

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2020

## ECS Senior Living & Independent Living Calendar

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2	11:00 Strong Bones Exercise Via Zoom	3	Crossword of the Day! First person to complete and call 12733 wins a prize!  <i>2:00 Movie: The Devil Wears Prada (sign up outside the movie theater) for Senior Living ONLY. Limited seating available.</i>	4	<b>Independent Living Plus Bike Day! Call to reserve your time.</b>	5	11:00 Spiritual Reading Via Zoom  <i>2:00 Series: The Kindness Diaries (sign up outside the movie theater) for Independent Living Plus ONLY. Limited seating available.</i>	6	Letters of Kindness. Write a letter to a resident at our skilled nursing facility, Riverside!  Leave outside your door to be picked up at 4:00pm.	7	8
9	11:00 Strong Bones Exercise Via Zoom	10	Word Search of the Day! First person to complete and call 12733 wins a prize!  <i>2:00 Movie: The Commuter (sign up outside the movie theater) for Senior Living ONLY. Limited seating available.</i>	11	<b>Take &amp; Bake: Mini Pizzas (please call 10207 or 12733 to order! We will deliver to your door!)</b>	12	11:00 Spiritual Reading Via Zoom  <i>2:00 Series: The Kindness Diaries (sign up outside the movie theater) for Independent Living Plus ONLY. Limited seating available.</i>	13	<b>Make Your Own Air Freshener!</b>  Call 10207 or 12733 for supplies.	14	15
16	11:00 Strong Bones Exercise Via Zoom	17	Word Unscramble of the Day! First person to complete and call 12733 wins a prize!  <i>2:00 Movie: The Greatest Showman (sign up outside the movie theater) for Senior Living ONLY. Limited seating available.</i>	18	<b>Senior Living Bike Day! Call to reserve your time.</b>	19	11:00 Spiritual Reading Via Zoom  <i>2:00 Series: The Kindness Diaries (sign up outside the movie theater) for Independent Living Plus ONLY. Limited seating available.</i>	20	<b>Brat Grill Out!</b> (Cost per meal is \$5. All of the proceeds are donated to Walk to End Alzheimer's). Sign up by 8/18 by calling 10207 or 12733.	21	22
23	11:00 Strong Bones Exercise Via Zoom	24	Wacky Words! First person to complete and call 12733 wins a prize!  <i>2:00 Movie: National Treasure (sign up outside the movie theater) for Senior Living ONLY. Limited seating available.</i>	25	<b>Take &amp; Bake: S'mores (please call 10207 or 12733 to order! We will deliver to your door!)</b>	26	11:00 Spiritual Reading Via Zoom  <i>2:00 Series: The Kindness Diaries (sign up outside the movie theater) for Independent Living Plus ONLY. Limited seating available.</i>	27	<b>Make Your Own Sugar Scrub!</b>  Call 10207 or 12733 for supplies.	28	29
30	11:00 Strong Bones Exercise Via Zoom	31	<p>Please call Carla at 10207 or Hannah at 12733 with any questions about programs.</p> <p><b><u>See reverse side for more detailed program directions.</u></b></p>								

## TO JOIN AN ACTIVITY VIA ZOOM:

1. Download Zoom to your electronic device of choice and create an account (if you haven't already)
2. Join our Zoom meeting by entering in the meeting ID: 79785075740
3. Please note that it will ask for a password. The password is: eaglecrest
4. Activities will start at the designated time. Please be sure you are connected before the activity begins.

## BRAIN GAMES (crossword, word search, word unscramble, and wacky words)

- These will be placed in the mail room every Tuesday by 8:30am.
- Once you have completed the word game, please call Hannah or Carla to see if you were the first to finish.
- Life Enrichment will deliver a prize to the first person to complete the word game each Tuesday.
- Please wear a mask when going to pick up the puzzles from the mail room.

## TAKE & BAKE

- Please call Life Enrichment at 10207 or 12733 if you are interested as there are limited spots available each week.
- The ingredients will be dropped off at your door the day of the activity at our earliest convenience.
- Supplies not provided by Life Enrichment include: mugs, cups, spoons and other utensils.
- Please choose only one take & bake. We have lots of eager bakers!

## BIKE RIDES

- Our bike is a two-person bike. You will be riding with one of the Life Enrichment Assistants, so only one person will be able to go at a time. \*those who live together in the same apartment are able to ride at the same time\*
- You have the option to pedal or relax with your feet on a foot rest.
- Limited spots available. Please call Life Enrichment at 10207 or 12733 to pick which time you are interested in.
- You must wear a mask and one of our provided helmets in order to go for a bike ride.

## MOVIES

- Tuesday movies are for Senior Living residents only, apartments #1000 - #5034
- Thursday movies are for Independent Living residents only, apartments #100 - #421
- Limited spots available for each. Please sign-up outside of the movie theater (on 2<sup>nd</sup> floor in building one)

## MAKE YOUR OWN AIR FRESHNER or SUGAR SCRUB

- Please call Life Enrichment at 10207 or 12733 if you are interest as there are limited spots available each week.
- The supplies will be dropped off at your door the day of the activity at our earliest convenience
- Please choose only one craft. We have a lot of people interested in crafts!

## BRAT GRILL OUT

- Cost of each meal is \$5. Includes brat or hot dog with sauerkraut, potato salad, chips and a soda.
- Please call Life Enrichment at 10207 or 12733 to sign up. Meals will be picked up in the bistro (building one) at 5:00pm.
- 100% of the proceeds are donated to the Walk to End Alzheimer's. Thank you for your support!