



# June 2025

## Inspired Living at Alpharetta | Memory Care Activity Calendar

- Emotional

Intellectual

Physical
- Purposeful

Social

Spiritual

| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|---|---|--|--|---|---|---|
| <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Streaming Sunday Service (YouTube) Independent (CL)</div> <div>11:00 Jeopardy Lab Trivia (LB)</div> <div>11:00 Catholic Sunday Streaming Service (Daily Tv Mass) (GL)</div> <div>11:30 Sunday Morning Moving &amp; Grooving "Exercise &amp; Music" (FC)</div> <div>1:45 Happy Birthday Marlin Monroe Movie Matinee " Blonde" Netflix (T)</div> <div>2:30 Pick your Flavor Snow Cone/ Dominoes with Jatorian (B)</div> <div>4:00 Bingo for Treats (FK)(P#20TE)</div> <div>6:00 Sit &amp; Chat with Friends w/Music (LB)</div> | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>11:00 Happy Tails Pet Therapy (LB)</div> <div>1:15 Chair Yoga Monday (FC)</div> <div>2:00 Milkshake Mondays /Joggin the Noggin Trivia (B)</div> <div>3:00 Poker Club Meets (FPH)(G)</div> <div>6:00 Monday Night Movie (T)</div>  | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Hand Massages /Nail Care (FK)</div> <div>11:30 Groovy Seated Aerobics with Alvin (FC)</div> <div>1:15 Room to Room Visit from Staff (RR)</div> <div>2:00 Tostito Chips/Salsa Tuesday with Name that Tune Trivia (B)</div> <div>3:00 Poker Club Meets (FL)</div> <div>4:00 Crafty Tuesday "Art Therapy" (FK)</div> <div>6:00 Action Tuesday Movie "Land of Bad" Netflix (T)</div> | <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>9:45 Walmart Essential Shopping (OT)</div> <div>10:00 Shopping or Outing Trip TBA (OT)</div> <div>10:30 Spiritual Corner (Devotional) with Hymns (CL)</div> <div>11:15 Walk Day (1st Wednesday of Every Month) Let Walk 500-100ft (A)</div> <div>1:30 Wednesday's Disco Workout</div> <div>3:00 Men's Club Meet with Jatorian (FL)</div> <div>3:00 Wine Down Wednesday's w/Live Entertainment by Jenni Michelson (B)</div> <div>4:00 Bingo for Treats/Prizes (FK)</div> <div>6:00 Romantic Wednesdays " The Best of Me" Netflix (T)</div> | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Daily Devotional with Hymns/Prayer (CO)</div> <div>11:00 Early Rise Bingo for Prizes 11a-12p (FK)</div> <div>1:15 Room to Room Visit from Staff (RR)</div> <div>1:30 Seated Boxing Exercise (FC)</div> <div>2:00 Design your on Cupcake (GL)</div> <div>3:00 Resident Council Meeting (T)</div> <div>3:30 Team Jeopardy Lab (T)</div> <div>4:00 Physiotainment w/Paul (FC)(LP)</div> <div>6:00 Thursday Night Movie "A Heartland Christmas" Netflix (T)</div> | <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 (Youtube)NOTHING CHANGES IF YOU DON'T- Best Motivational Video Speeches Compilation (30 min) (CL)</div> <div>11:30 Chair Yoga/Breathing Exercises (CO)</div> <div>1:30 Poker Club (PLTF,#OTE)</div> <div>2:00 Comedy Shorts-I LOVE LUCY, DEAN MARTIN(Youtube) (CO)</div> <div>4:15 Walking is Healthy (Grab a friend &amp; Let's Go for a Walk) (OOI)</div> <div>6:00 Sit &amp; Chat with Friends (LB)</div>   | <div>9:00 Saturday Newspaper &amp; 2nd Cup of Joe (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 (Youtube) MORNING MOTIVATION - listen every day to start your day right! setting intention &amp; gratitude (LB)</div> <div>11:30 Saturday Morning Moving &amp; Grooving "Exercise &amp; Music" (FC)</div> <div>2:00 Come have Desserts and Conversations with the Manager on Duty (B)</div> <div>3:00 Joggin the Noggin "Put your Thinking Caps On" (LB)</div> <div>4:00 Poker Club (FL)</div> <div>6:00 Sit &amp; Chat with Friends w/Music (LB)</div>  |
