

If you have questions or suggestions for the calendar, please reach out to the Life Enrichment Supervisor, Kimberly, at kimberlyhatlestad-mcculloch@ecumen.org

ROOM & FLOOR GUIDE:

AC: AMBER CLUB – 1ST FL

CA: CREATIVE ARTS – 2ND FL

L: LIBRARY – 3RD FL

ALR: AUTUMN LEAVES RESTAURANT – 1ST FL

FC: FITNESS CENTER – 1ST FL

LC: LEARNING CENTER – 3RD FL

C: CAFÉ – 1ST FL

LO: LOFT – 2ND FL

T: THEATER – 2ND FL

CH: CHAPEL – 4TH FL

Activity Guide:

Wellness: Physical movement time led by LE staff every Monday, Wednesday and Friday in the Fitness Center. A great way to get your body moving that isn’t too strenuous. Staff are great about offering modifications to movements if you need them as well.

Therapy Dog Visits: Every other Tuesday, therapy dog Bohdi visits our community! Come down and visit with Bohdi on your way to your apartment after breakfast or stop down just to see him. Bohdi loves any and all forms of attention! You can find him and his owner, Tom, in the lobby.

Arts & Crafts: Each week LE staff will have a planned craft for residents to make. Crafts cover a variety of mediums. Past crafts have included painting, color-by-number, origami, sewing, and yarn crafts

Wii Bowling: Come get some frames in with a video game version of bowling! Easy to learn, and a great way to compete against friends and neighbors.

Cookies & Coffee: 6 days a week residents can get together, chat, meet their neighbors, and enjoy wonderful goodies from the kitchen!

Bean Bag Toss: Also known as “Bags” or “Cornhole.” Play in teams of 2 and see who makes it to 100 points first! Held every other Friday in the Fitness Center.

Pokeno: An easy to learn game that is a mix between bingo and poker. Played every other Friday in the Learning Center.

Trivia: On the 1st, 3rd, and 5th Tuesday of the month at 2:00 in the Theater. New topics and questions each week!

Happy Hour: Every Friday at 3:30 in the Amber Club. Come end the week socializing with neighbors and friends, and have a snack prepared by the kitchen.

Activity Committee: This is a time each month for residents to gather in the Learning Center to voice ideas for the upcoming months’ life enrichment calendars. ALL residents are welcome to attend.

Name That Tune: Come test your musical knowledge and see if you can guess which songs are which by listening to a short clip followed by a singalong!