key: C: Community Room S: Sky Lounge B: Bistro W: Wellness Center T: Theatre D: Dining Room FP: Front Patio RP: Rear Patio L: Library LOB: Meet in the Lobby		*ALL ACTIVITIES AND APPOINTMENTS ARE SUBJECT TO CHANGE		**1** **9:30** Daily Chronicle C **10:00** SpectraFit: Exercise C **11:00** Marvelous Minds C **1:00** Manicures C **3:00** Bunco B **6:00** Evening Movie T **6:00** Alzheimer's/Dementia Support Group S	**2** **9:30** Spectrum Steppers Walking Club S **10:00** SpectraFit: Theraband Exercises S **10:30** Daily Chronicle S **11:00** Marvelous Minds S **1:00** Meadow Brook Bell Choir Practice C **2:00** Bingo C **3:00** FUN Friday Happy Hour with Slammer Jazz B **6:00** Friday Night Flick T	**3** **9:30** Daily Chronicle S **10:00** SpectraFit: Flexercise S **10:00** Spectrum Steppers: Walking Club S **10:30** Coffee Break S **10:45** Activity Grab Bag S **2:00** Bingo and Popcorn C **3:00** Spill & Spell B **3:00** Matinee Movie T **6:00** Evening Movie T
4 **9:30** Daily Chronicle S **10:00** SpectraFit Flexercise S **10:30** Juice Break S **10:45** Activity Grab Bag S **1:15** SpectraMoments: Sunday Record Spin B **2:00** Pokeno B **3:00** Matinee Movie T **3:00** SpectraFun: Kinect Bowling League B **6:00** Evening Movie T	**5** **9:30** Daily Chronicles S **10:00** SpectraFit: Flexercise S **10:30** B3 Smoothies S **10:45** Marvelous Minds S **1:00** Matinee Movie T **1:00** Bible Study C **2:15** Bingo C **3:00** Dominoes B **6:00** Evening Movie T	**6** **9:30** Spectrum Steppers Walking Club S **9:30** Daily Chronicle C **10:00** SpectraFit: Exercise C **10:45** Table Games C **1:30** Kinect Wheel of Fortune B **2:15** SpectraFun: Kinect Bowling League B **3:00** Tuesday Documentary: The History of Disco Music T **6:00** Evening Movie T	**7** **9:45** Daily Chronicles C **10:15** SpectraFit: Yoga with Beth C **11:00** Marvelous Minds C **2:00** Bingo C **2:45** Wellness Wednesday: Healthy Snack Social B **3:00** Spectrum Steppers Walking Club S **3:30** LifeShare Games B **6:00** Evening Movie T	**8** **9:30** Daily Chronicle C **10:00** SpectraFit: Exercise C **11:00** Marvelous Minds C **1:00** Manicures C **2:30** Bunco B **3:30** Jammin' In the Winds with Misty Woods B **6:00** Evening Movie T	**9** **9:30** Spectrum Steppers Walking Club S **10:00** SpectraFit: Theraband Exercises S **10:30** Daily Chronicle S **11:00** Marvelous Minds S **1:00** Meadow Brook Bell Choir Practice C **2:00** Bingo C **3:00** National Black Cow Day & Music with Bill Roth B **6:00** Friday Night Flick T	**10** **9:30** Daily Chronicle S **10:00** SpectraFit: Flexercise S **10:00** Spectrum Steppers: Walking Club S **10:30** Coffee Break S **10:45** Activity Grab Bag S **2:00** Bingo and Popcorn C **3:00** National Banana Split Day Social FP **3:00** Matinee Movie T **6:00** Evening Movie T
11 **9:30** Daily Chronicle T **10:00** Church Service with Randy Carson T **10:45** Activity Grab Bag T **2:00** Music by Greg Hartz "Jazz Hat" D **3:00** Matinee Movie T **3:00** SpectraFun: Kinect Bowling League B **6:00** Evening Movie T	**12** **9:30** Daily Chronicles S **10:00** SpectraFit: Flexercise S **10:30** B3 Smoothies S **10:45** Marvelous Minds S **1:00** Matinee Movie T **1:00** Bible Study C **2:15** Bingo C **3:00** Live It Again B **6:00** Evening Movie T	**13** **9:30** Daily Chronicle C **9:30** Spectrum Steppers Walking Club S **10:00** SpectraFit: Exercise C **11:30** R.O.M.E.O. Lunch C **1:30** Kinect Wheel of Fortune B **2:15** SpectraFun: Kinect Bowling League B **3:00** Tuesday Documentary: The History of Disco Music T **6:00** Evening Movie T	**14 Flag Day** **9:45** Daily Chronicles C **10:15** SpectraFit: Yoga with Beth C **11:00** Marvelous Minds C **2:00** Bingo C **2:45** Celebration of Flag Day B **3:00** Spectrum Steppers Walking Club S **3:30** LifeShare Games B **6:00** Evening Movie T	**15** **9:30** Daily Chronicle C **10:00** SpectraFit: Exercise C **11:00** Marvelous Minds C **1:00** Manicures C **2:00** Movie Committee C **3:00** Bunco B **6:00** Evening Movie T	**16** **9:30** Spectrum Steppers Walking Club S **10:00** SpectraFit: Theraband Exercises S **10:30** Daily Chronicle S **11:00** Marvelous Minds S **1:00** Meadow Brook Bell Choir Practice C **2:00** Bingo C **3:00** FUN Friday Happy Hour B **6:00** Friday Night Flick T	**17** **9:30** Daily Chronicle-S **10:00** SpectraFit: Flexercise S **10:00** Spectrum Steppers: Walking Club S **10:30** Coffee Break S **10:45** Activity Grab Bag S **2:00** Bingo-C **3:00** Blurt B **3:00** Matinee Movie T **6:00** Evening Movie T

