

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2019

Aspen Cottage

Bartels Lutheran Retirement Community
1922 5th Ave NW Waverly IA 50677
Phone Number 319-352-8940

9:30 –Chair Yoga
10:00 – Book Talk
12:30 – Bowling On the Patio
3:30 – Puzzle’s
4:00 - Pool Noodles.

<p>9:30 – Coffee & News 2 10:15 – Church 1:30 - Candy Land 2:30 – Wartburg Volunteers 3:30 – Packing Peanuts Build*</p>	<p>8:30 – Early Morning Stretch 3 9:00 – School Cards 10:30 Sit N Be Fit 12:30 - Ellen Story Time 1:00 - Music Sing-Along 3:30 – Water balloon toss* 5:15 – Bike rides with Carolina</p>	<p>8:30 – Coffee & News 4 10:00 – St. Pauls’ 6th Grade 10:30 - Sit N Be Fit 1:30 – Patio & Chat 2:30 – Croquet * 5:30 - Sevens 6:00 - Music with Carley</p>	<p>8:30 – Early Morning Stretch 5 10:30- Sit N Be Fit 12:30 – Chair Yoga 1:00 – Music Sing-Along 2:00 <u>Golf Cart Rides</u> 3:30- Patio & Chat with snacks 5:30 – Bingo</p>	<p>8:30 – Coffee & News 6 10:30 Sit N Be Fit 1:30 – <u>Country Drive</u> 2:30 – Ice Cream Shop 3:30 – Fill in the Blank Story* 6:30 – Concert in the Courtyard “JamBusters”</p>	<p>8:30 – Meditative Moment 7 10:30 – Sit N Be Fit 12:30 – What’s that sound 1:00 – Music Sing-Along 2:30 – Wax Paper Leaf Prints* 6:00 - Music with Carley</p>	<p>9:30 –Chair Yoga 8 10:00 – Ker plunk 12:30 – Bowling On the Patio 3:30 – Puzzle’s 4:00 - Pool Noodles</p>
<p>9:30 – Coffee & News 9 10:15 – Uno 2:00 – Sunday Coffee with Linda Jacobson 2:30 – Wartburg Volunteers 3:30 – Tea on the Patio <small>Shavuot</small></p>	<p>8:30 – Early Morning Stretch 10 9:00 - Bingo 10:30 Sit N Be Fit 12:30 Ellen Story Time 1:00 Music Sing-Along 3:30 – Bubble Paint * 5:15 – Bike rides with Carolina</p>	<p>8:30 – Coffee & News 11 10:30 - Sit N Be Fit 1:30 – Patio & Chat 2:30 – Croquet * 5:30 - Sevens 6:00 - Music with Carley</p>	<p>8:30 – Early Morning Stretch 12 10:30- Sit N Be Fit 12:30 – Chair Yoga 1:00 – I Spy 2:00 <u>Golf Cart Rides</u> 3:30- Fancy Fingers / Patio & Chat with snacks</p>	<p>8:30 – Coffee & News 13 10:30 Sit N Be Fit 1:30 – <u>Country Drive</u> 2:30 – Ice Cream Shop 3:30 – Fill in the Blank Story* 6:30 – Birthday Bash</p>	<p>8:30 – Meditative Moment 14 10:30 – Sit N Be Fit 12:30 – What’s that sound 1:00 – Music Sing-Along 2:30 – 3D Flower Art* 6:00 - Music with Carley <small>Flag Day (US)</small></p>	<p>9:30 –Chair Yoga 15 10:00 – Candy Land 12:30 – Bowling On the Patio 3:30 – Puzzle’s 4:00 - Pool Noodles</p>
<p>9:30 – Coffee & News 16 10:15 – Church 1:30 - Jenja 2:30 – Wartburg Volunteers 3:30 – Tea on the Patio <small>Father’s Day</small></p>	<p>8:30 – Early Morning Stretch 17 9:00 – School Cards 10:30 Sit N Be Fit 12:30 Ellen Story Time 1:00 Music Sing-Along 2:00 – <u>Bike Rides</u> 3:30 – Bird House Painting *</p>	<p>8:30 – Coffee & News 18 10:30 - Sit N Be Fit 1:30 – Patio & Chat 3:30 – <u>Tone Chimes Choir</u> 5:30 - Sevens 6:00 - Music with Carley</p>	<p>8:30 – Early Morning Stretch 19 10:30- Sit N Be Fit 12:30 – Chair Yoga 1:00 – Music Sing-Along 2:00 <u>Golf Cart Rides</u> 3:30- Patio & Chat with snacks 5:30 – Candy Land</p>	<p>8:30 – Coffee & News 20 10:30 Sit N Be Fit 1:30 – <u>Country Drive</u> 2:30 – Ice Cream Shop 3:30 – Fill in the Blank Story 6:30 – Concert in the Courtyard “Mollie B & the Jim Busta Band”</p>	<p>8:30 – Meditative Moment 21 10:30 – Sit N Be Fit 12:30 – What’s that sound 1:00 – Music Sing-Along 2:30 – Coffee Filter Flowers 6:00 - Music with Carley <small>Summer Begins</small></p>	<p>9:30 –Chair Yoga 22 10:00 – Ker plunk 12:30 – Bowling On the Patio 3:30 – Puzzle’s 4:00 - Pool Noodles</p>
<p>9:30 – Coffee & News 23 10:15 – Church 1:30 - Uno 2:30 – Wartburg Volunteers 3:30 Tea on the Paito</p>	<p>8:30 – Early Morning Stretch 24 9:00 - Bingo 10:30 Sit N Be Fit 12:30 Ellen Story Time 1:00 Music Sing-Along 3:30 – Bird Feeder Stars* 5:15 – Bike rides with Carolina</p>	<p>8:30 – Coffee & News 25 10:30 - Sit N Be Fit 1:30 – Patio & Chat 2:30 – Croquet 5:30 - Sevens 6:00 - Music with Carley</p>	<p>8:30 – Early Morning Stretch 26 10:30- Sit N Be Fit 12:30 – Chair Yoga 1:00 – I Spy 2:00 <u>Golf Cart Rides</u> 3:30- Fancy Fingers / Patio & Chat with snacks</p>	<p>8:30 – Coffee & News 27 10:30 Sit N Be Fit 1:30 – <u>Country Drive</u> 2:30 – Ice Cream Shop 3:30 – Fill in the Blank Story 6:30 – Concert in the Courtyard “Cedar Valley Bluegrass”</p>	<p>8:30 – Meditative Moment 28 10:30 – Sit N Be Fit 12:30 – What’s that sound 1:00 – Music Sing-Along 2:30 – Rock Painting 6:00 - Music with Carley</p>	<p>9:30 –Chair Yoga 29 10:00 – Book Talk 12:30 – Bowling On the Patio 3:30 – Puzzle’s 4:00 - Pool Noodles</p>
<p>9:30 – Coffee & News 30 10:15 – Church 1:30 - Jenja 2:30 – Wartburg Volunteers 3:30 – Tea on the Patio</p>	<p>Every Morning 7:30am Todays History 10:00am Laughing Yoga 6:15pm Community Walk.</p>					