



THE RETREAT  
AT ALAMEDA  
Memory Care



MOST FOLKS ARE ABOUT  
AS HAPPY AS THEY MAKE  
UP THEIR MINDS TO BE.  
- ABRAHAM LINCOLN -

Meal times...

Breakfast...

7:30am

Lunch...

11:30am

Diner...

4:30pm

One on Ones



# June 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 June 20th-26th		<b>1</b> 9:30 Feel the sunshine 10:00 Manicures 2:15 Craft w/ Marge (AL) 3:30 Coffee talk... Daily Chronicles/trivia <b>6:00 Movie Night...</b> <b>Black beauty</b>	<b>2</b> 10:00 Drum fit 11:30 Lunch on the Patio 1:30 Art class with Marge <b>3:00 Happy Hour</b> <b>Entertainment—David Grimes</b> <b>6:00 Movie Night...</b> <b>Magnificent Seven</b>	<b>3</b> 9:30 Feel the sunshine (walk) 10am Daily Chronicles/trivia 1:30 Tai Chi w/ Jack MC 2:30 Snacks and Social Decorate your Donut <b>6:00 Movie Night...</b> <b>Tootsie</b>	<b>4</b> 9:30 Feel the sunshine (walk) 10:00 Daily Chronicles/trivia 2:00 Brain Game Hangman 3:30 Coffee talk <b>6:00 Movie Night...</b> <b>Saturday Night Fever</b>
<b>5</b> 9:30 Catholic Mass (Virtual) 1:30 Non Denominational Service 1:30 Where do you want to go??? Virtual Travel <b>2:30 Sunday Matinee</b> <b>Walk the line</b>	<b>6</b> 9:30 Feel the sunshine 10:00 Drum fit 1:00 Paint class 3:00 Snacks & social Is it a must have??? <b>6:00 Movie Night...</b> <b>Cool running's</b>	<b>7</b> 9:30 Exercise <b>10:00 Forever Tim</b> 1:30 Workout with Rachel 2:30 Bingo <b>6:00 Movie...</b> <b>The King and I.</b>	<b>8 SALON DAY 10-4</b> 9:30 Feel the sunshine (walk) 10:00 Manicures 2:15 Craft w/ Marge (AL) 2:30 Brain Game Finish my thought <b>6:00 Movie Night...</b> <b>Jail House Rock</b>	<b>9</b> 10:00 Drum fit 11:30 Lunch on the Patio 1:30 Art class w/ Marge <b>3:00 Happy Hour</b> <b>Entertainment—Ginny</b> <b>6:00 Movie Night...</b> <b>Toe Go</b>	<b>10</b> 9:30 Exercise 10am Daily Chronicles/trivia 1:30 Tai Chi w/ Jack 2:30 <b>6:00 Movie Night...</b> <b>Gidget</b>	<b>11</b> 9:30 Feel the sunshine (walk) 10:00 Daily Chronicles/trivia 2:00 Brain Game...Hang Man 3:30 Completely useless information <b>6:00 Movie Night...</b> <b>Planes Trains &amp; Automobiles</b>
<b>12</b> 9:30 Catholic Mass (Virtual) 1:30 Non Denominational Service 1:30 Where do you want to go??? Virtual Travel <b>2:30 Sunday Matinee</b> <b>The Odd Couple</b>	<b>13</b> 10:00 Drum fit 1:00 Brain Game... What's the next line? 3:00 Build your dream home <b>6:00 Movie Night...</b> <b>A Fish Called Wanda</b>	<b>14</b> 9:30 Exercise 10:00 Parachute Lift 1:30 Workout with Rachel 2:30 Bingo <b>6:00 Movie Night...</b> <b>Odd Ball</b>	<b>15 SALON DAY 10-4</b> 9:30 Exercise 10:00 Manicures 2:15 Craft w/ Marge 2:30 Daily Chronicles/trivia 3:30 Brain game... Charades <b>6:00 Movie Night...Fire Proof</b>	<b>16</b> 10:00 Drum fit 11:30 Lunch on the Patio 1:30 Art class w/ Marge <b>3:00 Happy Hour</b> <b>Entertainment—Les</b> <b>6:00 Movie Night...