| <div>9:00 News &amp; Coffee and Music (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Streaming Sunday Service (YouTube) Independent (CL)</div> <div>11:00 A Sporty Sports Car Day (Triva About a Variety of Cars) (LB)</div> <div>11:00 Catholic Sunday Streaming Service (Daily Tv Mass) (GL)</div> <div>11:30 Sunday Seated Stretches (FC)</div> <div>1:45 Movie Matinee " Hello, Love, Again" Netflix (T)</div> <div>2:30 Pick your Flavor Snow Cone/ Dominoes with Jatorian (B)</div> <div>4:00 Bingo for Treats (FK)(P#20TE)</div>   | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>11:30 Balloon Volleyball (Lets Play along with your Neighbors) (FK)</div> <div>1:15 Chair Yoga Monday (FC)</div> <div>2:00 Milkshake Mondays /Joggin the Noggin Trivia (B)</div> <div>3:00 Duck Pond Scavenger Hunt (Donald Ducks Birthday) (FK)</div> <div>3:00 Poker Club Meets (FPH)(G)</div> <div>6:00 Monday Night Movie (T)</div> | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Hand Massages /Nail Care (FK)</div> <div>11:30 Groovy Seated Aerobics with Alvin (FC)</div> <div>1:15 Room to Room Visit from Staff (RR)</div> <div>2:00 Iced Tea Day Social</div> <div>3:00 Poker Club Meets (FL)</div> <div>4:00 Crafty Tuesday "Art Therapy" (FK)</div> <div>6:00 Action Tuesday Movie "Land of Bad" Netflix (T)</div>  | <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Spiritual Corner (Devotional) with Hymns (CL)</div> <div>11:00 Reminiscing Circle</div> <div>1:30 Wednesday's Disco Workout</div> <div>3:00 Men's Club Meet with Jatorian (FL)</div> <div>4:00 Bingo for Treats/Prizes (FK)</div> <div>6:00 Romantic Wednesdays " The Best of Me" Netflix (T)</div>   | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Daily Devotional with Hymns/Prayer (CO)</div> <div>11:00 Early Rise Bingo for Prizes 11a-12p (FK)</div> <div>1:15 Room to Room Visit from Staff (RR)</div> <div>1:30 Seated Boxing Exercise (FC)</div> <div>3:00 Resident Council Meeting (T)</div> <div>4:00 Physiotainment w/Paul (FC)(LP)</div> <div>6:00 Thursday Night Movie "A Heartland Christmas" Netflix (T)</div>   | <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 (Youtube)NOTHING CHANGES IF YOU DON'T- Best Motivational Video Speeches Compilation (30 min) (CL)</div> <div>11:30 Chair Yoga/Breathing Exercises (CO)</div> <div>1:30 Poker Club (PLTF,#OTE)</div> <div>2:00 Comedy Shorts-I LOVE LUCY, DEAN MARTIN(Youtube) (CO)</div> <div>4:15 Walking is Healthy (Grab a friend &amp; Let's Go for a Walk) (OOI)</div> <div>6:00 Sit &amp; Chat with Friends (LB)</div>   | <div>8:00 Father's Day Brunch (DR)</div> <div>9:30 Saturday Newspaper &amp; 2nd Cup of Joe (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 (Youtube) MORNING MOTIVATION - listen every day to start your day right! setting intention &amp; gratitude (LB)</div> <div>11:30 Balloon Volleyball (Lets Play along with your Neighbors) (CO)</div> <div>11:30 Saturday Morning Moving &amp; Grooving "Exercise &amp; Music" (FC)</div> <div>2:00 Come have Desserts and Conversations with the Manager on Duty (B)</div> <div>2:45 Bingo for Treats/Prizes (FK)</div> <div>3:00 Live Entertainment from the Man with the Horn (DR)</div> <div>4:00 Poker Club (FL)</div> <div>6:00 Sit &amp; Chat with Friends w/Music (LB)</div> |
