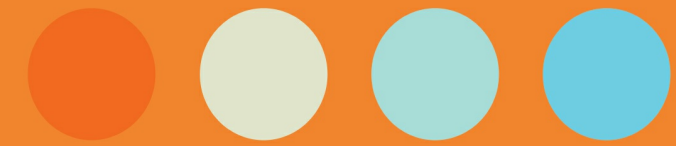


The Springs at Stony Brook AL/PC

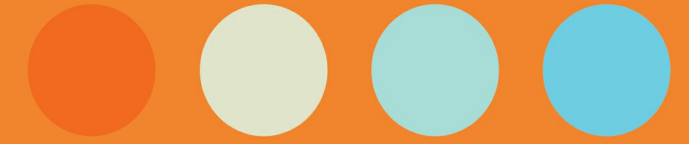
JUNE 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning MM - Mindful Moments S - Signature Events V - Vitality</p>				<p>1 V 10:00 Creative Cooking beside Kitchen MM 11:00 Resident Council Meets GG 2:00 POKENO in PC AR 3:00 Karaoke with Friends in HC Dining Room</p>	<p>2 V 10:00 Wake up and Work out in PC AR! S 2:00 Music with Al Hilbert I 3:00 Happy Hour Drinks and Snacks in HC Dining Room</p>	<p>3 10:30 Coffee Call and Current Events 11:00 Crafty Creations in PC AR GG 2:00 Bingo in PC AR L 4:00 Popping Popcorn Delivery</p>
<p>4 I 10:00 Sunday Stretch in PC AR GG 11:00 Let's Play Uno in HC AR GG 2:00 POKENO in PC AR GG 5:30 Card Circle in PC AR</p>	<p>5 V 10:00 Chair Yoga in PC AR I 11:00 Comedy Hour in HC Dining Room GG 2:00 Bingo in PC AR</p>	<p>6 I 10:00 Spa Day for Women in HC AR GG 2:00 POKENO in PC AR I 3:00 Spa Day for Men in HC AR 6:30 Bible Study with Tom K. in AR 1st floor</p>	<p>7 V 10:00 Morning Stretch in PC AR L 11:00 Frazier Stories of the Mind in PC AR K 2:00 Bingo in PC AR GF 3:30 Wine Down Wednesday in PC AR</p>	<p>8 V 10:00 Creative Cooking beside Kitchen GG 2:00 POKENO in PC AR 3:00 Karaoke with Friends in HC Dining Room</p>	<p>9 V 10:00 Wake up and Work out in PC AR! I 3:00 Happy Hour Drinks and Snacks in HC Dining Room</p>	<p>10 10:30 Coffee Call and Current Events 11:00 Crafty Creations in PC AR GG 2:00 Bingo in PC AR L 4:00 Popping Popcorn Delivery</p>
<p>11 I 10:00 Sunday Stretch in PC AR GG 11:00 Let's Play Uno in HC AR GF 11:02 Family BRUNCH! GG 2:00 POKENO in PC AR GG 5:30 Card Circle in PC AR</p>	<p>12 V 10:00 Chair Yoga in PC AR I 11:00 Comedy Hour in HC Dining Room GG 2:00 Bingo in PC AR</p>	<p>13 I 10:00 Spa Day for Women in HC AR GG 2:00 POKENO in PC AR I 3:00 Spa Day for Men in HC AR 6:30 Bible Study with Tom K. in AR 1st floor</p>	<p>14 Flag Day V 10:00 Morning Stretch in PC AR L 11:00 Frazier Stories of the Mind in PC AR K 2:00 Bingo in PC AR GF 3:30 Wine Down Wednesday in PC AR</p>	<p>15 V 10:00 Creative Cooking beside Kitchen GG 2:00 POKENO in PC AR 3:00 Karaoke with Friends in HC Dining Room</p>	<p>16 V 10:00 Wake up and Work out in PC AR! I 3:00 Happy Hour Drinks and Snacks in HC Dining Room</p>	<p>17 10:30 Coffee Call and Current Events 11:00 Crafty Creations in PC AR GG 2:00 Bingo in PC AR L 4:00 Popping Popcorn Delivery</p>

