Shining Star

Evangeline Ikelap
Caregiver!

Hello! My name is Evangeline but I prefer to be called Eva. I'm a wife and a mother of 4 wonderful children who are my world. I'm from a small Island of Micronesia called Guam. I'm a also a 100 meters runner and I competed in the Olympics in Greece. I love what I do as a caregiver because I like helping and caring for those who are not able to care for themselves. My Residents are amazing people to be around and I enjoy their company. I love

thank you!

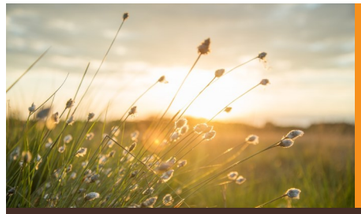
June Birthdays

6/5 Carmen R.

06/19 Kimia R.

06/19 Alexis N.

06/29 Madge T.



What's Going On In June 2021

Team Members

Executive Director.....Penny Coffey
Business Office Manager.....Amanda Bruner
Health Services Director.....Yvonne Antrican
Life Enrichment Director.....Esther Mwilu
Concierge Team.....Megan, Indigo
Executive Chef.....Tom Raeburn

Office.....513-398-4400

Meal Times

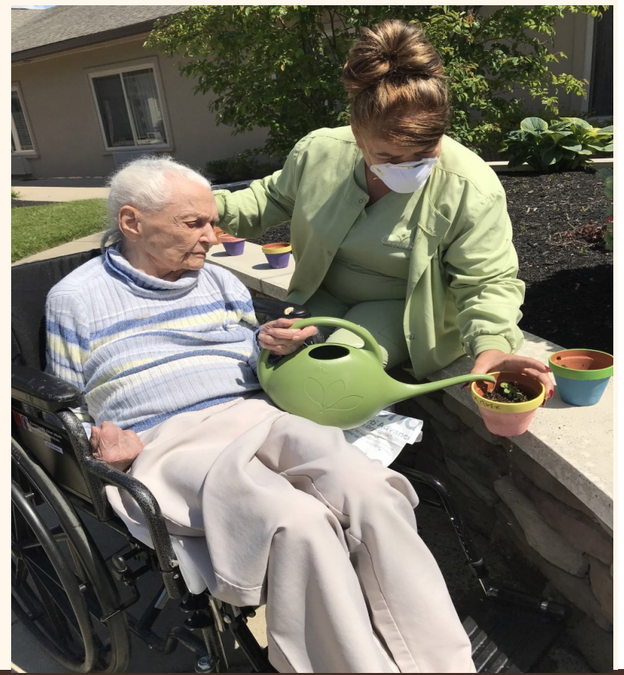
Breakfast.....8 a.m. - 9:00 a.m.
Lunch.....12:00 p.m. -1:00 p.m.
Dinner.....4:30 p.m. - 5:30 p.m.
Hydration & Snacktivity.....10:30, 2:30, 6:30

Movie Showings

Everyday 2:30 & 6:30 in Theater
Tuesdays.....**Travel Documentaries**
Wednesdays.....**Westerns**
Sundays.....**TV Series: I Love Lucy**

Reoccurring Activities

Pet Therapy | Thursdays & Friday| 2:00 LPL
Legacy Exercise Class | Wednesdays | 10:00 -AR



Special Events

6/2 Go Purple in the Cafeteria | 11:00-5:00
6/7 Frosty Freeze Outing | 2:00
6/8 Ocean Sensory Bin Adventure | 11:00
6/10 Goat Therapy with Dream to Reality Farm | 2:00
6/15 Gardening with Ann | 11:00
6/19 Father's Day Golf and Ice Cream Social | 11:00
6/20 Elvis P Bus Tour | 1:30
6/21 Summer Break Party | 11:00
6/22 Escapade to Zimbabwe Victoria Falls | 3:30
6/23 Birthday Celebration & Music with Mike P | 2:30
6/25 Summer Christmas Ornament Project | 2:00
6/28 Residents Council Meeting | 2:00