| <div>9:00 News &amp; Coffee and Music (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Streaming Sunday Service (YouTube) Independent (CL)</div> <div>11:00 Catholic Sunday Streaming Service (Daily Tv Mass) (GL)</div> <div>11:00 Trivia (Jeopardy Lab) (LB)</div> <div>11:30 Sunday Morning Moving and Flexing (FC)</div> <div>1:45 Movie Matinee " Serena" Netflix (Indpendent) (T)</div> <div>2:30 Pick your Flavor Snow Cone/ Dominoes with Jatorian (B)</div> <div>4:00 Bingo for Treats (FK)(P#20TE)</div> <div>6:00 Sit &amp; Chat with Friends w/Music (LB)</div>   | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>1:15 Chair Yoga Monday (FC)</div> <div>2:00 Milkshake Mondays /Joggin the Noggin Trivia (B)</div> <div>3:00 Movie Matinee Suspenseful Thriller Day "1960 Psycho" Netflix</div> <div>3:00 Poker Club Meets (FPH)(G)</div> <div>6:00 Monday Night Movie (T)</div>   | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Hand Massages /Nail Care (FK)</div> <div>11:30 Groovy Seated Aerobics with Alvin (FC)</div> <div>1:15 Room to Room Visit from Staff (RR)</div> <div>3:00 Poker Club Meets (FL)</div> <div>4:00 Crafty Tuesday "Art Therapy" (FK)</div> <div>6:00 Action Tuesday Movie "Land of Bad" Netflix (T)</div>  | <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:00 Happy Splurge Day (Burlington Shopping) (OT)</div> <div>10:30 Spiritual Corner (Devotional) with Hymns (CL)</div> <div>1:30 Wednesday's Disco Workout</div> <div>2:00 Flip Flops &amp; Lemon Drops with King Pops</div> <div>2:00 Wine Down Wednesday /Live Entertainment (Boardwalk Baby) (DR)</div> <div>3:00 Men's Club Meet with Jatorian (FL)</div> <div>4:00 Bingo for Treats/Prizes (FK)</div> <div>6:00 Romantic Wednesdays " The Best of Me" Netflix (T)</div>   | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Daily Devotional with Hymns/Prayer (CO)</div> <div>11:00 Early Rise Bingo for Prizes 11a-12p (FK)</div> <div>1:15 Room to Room Visit from Staff (RR)</div> <div>1:30 Seated Boxing Exercise (FC)</div> <div>3:30 Team Jeopardy Lab (T)</div> <div>4:00 Physiotainment w/Paul (FC)(LP)</div> <div>6:00 Thursday Night Movie "ALI" Netflix (T)</div>  | <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 (Youtube)NOTHING CHANGES IF YOU DON'T- Best Motivational Video Speeches Compilation (30 min) (CL)</div> <div>11:30 Chair Yoga/Breathing Exercises (CO)</div> <div>1:30 Poker Club (PLTF,#OTE)</div> <div>2:00 Comedy Shorts-I LOVE LUCY, DEAN MARTIN(Youtube) (CO)</div> <div>4:15 Walking is Healthy (Grab a friend &amp; Let's Go for a Walk) (OOI)</div> <div>6:00 Sit &amp; Chat with Friends (LB)</div>   | <div>9:00 Saturday Newspaper &amp; 2nd Cup of Joe (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 (Youtube) MORNING MOTIVATION - listen every day to start your day right! setting intention &amp; gratitude (LB)</div> <div>11:30 Saturday Morning Moving &amp; Grooving "Exercise &amp; Music" (FC)</div> <div>2:00 Come have Desserts and Conversations with the Manager on Duty (B)</div> <div>3:00 Joggin the Noggin "Put your Thinking Caps On" (LB)</div> <div>4:00 Poker Club (FL)</div> <div>6:00 Sit &amp; Chat with Friends w/Music (LB)</div>  |
| <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Streaming Sunday Service (YouTube) Independent (CL)</div> <div>11:00 Catholic Sunday Streaming Service (Daily Tv Mass) (GL)</div> <div>11:00 Trivia (Jeopardy Lab) (LB)</div> <div>11:30 Sunday Seated Stretches (FC)</div> <div>1:45 Movie Matinee " Hello, Love, Again" Netflix (T)</div> <div>2:30 Pick your Flavor Snow Cone/ Dominoes with Jatorian (B)</div> <div>4:00 Bingo for Treats (FK)(P#20TE)</div> <div>6:00 Sit &amp; Chat with Friends w/Music (LB)</div>  | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>1:15 Chair Yoga Monday (FC)</div> <div>2:00 Milkshake Mondays /Joggin the Noggin Trivia (B)</div> <div>3:00 Poker Club Meets (FPH)(G)</div> <div>6:00 Monday Night Movie (T)</div>  | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Hand Massages /Nail Care (FK)</div> <div>11:30 Groovy Seated Aerobics with Alvin (FC)</div> <div>1:15 Room to Room Visit from Staff (RR)</div> <div>2:00 Juneteenth Celebration (DR)</div> <div>3:30 Poker Club Meets (L4)</div> <div>4:00 Crafty Tuesday "Art Therapy" (FK)</div> <div>6:00 Action Tuesday Movie "Land of Bad" Netflix (T)</div>                                | <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:00 Shopping or Outing Trip TBA (OT)</div> <div>10:30 Spiritual Corner (Devotional) with Hymns (CL)</div> <div>12:00 Destination Lunch Celebrating the Country "Honduras"</div> <div>1:30 Wednesday's Disco Workout</div> <div>2:00 Wine Down Wednesdays w/Butch (DR)</div> <div>3:00 Men's Club Meet with Jatorian (FL)</div> <div>4:00 Bingo for Treats/Prizes (FK)</div> <div>6:00 Romantic Wednesdays " The Best of Me" Netflix (T)</div>   | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Daily Devotional with Hymns/Prayer (CO)</div> <div>11:00 Early Rise Bingo for Prizes 11a-12p (FK)</div> <div>1:15 Room to Room Visit from Staff (RR)</div> <div>1:30 Seated Boxing Exercise (FC)</div> <div>4:00 Physiotainment w/Paul (FC)(LP)</div> <div>6:00 Thursday Night Movie "A Heartland Christmas" Netflix (T)</div>  | <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 (Youtube)NOTHING CHANGES IF YOU DON'T- Best Motivational Video Speeches Compilation (30 min) (CL)</div> <div>11:30 Chair Yoga/Breathing Exercises (CO)</div> <div>1:30 Poker Club (PLTF,#OTE)</div> <div>2:00 Comedy Shorts-I LOVE LUCY, DEAN MARTIN(Youtube) (CO)</div> <div>3:00 Happy Hour w/ Angie Live Entertainment (DR)</div> <div>4:15 Walking is Healthy (Grab a friend &amp; Let's Go for a Walk) (OOI)</div> <div>6:00 Sit &amp; Chat with Friends (LB)</div> | <div>9:00 Saturday Newspaper &amp; 2nd Cup of Joe (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 (Youtube) MORNING MOTIVATION - listen every day to start your day right! setting intention &amp; gratitude (LB)</div> <div>11:00 Balloon Volleyball (Lets Play along with your Neighbors) (CO)</div> <div>11:30 Saturday Morning Moving &amp; Grooving "Exercise &amp; Music" (FC)</div> <div>2:00 Come have Desserts and Conversations with the Manager on Duty (B)</div> <div>2:45 Bingo for Treats/Prizes (FK)</div> <div>4:00 Poker Club (FL)</div> <div>6:00 Sit &amp; Chat with Friends w/Music (LB)</div>   |
| <div>9:00 Affirmations &amp; Coffee (YouTube) (LB)</div> <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>10:30 Streaming Sunday Service (YouTube) Independent (CL)</div> <div>11:00 Catholic Sunday Streaming Service (Daily Tv Mass) (GL)</div> <div>11:00 Trivia (Jeopardy Lab) (LB)</div> <div>1:45 Movie Matinee " Here" Netflix (Indpendent) (T)</div> <div>2:30 Pick your Flavor Snow Cone/ Dominoes with Jatorian (B)</div> <div>4:00 Bingo for Treats (FK)(P#20TE)</div> <div>6:00 Sit &amp; Chat with Friends w/Music (LB)</div>   | <div>9:30 Daily Chronicles Read/History Facts about Today (LB)</div> <div>1:15 Chair Yoga Monday (FC)</div> <div>2:00 Milkshake Mondays /Joggin the Noggin Trivia (B)</div> <div>3:00 Poker Club Meets (FPH)(G)</div> <div>6:00 Monday Night Movie (T)</div>  |  |  |   |   |   |

Activities are subject to change, due to weather or other circumstances.