The Springs at Stony Brook AL/PC

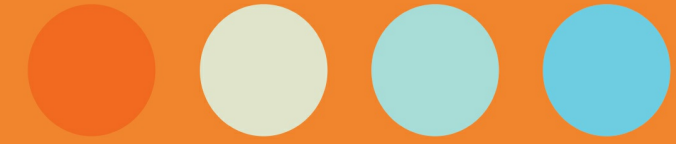
JUNE 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Father's Day I 10:00 Sunday Stretch in PC AR GG 11:00 Let's Play Uno in HC AR GG 2:00 POKENO in PC AR GG 5:30 Card Circle in PC AR	19 Juneteenth V 10:00 Chair Yoga in PC AR I 11:00 Comedy Hour in HC Dining Room GG 2:00 Bingo in PC AR	20 I 10:00 Spa Day for Women in HC AR GG 2:00 POKENO in PC AR I 3:00 Spa Day for Men in HC AR 6:30 Bible Study with Tom K. in AR 1st floor	21 Summer Begins V 10:00 Morning Stretch in PC AR L 11:00 Frazier Stories of the Mind in PC AR K 2:00 Bingo in PC AR GF 3:30 Wine Down Wednesday in PC AR	22 V 10:00 Creative Cooking beside Kitchen GG 2:00 POKENO in PC AR 3:00 Karaoke with Friends in HC Dining Room	23 V 10:00 Wake up and Work out in PC AR! I 3:00 Happy Hour Drinks and Snacks in HC Dining Room	24 10:30 Coffee Call and Current Events 11:00 Crafty Creations in PC AR GG 2:00 Bingo in PC AR L 4:00 Popping Popcorn Delivery
25 I 10:00 Sunday Stretch in PC AR GG 11:00 Let's Play Uno in HC AR GG 2:00 POKENO in PC AR GG 5:30 Card Circle in PC AR	26 V 10:00 Chair Yoga in PC AR I 11:00 Comedy Hour in HC Dining Room GG 2:00 Bingo in PC AR	27 I 10:00 Spa Day for Women in HC AR GG 2:00 POKENO in PC AR I 3:00 Spa Day for Men in HC AR 6:30 Bible Study with Tom K. in AR 1st floor	28 V 10:00 Morning Stretch in PC AR L 11:00 Frazier Stories of the Mind in PC AR K 2:00 Bingo in PC AR GF 3:30 Wine Down Wednesday in PC AR	29 V 10:00 Creative Cooking beside Kitchen GG 2:00 POKENO in PC AR 3:00 Karaoke with Friends in HC Dining Room	30 V 10:00 Wake up and Work out in PC AR! I 3:00 Happy Hour Drinks and Snacks in HC Dining Room	