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CentralParkeALZ.com

CENTRAL PARKE
ASSISTED LIVING & MEMORY CARE

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CENTRAL PARKE ASSISTED LIVING & MEMORY CARE 7495 Central Parke Blvd Mason Ohio 45040 513-398-4400	**Room Key** MD | Manhattan Dining Room AR | Activity Room BDR | Lincoln Parke Dining CY | Courtyard - SA | Salon LPL | Lincoln Parke Living Rm MLR | Manhattan Living	**1** 10:00 Sit and Stretch AR 10:30 Sip and Snack MD 11:00 **Go Purple Decor** MD 2:00 Craft African Drums AR 3:00 Noodle Ball Game AR 3:30 Floral Demo MD 4:00 Connections over Coffee 6:00 Soothing Sounds AR	**2** 10:00 Aiden's Move & groove Exe 10:30 Sip and Snack MD 11:00 Helping Hands MD 1:30 Cornhole CY 2:00 Bible Study with Phil MLR 4:00 Brain Path Games AR 6:00 Soothing Sounds AR	**3** 10:00 Sunrise Stretch Exercise AR 10:30 Sip and Snack MD 11:30 Current Events MD 2:00 Pet Therapy LPL 3:00 Mocktail Hour MD 6:00 Soothing Sounds AR	**4** 10:00 Chair Yoga AR 10:30 Sip and Snack MD 11:00 Bowling AR 2:00 Musical Bingo AR 3:00 Nailcare & Hand Massages AR 4:00 Fun with Phrases MLR 6:00 Soothing Sounds AR	**5** 10:00 Church Service LPL 10:30 Sip and Snack 11:00 Balloon Volleyball CY 2:00 Artist's Corner AR 3:30 Total Trivia MLR 4:00 Finish the Line AR 6:00 Soothing Sounds AR
6 10:00 Mass Live Stream LPL 10:30 Sip and Snack MD 11:30 Beauty Basics AR 2:00 Walking Club CY 3:00 Music & Memories 3:30 Men's Sports Club MRL 6:00 Soothing Sounds AR	**7** 10:00 Moving and Grooving AR 10:30 Sip and Snack MD 11:00 Daily Chronicles AR 2:00 **Frosty Freeze Outing** OT 3:00 Trip Down Memory Ln AR 6:00 Soothing Sounds AR	**8** 10:00 Sit and Stretch AR 10:30 Sip and Snack MD 11:00 **Ocean Adventure** 3:00 Noodle Ball AR 3:30 Floral Demo MD 4:00 Connections Over Coffee MD 6:00 Soothing Sounds AR	**9** 10:00 Sit &Stretch with Aiden 10:30 Sip and Snack MD 11:00 Helping Hands MD 1:30 Cornhole MRL 2:00 Bible Study with Phil MLR 4:00 Brain Path Games AR 6:00 Soothing Sounds AR	**10** 10:00 Sunrise Stretch Exercise AR 10:30 Sip and Snack MD 11:30 Current Events AR 2:00 **Goat Therapy Visit** CY 3:00 Mocktail Hour MD 6:00 Soothing Sounds AR	**11** 10:00 Chair Yoga AR 10:30 Sip and Snack MD 11:00 Bowling AR 2:00 Lottery Bingo AR 3:00 Nailcare & Hand Massages LPL 4:00 Fun with Phrases MRL 6:00 Soothing Sounds AR	**12** 10:00 Church Service LPL 10:30 Sip and Snack MD 11:00 Balloon Volleyball AR 2:00 Art: Woven Painting AR 3:30 Total Trivia AR 4:00 Finish the Line AR 6:00 Soothing Sounds AR