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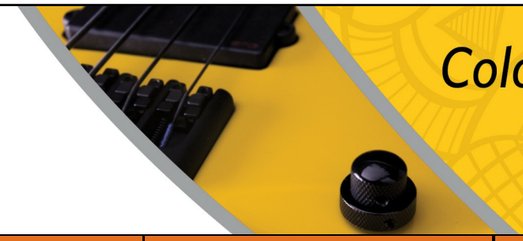

Color your life with... Disco, Party, & Island Music

Did you know?

One of the 1st disco hits was "Rock the Boat" in 1974

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Father's Day **9:30** Daily Chronicle S **10:00** SpectraFit Flexercise S **10:30** Juice Break S **10:45** Activity Grab Bag S **1:15** SpectraMoments: Sunday Record Spin B **2:00** Name 5 B **3:00** Matinee Movie T **3:00** SpectraFun: Kinect Bowling League B **6:00** Evening Movie T	**19** **9:30** Daily Chronicles S **10:00** SpectraFit: Flexercise S **10:30** B3 Smoothies S **10:45** Marvelous Minds S **1:00** Matinee Movie T **1:00** Bible Study C **2:15** Bingo C **3:00** Left, Center, Right B **6:00** Evening Movie T	**20** **9:30** Daily Chronicle C **9:30** Spectrum Steppers Walking Club S **10:00** SpectraFit: Exercise C **10:45** Table Games C **1:30** Kinect Wheel of Fortune B **2:15** SpectraFun: Kinect Bowling League B **3:00** Tuesday Documentary: The History of Disco Music T **6:00** Evening Movie T	**21** Summer Begins **9:45** Daily Chronicles C **10:15** SpectraFit: Yoga with Beth C **11:00** Marvelous Minds C **2:00** Bingo C **2:45** Expressive Art with Heidi C **3:00** Spectrum Steppers Walking Club S **3:30** LifeShare Games B **6:00** Evening Movie T	**22** **9:30** Daily Chronicle B **10:30** Classical Music Indy B **1:00** Manicures C **3:00** Bunco B **4:30** Dining Room Music with Jennifer D **4:30** Yellow Dinner D **6:00** Evening Movie T	**23** **9:30** Spectrum Steppers Walking Club S **10:00** SpectraFit:Theraband Exercise S **10:30** Daily Chronicle S **11:00** Marvelous Minds S **1:00** Resident Council & Food Council C **2:00** Bingo C **3:00** FUN Friday Happy Hour with Jerri Williamson D **6:00** Friday Night Flick T	**24** **9:30** Daily Chronicle S **10:00** SpectraFit: Flexercise S **10:00** Spectrum Steppers: Walking Club S **10:30** Coffee Break S **10:45** Activity Grab Bag S **11:30** Until 1:30 pm Sunshine Cruise **2:00** Bingo and Popcorn C **3:00** Dominoes B **3:00** Matinee Movie T **6:00** Evening Movie T
25 **9:30** Daily Chronicle C **10:00** Church Service with Randy Carson C **10:45** Activity Grab Bag C **1:15** SpectraMoments: Sunday Record Spin B **2:00** Corn Hole FP **3:00** Matinee Movie T **3:00** SpectraFun: Kinect Bowling League B **6:00** Evening Movie T	**26** **9:30** Daily Chronicles S **10:00** SpectraFit: Flexercise S **10:30** B3 Smoothies S **10:45** Marvelous Minds S **1:00** Matinee Movie T **1:00** Bible Study C **2:15** Bingo C **3:00** Giant Crossword Puzzle B **6:00** Evening Movie T	**27** **9:30** Daily Chronicle C **9:30** Spectrum Steppers Walking Club S **10:00** SpectraFit: Exercise C **11:30** J.U.L.I.E.T. Luncheon C **1:30** Kinect Wheel of Fortune B **2:15** SpectraFun: Kinect Bowling League B **3:00** Tuesday Documentary: The History of Disco Music T **6:00** Evening Movie T	**28** **9:45** Daily Chronicles C **10:15** SpectraFit: Yoga with Beth C **11:00** Marvelous Minds C **2:00** Bingo C **2:45** Wellness Wednesday: Healthy Snack Social B **3:00** Spectrum Steppers Walking Club S **3:30** LifeShare Games B **6:00** Evening Movie T	**29** **9:30** Daily Chronicle C **10:00** SpectraFit: Exercise C **11:00** Marvelous Minds C **1:00** Manicures C **2:00** Bunco B **3:00** Monthly Birthday Party B **6:00** Evening Movie T	**30** **9:30** Daily Chronicle B **9:30** Spectrum Steppers Walking Club S **10:00** Mystery Busride LOB **2:00** Bingo B **3:00** FUN Friday Happy Hour B **6:00** Friday Night Flick T	Room Key: C: Community Room S: Sky Lounge B: Bistro W: Wellness Center T: Theatre D: Dining Room FP: Front Patio RP: Rear Patio L: Library LOB: Meet in the Lobby *ALL ACTIVITIES AND APPOINTMENTS ARE SUBJECT TO CHANGE