The Springs at Stony Brook HC

JUNE 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>A - Artisans CC - Creative Cooking GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce MM - Mindful Moments S - Signature Events V - Vitality</p>				<p>1 V 10:00 Creative Cooking beside Kitchen GG 2:00 Bunco in HC AR V 3:00 Karaoke Showdown in HC Dining Room</p>	<p>2 K 10:00 Wake Up and Work Out in PC AR! S 3:00 Cinco De Mayo Happy Hour Drinks and Snacks in HC Dining Room</p>	<p>3 MM 10:30 Coffee Call & Current Events A 11:00 Crafty Creations in PC AR GG 2:00 Bingo in PC AR! CC 4:00 Popping Popcorn Delivery</p>
<p>4 V 10:00 Sunday Stretch in PC AR GG 2:00 Pokeno in PC AR! GG 5:30 Card Circle in PC AR</p>	<p>5 V 10:00 Chair Yoga in PC AR I 11:00 Comedy Hour in HC Dining Room GG 2:00 Bingo in PC AR!</p>	<p>6 I 10:00 Spa Day for Women in PC Activity Room GG 2:00 BUNCO in HC AR I 3:00 Spa Day for Men in HC Activity Room I 6:30 Bible Study with Tom K. in HC AR</p>	<p>7 V 10:00 Morning Stretch in HC AR GG 2:00 Bingo in PC AR! GF 3:30 Wine Down Wednesday in HC AR</p>	<p>8 V 10:00 Creative Cooking beside Kitchen GG 2:00 Bunco in HC AR V 3:00 Karaoke Showdown in HC Dining Room</p>	<p>9 K 10:00 Wake Up and Work Out in PC AR! S 3:00 Cinco De Mayo Happy Hour Drinks and Snacks in HC Dining Room</p>	<p>10 MM 10:30 Coffee Call & Current Events A 11:00 Crafty Creations in PC AR GG 2:00 Bingo in PC AR! CC 4:00 Popping Popcorn Delivery</p>
<p>11 V 10:00 Sunday Stretch in PC AR GG 2:00 Pokeno in PC AR! GG 5:30 Card Circle in PC AR</p>	<p>12 V 10:00 Chair Yoga in PC AR I 11:00 Comedy Hour in HC Dining Room GG 2:00 Bingo in PC AR!</p>	<p>13 I 10:00 Spa Day for Women in PC Activity Room GG 2:00 BUNCO in HC AR I 3:00 Spa Day for Men in HC Activity Room I 6:30 Bible Study with Tom K. in HC AR</p>	<p>14 Flag Day V 10:00 Morning Stretch in HC AR GG 2:00 Bingo in PC AR! GF 3:30 Wine Down Wednesday in HC AR</p>	<p>15 V 10:00 Creative Cooking beside Kitchen GG 2:00 Bunco in HC AR V 3:00 Karaoke Showdown in HC Dining Room</p>	<p>16 K 10:00 Wake Up and Work Out in PC AR! S 3:00 Cinco De Mayo Happy Hour Drinks and Snacks in HC Dining Room</p>	<p>17 MM 10:30 Coffee Call & Current Events A 11:00 Crafty Creations in PC AR GG 2:00 Bingo in PC AR! CC 4:00 Popping Popcorn Delivery</p>

The Springs at Stony Brook HC

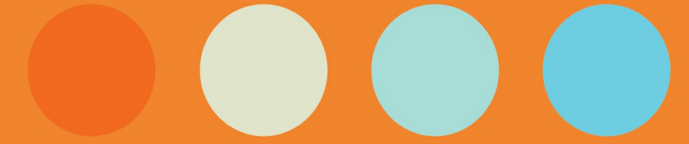
JUNE 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Father's Day V 10:00 Sunday Stretch in PC AR GG 2:00 Pokeno in PC AR! GG 5:30 Card Circle in PC AR	19 Juneteenth V 10:00 Chair Yoga in PC AR I 11:00 Comedy Hour in HC Dining Room GG 2:00 Bingo in PC AR!	20 I 10:00 Spa Day for Women in PC Activity Room GG 2:00 BUNCO in HC AR I 3:00 Spa Day for Men in HC Activity Room I 6:30 Bible Study with Tom K. in HC AR	21 Summer Begins V 10:00 Morning Stretch in HC AR GG 2:00 Bingo in PC AR! GF 3:30 Wine Down Wednesday in HC AR	22 V 10:00 Creative Cooking beside Kitchen GG 2:00 Bunco in HC AR V 3:00 Karaoke Showdown in HC Dining Room	23 K 10:00 Wake Up and Work Out in PC AR! S 3:00 Cinco De Mayo Happy Hour Drinks and Snacks in HC Dining Room	24 MM 10:30 Coffee Call & Current Events A 11:00 Crafty Creations in PC AR GG 2:00 Bingo in PC AR! CC 4:00 Popping Popcorn Delivery
25 V 10:00 Sunday Stretch in PC AR GG 2:00 Pokeno in PC AR! GG 5:30 Card Circle in PC AR	26 V 10:00 Chair Yoga in PC AR I 11:00 Comedy Hour in HC Dining Room GG 2:00 Bingo in PC AR!	27 I 10:00 Spa Day for Women in PC Activity Room GG 2:00 BUNCO in HC AR I 3:00 Spa Day for Men in HC Activity Room I 6:30 Bible Study with Tom K. in HC AR	28 V 10:00 Morning Stretch in HC AR GG 2:00 Bingo in PC AR! GF 3:30 Wine Down Wednesday in HC AR	29 V 10:00 Creative Cooking beside Kitchen GG 2:00 Bunco in HC AR V 3:00 Karaoke Showdown in HC Dining Room	30 K 10:00 Wake Up and Work Out in PC AR! S 3:00 Cinco De Mayo Happy Hour Drinks and Snacks in HC Dining Room	