13 10:00 Mass Live Stream LPL 10:30 Sip and Snack MD 11:30 Beauty Basics AR 2:00 Walking Club 3:00 Music, Dance & Memories 3:30 Men's Sports Club MLR 6:00 Soothing Sounds AR	**14** 10:00 Moving and Grooving AR 10:30 Sip and Snack MD 11:00 Daily Chronicles AR 2:00 Chef Tom Demo MD 3:00 Trip Down Memory Ln AR 6:00 Soothing Sounds AR	**15** 10:00 Sit and Stretch AR 10:30 Sip and Snack MD 11:00 **Gardening 101 CY** 2:00 National Geographic LPL 3:00 Noodle Ball AR 3:30 Floral Demo MD 4:00 Connections Over Coffee MD 6:00 Soothing Sounds AR	**16** 10:00 Aiden's Move to the Music 10:30 Sip and snack MD 11:00 Helping Hands MD 1:30 Cornhole CY 2:00 Bible Study With Phil MLR 4:00 Brain Path Games AR	**17** 10:00 Sunrise Stretch Exercise AR 10:30 Sip and Snack MD 11:00 Baking Potato Samosas MD 11:30 Pet Therapy LPL 2:00 Current Events AR 3:00 Mocktail Hour MD	**18** 10:00 Chair Yoga AR 10:30 Sip and Snack MD 11:00 Bowling AR 2:00 Famous Face Bingo AR 3:00 Nailcare & Hand Massages AR 4:00 Fun with Phrases MLR 6:00 Soothing Sounds AR	**19** 10:00 Church Service BDR 10:30 Sip and Snack MD 11:00 **Fathers day Golf** CY 2:00 Art: Painting Class AR 3:30 Total Trivia AR 4:00 Finish the Line AR 6:00 Soothing Sounds AR *Happy Father's Day*
20 10:00 Mass Live Stream LPL 10:30 Sip and Snack MD 11:00 Beauty Basics AR 11:30 **Elvis bus Tour** 2:00 Walking Club CY 3:30 Music, Dance & Memories 3:30 Men's Sports Club MLR	**21** 10:00 Moving and Grooving AR 10:30 Sip and Snack MD 11:00 **Summer Break Party** 2:00 Gardening CY 3:00 Trip Down Memory Ln AR 6:00 Soothing Sounds AR	**22** 10:00 Sit and Stretch AR 10:30 Sip and Snack MD 11:00 Floral Demo MD 2:00 Craft Friendship Bracelet 3:00 Noodle Ball Game AR 3:30 **Trip to Victoria Falls** 4:00 Connections over Coffee MD 6:00 Soothing Sounds AR	**23** 10:00 Leg Kick With Allison 10:30 Sip and Snack MD 11:00 Helping Hands MD 1:30 Cornhole CY 2:00 **Birthday Celebration** 4:00 Brain Path Games AR	**24** 10:00 Sunrise Stretch Exercise AR 10:30 Sip and Snack MD 11:30 Current Events AR 2:00 Pet Therapy LPL 3:30 Mocktail Hour MD 6:00 Soothing Sounds AR	**25** 10:00 Chair Yoga AR 10:30 Sip and Snack MD 11:00Bowling MLR 2:00 **Summer Xmas ornaments** 3:00 Nailcare & Hand Massages LPL 4:00 Fun with Phrases MLR 6:00 Soothing Sounds AR	**26** 10:00 Church Service BDR 10:30 Sip and Snack MD 11:00 Balloon Volleyball AR 2:00Art:Painting with a Twist AR 3:30 Total Trivia AR 4:00 Finish the Line AR 6:00 Soothing Sounds AR
27 10:00 Mass Live Stream LPL 10:30 Sip and Snack MD 11:30 Beauty Basics AR 2:00 Walking Club CY 3:00 Music& Mbira Dance MD 3:30 Men's Sports Club 6:00 Soothing Sounds AR	**28** 10:00 Moving and Grooving AR 10:30 Sip and Snack MD 11:00 Daily Chronicles AR 2:00 Gardening Fire Lily Flowers 3:00 Trip Down Memory Ln AR 6:00 Soothing Sounds AR	**29** 10:00 Sit and Stretch AR 10:30 Sip and Snack MD 11:00 Flower Arrangement MD 2:00 **Residents Council Meet** AR 3:00 Noodle Ball Game AR 3:30 Floral Demo MD 4:00 Connections over Coffee MD 6:00 Soothing Sounds AR	**30** 10:00 Pass the Ball With Allison 10:30 Sip and Snack MD 11:00 Helping Hands MD 1:30 Cornhole CY 2:00 Bible Study with Phil MLR 4:00 Brain Path Games AR 6:00 Soothing Sounds AR	*Happy Father's Day*		**Life Enrichment Director:** Esther.Mwilu@Sunshineret.com Find us on facebook **Like us on Facebook:** Facebook.com/CentralParkeALZ