</b> <b>Hachi...A Dogs Tale</b>	<b>17</b> 9:30 Exercise 10:00 Daily Chronicles/trivia 1:30 Tai Chi w/ Jack 2:30 Floor sports <b>6:00 Movie Night...</b> <b>Fried Green Tomatoes</b>	<b>18</b> 9:30 Feel the sunshine (walk) 10:00 Daily Chronicles/trivia 2:30 Brain game... Charades 4:00 Coffee talk, Have you ever? <b>6:00 Movie Night...</b> <b>I'll See You in My Dreams</b>
<b>19 Western Day</b> 9:30 Catholic Mass (Virtual) 1:30 Non Denominational Service <b>2:30 Sunday Matinee</b> <b>The Parent Trap</b>	<b>20 Crazy Hat Day</b> 10:00 Drum fit 1:30 Tissue craft 3:00 Tea or Lemon Aid What's your pleasure?? <b>6:00 Movie Night...</b> <b>Bright Eyes</b>	<b>21 Pajama Day</b> <b>10:00 Forever Tim</b> 1:30 Workout with Rachel <b>3:00 Entertainment (April)</b> <b>6:00 Movie Night...</b> <b>The Princess Bride</b>	<b>22 Mismatch Day</b> <b>SALON DAY 10-4</b> 9:30 Exercise 10:00 Daily Chronicles/trivia 2:15 Craft w/ Marge 3:30 Coffee talk How did you meet your mate <b>6:00 Movie Night...</b>	<b>23 Sports Day</b> 10:00 Drum fit 11:30 Lunch on the Patio 1:30 Art class with Marge <b>3:00 Happy Hour</b> <b>Corn Hole</b> <b>6:00 Movie Night...</b> <b>Gran Torino</b>	<b>24 Hawaiian Day</b> 9:30 Exercise 10:00 Daily Chronicles/trivia 10:15 Virtual Travel 1:30 Tai Chi w/ Jack MC 2:30 Snacks & Social <b>6:00 Movie Night...</b> <b>Mamma Mia</b>	<b>25 Crazy Hair Day</b> 9:30 Feel the sunshine (walk) Exercise 10:00 Parachute Lift 2:30 Sundaes on Saturday 4:00 Coffee Talk <b>6:00 Movie Night...</b> <b>All the Presidents men</b>
<b>26</b> 9:30 Catholic Mass (Virtual) 1:30 Non Denominational Service 1:30 Where do you want to go??? Virtual Travel <b>2:30 Sunday Matinee</b> <b>Ground hog day</b>	<b>27</b> 10:00 Drum fit 1:30 Water color Storage tins 3:00 Chair dancing <b>6:00 Movie Night...</b> <b>The last laugh</b>	<b>28</b> 9:30 Exercise 10:00 Parachute Lift 2:30 Bingo 4:00 Useless information <b>6:00 Movie Night...</b> <b>Air Force 1</b>	<b>29 SALON DAY 10-4</b> 9:30 Exercise Daily Chronicles 1:30 What's in the box??? 3:30 If you could be a ----- What would you be? <b>Movie night;;;</b> <b>Top Gun</b>	<b>30</b> 10:00 Drum fit 1:30 Art Class w/ Marge <b>3:00 Happy Hour w/Sam</b> <b>Birthday Celebration</b> <b>6:00 Movie night</b> <b>Ride Like a Girl</b>	 Gabby- June 1st Princess- June 2nd Lela- June 6th Abby- June 27th	Please note that the schedule is subject to change due to the availability of Volunteers and inclement weather. We aim to keep everyone informed and will give a timely notice in case anything changes.