The Springs at Stony Brook - IL

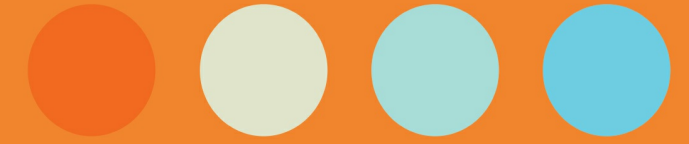
JUNE 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> A - Artisans GF - Gathering of Friends GG - Group Games I - Inspirations K - Keeping it Sharp/Reminisce L - Lifelong Learning V - Vitality 				1 V 3:00 Karaoke with Friends in HC Dining Room L 6:00 Popcorn and Movie in Theater	2 GF 3:00 Happy Hour Drinks and Snacks in 1st Floor Dining Room	3 GG 2:00 Bingo-Downstairs I 4:00 Popping Popcorn Delivery
4 K 5:30 Card Circle in PC AR	5 I 11:00 Comedy Hour in 1st Floor Dining Room GG 2:00 Bingo-Downstairs V 3:00 Sittercise in Fitness Center	6 I 6:30 Tom K. Bible Study-1st floor	7 11:00 Frazier Museum in Downstairs Recreation Room GG 2:00 Bingo-Downstairs A 3:30 Wine Down Wednesday in Bistro Belvedere	8 V 3:00 Karaoke with Friends in HC Dining Room L 6:00 Popcorn and Movie in Theater	9 GF 3:00 Happy Hour Drinks and Snacks in 1st Floor Dining Room	10 GG 2:00 Bingo-Downstairs I 4:00 Popping Popcorn Delivery
11 GF 11:00 Brunch K 5:30 Card Circle in PC AR	12 I 11:00 Comedy Hour in 1st Floor Dining Room GG 2:00 Bingo-Downstairs V 3:00 Sittercise in Fitness Center	13 I 6:30 Tom K. Bible Study-1st floor	14 Flag Day GG 2:00 Bingo-Downstairs A 3:30 Wine Down Wednesday in Bistro Belvedere	15 V 3:00 Karaoke with Friends in HC Dining Room L 6:00 Popcorn and Movie in Theater	16 GF 3:00 Happy Hour Drinks and Snacks in 1st Floor Dining Room	17 GG 2:00 Bingo-Downstairs I 4:00 Popping Popcorn Delivery

The Springs at Stony Brook - IL

JUNE 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Father's Day K 5:30 Card Circle in PC AR	19 Juneteenth I 11:00 Comedy Hour in 1st Floor Dining Room GG 2:00 Bingo-Downstairs V 3:00 Sittercise in Fitness Center	20 I 6:30 Tom K. Bible Study-1st floor	21 Summer Begins 11:00 Frazier Museum in Downstairs Recreation Room GG 2:00 Bingo-Downstairs A 3:30 Wine Down Wednesday in Bistro Belvedere	22 V 3:00 Karaoke with Friends in HC Dining Room L 6:00 Popcorn and Movie in Theater	23 GF 3:00 Happy Hour Drinks and Snacks in 1st Floor Dining Room	24 GG 2:00 Bingo-Downstairs I 4:00 Popping Popcorn Delivery
25 K 5:30 Card Circle in PC AR	26 I 11:00 Comedy Hour in 1st Floor Dining Room GG 2:00 Bingo-Downstairs V 3:00 Sittercise in Fitness Center	27 I 6:30 Tom K. Bible Study-1st floor	28 GG 2:00 Bingo-Downstairs A 3:30 Wine Down Wednesday in Bistro Belvedere	29 V 3:00 Karaoke with Friends in HC Dining Room L 6:00 Popcorn and Movie in Theater	30 GF 3:00 Happy Hour Drinks and Snacks in 1st Floor Dining Room	

