


June 2019

Fitness Center Calendar

Classes:

Tuesdays
10:30 Sit and Fit with Cheryl

Tuesdays & Thursdays
Walking program with Cheryl 

Mondays & Thursdays
Chair Yoga During Coffee Club



Celebrating This Month:

Clara Lint
June 11th

June 2019



PLANETREE

White Rapids Manor is continuing on its Planetree journey of person-centered care. One key component of this is caring for residents, and their families, in ways that are meaningful and valuable to them. This includes encompassing the 7 dimensions of wellness in the Activity program, which are listed below. Symbols on the calendar indicate specific dimensions of wellness.



Environmental Wellness: Feeling safe, and taking action to protect the world around you



Physical Wellness: Engaging in activity that encourages flexibility, strength, and fitness



Intellectual Wellness: Engaging in creative, stimulating activities



Vocational Wellness: Finding enrichment in meaningful activity



Emotional Wellness: Remaining positive about oneself and life



Social Wellness: Contributing to the common welfare of one's community



Spiritual Wellness: Seeking meaning and purpose in human existence

June 2019

Weekly Events:

Sundays:

2:30 Church Service in Activity Room

Mondays:

9:00 Newspaper Delivery
Bird Care and Fish Care
9:30 Coffee Club

Tuesdays:

9:00 Newspaper and Books by Mail Delivery
Bird Care and Fish Care
9:30 Coffee Club

Wednesdays:

9:00 Newspaper Delivery
Bird Care and Fish Care
9:30 Coffee Club

Thursdays:

























9:00 Newspaper Delivery
Bird Care and Fish Care
9:30 Coffee Club

Fridays:

9:00 Newspaper Delivery
Bird Care and Fish Care
9:30 Coffee Club
2:00 Bible Reading

Saturdays:

9:00 Newspaper Delivery

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|--|---|--|
| 2 2:30 Sunday Church Service Abundant Grace Sanctuary  | 3 10:30 Bus Outing – Coffee Break Sunbury Diner 2:00 Karaoke with Donna 3:00 Chats & Snacks Outside on the Deck | 4 10:00 Music with Lori 11:15 The Great Debate – National Old Maids Day  2:00  3:00 SWS Cheerleaders | 5 9:00 Baking Cinnamon Rolls with Sherri 11:15 Puzzles 2:00 Music with Frankie Hartt 3:00 Chats & Snacks Outside on the Deck | 6 10:00 Chair Yoga  11:15 Name that sound 1:30 Brag Circle: share family pictures 3:00 Balloon Games | 7 11:15 Mind Benders 2:00 Bible reading 3:00 Bus Outing – Country Drive | 8 |
| 9 2:30 Sunday Church Service Truth Made Simple  | 10 10:00 Chair Yoga  11:15 Family Feud 2:00 Bus Outing - Scott's Nursery Tour 3:30 Chats & Snacks Outside on the Deck | 11 10:15 Plant Vegetables 2:00  3:00 Home Educator's Student Visits – Minute to Win It  | 12 1:30 – Bowling at The Tri-County Complex 6:30 Alzheimer Society Presents: Care Essentials – Understand Behavior Families encouraged to attend! | 13 10:00 Chair Yoga  11:15 Spelling Bee 2:00 Resident Council 3:00 Chats & Snacks Outside on the Deck | 14 2:00 Bible reading | 15 9:00 Royal Barbour Hot Shaves – Offered on site 2:00 Tie and Pie Father's Day Treat 1:00 – 4:00 Junior Volunteer Program  |
| 16 2:30 Sunday Church Service Gladstone Mission  | 17 10:00 Chair Yoga  11:15 Beach Ball Games 1:30 Painting 3:00 Chats & Snacks Outside on the Deck 5:30 Parachute Games | 18 2:00  4:00 Bus Outing – William's Seafood Restaurant Oromocto High School Prom Night ! | 19 11:15 Aromatherapy – Hand Massages 2:00 Strawberry Social - Central Rusagonis Women's Institute 6:30 Dance | 20 10:00 Chair Yoga  11:15 Grandma's kitchen – Please bring your favorite recipe 1:30 Bus Outing – Mowery's Farm 6:30 Music with Debbie McCann | 21 11:15 Mind Benders 2:00 Bible reading 3:00 Bowling 5:30 Painting | 22 |
| 23 2:30 Sunday Church Service Chapel of the Living Water  | 24 10:00 – 11:00 Community Coffee Break  1:30 Bus Outing – Odell Park | 25 11:15 Price Is Right 2:00  3:00 Aromatherapy  5:30 Ring Toss | 26 10:00 Learn to Loom with Willee  1:30 Outing - Tracy Store "Ice cream" 6:30 Music with Charlie and Friends | 27 10:00 Chair Yoga  11:15 Trivia 1:30 Fishing – Prides Landing  | 28 11:15 Puzzles 2:00 Bible reading 3:00 Parachute Games 5:30 Bowling | 29 11:15 Games 1:00 – 4:00 Junior Volunteer Program  |
| 30 11:15 Music & Movement 2:30 Sunday Church Rusagonis Baptist 3:15 'Rapid Readers' Book Club |  | | Pastor Jim Harrison visits every week. If you would like to speak with him, please let the RN know. | | Any calendar changes will be posted on the bulletin board. For more information contact Jenn activity@whiterapidsmanor.nb.ca or 368-6509 |  |