**The Springs at Stony Brook- Legacy
Daily Rhythms**

JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 V – Golf Club K – Working with Letters CC – German Chocolate Fudge Healthy Hands Relax and Recharge A – Shaving Cream Paint M – Hippy Dance GG – Horse Racing Healthy Hands GF – Name That Croon Nighttime Traditions	2 V – Catch and Reminisce K – Spring Babies CC – Cheese Bread Healthy Hands Relax and Recharge A – Kandinsky Collaborative Art M – Toe Tapping GG – Word Works Healthy Hands GF – Meet Me in the Courtyard Nighttime Traditions	3 V – Balloon Baseball K – Let’s Spell Summer CC – Veggie Mini Pizzas Healthy Hands Relax and Recharge A – Creating Memory Boards M - Sunshine GG – Parachute Game Healthy Hands GF – Time for Tea Nighttime Traditions
4 V - Summertime Walking Club K -Suspenders & Neckties CC – Cinnamon Muffins Healthy Hands Relax and Recharge A – Northern Lights M - GG - Horseshoes Healthy Hands GF – Pling Plong Nighttime Traditions	5 V – Dancing in the Rain K – Summer Vacations CC – Tomato Spinach Quiche Healthy Hands Relax and Recharge A – Kindness Rocks M – Making Music GG – State Plate Game Healthy Hands GF – Reminiscing Through Photos Nighttime Traditions	6 V – Wildflower Tour K - Penny Ante CC – S’more Puppy Chow Healthy Hands Relax and Recharge A – Pirate Ship M – Music Trivia GG – Games We Played as Kids Healthy Hands GF – Relaxing Puzzle Time Nighttime Traditions	7 V – Garden Dancing K – Roll to 20 CC – Cream of Mushroom Soup Healthy Hands Relax and Recharge A – Creative Storytelling M – Music That Made Movies Famous GG – Roll a Garden Game Healthy Hands GF – Old Time Theater Nighttime Traditions	8 V – Golf Club K – Working with Letters CC – Chocolate Peanut Butter Bark Healthy Hands Relax and Recharge A – Picture Prompt M – Best Friends GG – Horse Racing Healthy Hands GF – Name That Croon Nighttime Traditions	9 V – Catch and Reminisce K – Spring Babies CC – Nutella Muffins Healthy Hands Relax and Recharge A – Watercolor Bookmarks M – Toe Tapping GG – Word Works Healthy Hands GF – Meet Me in the Courtyard Nighttime Traditions	10 V – Balloon Baseball K – Let’s Spell Summer CC – Margherita Mini Pizzas Healthy Hands Relax and Recharge A – Creating Memory Boards M - Sunshine GG – Parachute Game Healthy Hands GF – Time for Tea Nighttime Traditions
11 V - Summertime Walking Club K -Suspenders & Neckties CC – Chocolate Chip Muffins Healthy Hands Relax and Recharge A – Rain Sticks M - Put on a Show for Dad Karaoke GG - Horseshoes Healthy Hands GF - A Time for Tea - Father's Day Nighttime Traditions	12 V – Dancing in the Rain K – Summer Vacations CC – Bacon Cheddar Quiche Healthy Hands Relax and Recharge A – Inspiration Creations – Part 1 M – Making Music GG – State Plate Game Healthy Hands GF – Reminiscing Through Photos Nighttime Traditions	13 V – Wildflower Tour K - Penny Ante CC – Brownie Puppy Chow Healthy Hands Relax and Recharge A – Pirates on Canvas M – Music Trivia GG – Games We Played as Kids Healthy Hands GF – Relaxing Puzzle Time Nighttime Traditions	14 V – Garden Dancing K – Roll to 20 CC – Broccoli Cheddar Soup Healthy Hands Relax and Recharge A – Ask a Beautiful Question M – Music That Made Movies Famous GG – Roll a Garden Game Healthy Hands GF – Old Time Theater Nighttime Traditions	15 V – Golf Club K – Working with Letters CC – Mint Chocolate Oreo Bark Healthy Hands Relax and Recharge A – DIY Kinetic Sand M – Hippy Dance GG – Horse Racing Healthy Hands GF – Name That Croon Nighttime Traditions	16 V – Catch and Reminisce K – Spring Babies CC – Buttery Cornbread Healthy Hands Relax and Recharge A – Rainy Day Umbrella M – Toe Tapping GG – Word Works Healthy Hands GF – Meet Me in the Courtyard Nighttime Traditions	17 V – Balloon Baseball K – Let’s Spell Summer CC – Hawaiian Mini Pizzas Healthy Hands Relax and Recharge A – Memory Boards Gala M - Sunshine GG – Parachute Game Healthy Hands GF – Time for Tea Nighttime Traditions

sunday	monday	tuesday	wednesday	thursday	friday	saturday
<p>18</p> <p>V - Summertime Walking Club K -Suspenders & Neckties CC – Salted Caramel Cupcakes Healthy Hands Relax and Recharge A – Father’s Day Cards M - Put on a Show for Dad Karaoke GG - Horseshoes Healthy Hands GF - A Time for Tea - Father's Day Nighttime Traditions</p>	<p>19</p> <p>V – Dancing in the Rain K – Summer Vacations CC – Mushroom Garlic Pepper Quiche Healthy Hands Relax and Recharge A – Pineapple Pinecones M – Making Music GG – State Plate Game Healthy Hands GF – Reminiscing Through Photos Nighttime Traditions</p>	<p>20</p> <p>V – Wildflower Tour K - Penny Ante CC – Funfetti Puppy Chow Healthy Hands Relax and Recharge A – Cactus Painting M – Music Trivia GG – Games We Played as Kids Healthy Hands GF – Relaxing Puzzle Time Nighttime Traditions</p>	<p>21</p> <p>V – Garden Dancing K – Roll to 20 CC – Baked Potato Soup Healthy Hands Relax and Recharge A – Creative Storytelling M – Music That Made Movies Famous GG – Roll a Garden Game Healthy Hands GF – Old Time Theater Nighttime Traditions</p>	<p>22</p> <p>V – Golf Club K – Working with Letters CC – White Chocolate Peppermint Fudge Healthy Hands Relax and Recharge A – Opposites Collage M – Hippy Dance GG – Horse Racing Healthy Hands GF – Name That Croon Nighttime Traditions</p>	<p>23</p> <p>V – Catch and Reminisce K – Spring Babies CC – Grandma’s Irish Soda Bread Healthy Hands Relax and Recharge A - Sunrise M – Toe Tapping GG – Word Works Healthy Hands GF – Meet Me in the Courtyard Nighttime Traditions</p>	<p>24</p> <p>V – Balloon Baseball K – Let’s Spell Summer CC – Create Your Own Mini Pizzas Healthy Hands Relax and Recharge A – Fashion Throwback M - Sunshine GG – Parachute Game Healthy Hands GF – Time for Tea Nighttime Traditions</p>
<p>25</p> <p>V - Summertime Walking Club K -Suspenders & Neckties CC - Fruitcakes Healthy Hands Relax and Recharge A – Rubbings Exploration M - Put on a Show for Dad Karaoke GG - Horseshoes Healthy Hands GF – Pling Plong Nighttime Traditions</p>	<p>26</p> <p>V – Dancing in the Rain K – Summer Vacations CC – Ham and Cheese Quiche Healthy Hands Relax and Recharge A – Inspiration Creations – Part 2 M – Making Music GG – State Plate Game Healthy Hands GF – Reminiscing Through Photos Nighttime Traditions</p>	<p>27</p> <p>V – Wildflower Tour K - Penny Ante CC – Fluffernutter Puppy Chow Healthy Hands Relax and Recharge A – Glue Art M – Music Trivia GG – Games We Played as Kids Healthy Hands GF – Relaxing Puzzle Time Nighttime Traditions</p>	<p>28</p> <p>V – Garden Dancing K – Roll to 20 CC – Corn Chowder Healthy Hands Relax and Recharge A – Ask a Beautiful Question M – Music That Made Movies Famous GG – Roll a Garden Game Healthy Hands GF – Old Time Theater Nighttime Traditions</p>	<p>29</p> <p>V – Golf Club K – Working with Letters CC – Chocolate Pecan Fudge Healthy Hands Relax and Recharge A – Doily Resist Painting M – Hippy Dance GG – Horse Racing Healthy Hands GF – Name That Croon Nighttime Traditions</p>	<p>30</p> <p>V – Catch and Reminisce K – Spring Babies CC - Pretzels Healthy Hands Relax and Recharge A – Watercolor Flowers M – Toe Tapping GG – Word Works Healthy Hands GF – Meet Me in the Courtyard Nighttime Traditions</p>	