Activities Subject to Change

SUNSHINE RETIREMENT LIVING

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CENTRAL PARKE ASSISTED LIVING & MEMORY CARE 7495 Central Parke Blvd Mason, OH 45040 513-398-4400	Room Key MD | Manhattan Dining Room AR | Activity Room BDR| Lincoln Parke Dining CY | Courtyard LPL | Lincoln Parke Living Rm MLR | Manhattan Living Room RO | Resident Outing	**1** 10:30 Sip and Snack 11:00 Virtual Seaside 2:00 Poetry with Esther 3:00 Glamor Nails 3:30 Music and Tourism 6:00 Soothing Sou	**2** 10:00 Meaningful Melodies 10:30 Sip and Snack 11:00 Art Sponge Painting 3:00 Lava Lamps Lights Show 4:00 Spiritual Inspirations 6:00 Soothing Sound	**3** 10:00 Pleasant Memories Songs 10:30 Sip and Snack 11:00 Sit & Stretch 2:00 Pet Therapy 6:00 Soothing Sound	**4** 10:30 Sip and Snack 11:30 Sit and Stretch 2:00 Pet Therapy 3:00 Meaningful Melodies 6:00 Waterfall Sounds	**5** 10:30 Virtual Church Services 11:00 Sound of Music 2:00 Saturday Sundae 3:00 Mid Day Stretch 6:00 Soothing Sounds
6 10:00 Eversound Nature Tour 11:00 Hymn Songs 11:30 Sunday Stroll 2:00 Art Hour Hand Print 3:30 Meaningful Melodies 6:00 Soothing Sounds	**7** 10:30 Sip and Snacks 11:15 Music & Head Massages 2:00 Essential Scents 2:30 All About Nature 3:30 Pet Therapy 6:00 Soothing Sounds	**8** 10:30 Sip and Snack 11:00 Virtual Seaside 2:00 Poetry with Esther 3:00 Glamor Nails 3:30 Music and Tourism 6:00 Soothing Sounds	**9** 10:00 Meaningful Melodies 10:30 Sip and Snack 11:00 Art Sponge Painting 3:00 Lava Lamps Lights Show 4:00 Spiritual Inspirations 6:00 Soothing Sounds	**10** 10:00 Pleasant Memories Songs 10:30 Sip and Snack 11:00 Sit & Stretch 2:00 Pet Therapy 6:00 Soothing Sounds	**11** 10:30 Sip and Snack 11:30 Sit and Stretch 2:00 Pet Therapy 3:00 Meaningful Melodies 6:00 Waterfall Sounds	**12** 10:30 Virtual Church Services 11:00 Balloon Toss 1:30 Music and nature Sounds 2:00 Ice Cream Cafe 3:00 Mid Day Stretch 6:00Soothing Sounds
13 10:00 Eversound Nature Tour 11:00 Hymn Songs 11:30 Sunday Stroll 2:00 Ball Toss 3:30 Meaningful Melodies 6:00 Soothing Sounds	**14** 10:30 Sip and Snack 11:15 Music & Head Massages 2:00 Soothing Scent 2:30 Chip and Dip 3:30 Pet Therapy 6:00 Soothing Sounds	**15** 10:30 Sip and Snack 11:00 Virtual Seaside 2:00 Poetry with Esther 3:00 Glamor Nails 3:30 Music and Tourism 6:00 Soothing Sounds	**16** 10:00 Meaningful Melodies 10:30 Sip and Snack 11:00 Art Sponge Painting 3:00 Lava Lamps Lights Show 4:00 Spiritual Inspirations 6:00 Soothing Sounds	**17** 10:00 Pleasant Memories Songs 10:30 Sip and Snack 11:00 Sit & Stretch 2:00 Pet Therapy 6:00 Soothing Sounds	**18** 10:30 Sip and Snack 11:30 Sit and Stretch 2:00 Pet Therapy 3:00 Meaningful melodies 6:00 Waterfall Sounds	**19** 10:30 Virtual Church Services 11:00 Balloon Toss 1:30 Music and Nature Sounds 2:00 Saturday Sundae 3:00 Mid Day Stretch 6:00 Soothing Sounds
20 10:00 Eversound Nature Tour 11:00 Hymn Songs 11:30 Sunday Stroll 2:00 Ball Toss 3:30 Meaningful Melodies 6:00 Soothing Sounds	**21** 10:00 Brain Path 10:30 Sip and Snack 11:15 Music & Head massages 2:00 Guess the Smell 2:30 Mugs and Muffins 3:30 Pet Therapy 6:00 Soothing Sounds	**22** 10:30 Sip and Snack 11:00 Virtual Seaside 2:00 Poetry with Esther 3:00 Glamor Nails 3:30 Music and Tourism 6:00 Soothing Sounds	**23** 10:00 Meaningful Melodies 10:30 Sip and Snack 11:00 Art Sponge Painting 3:00 Lava Lamps Lights Show 4:00 Spiritual Inspiration 6:00 Soothing Sounds	**24** 10:00 Pleasant Memories Songs 10:30 Sip and Snack 11:00 Sit and Stretch 2:00 Pet Therapy 6:00 Soothing Sounds	**25** 10:30 Sip and Snack 11:30 Sit and Stretch 2:00 Pet Therapy 3:00 Meaningful Melodies 6:00 Waterfall Sounds	**26** 10:30 Virtual Church Services 11:00 Balloon Toss 1:30 Music and Nature Sounds 2:00 Saturday Sundae 3:00 Mid Day Stretch 6:00 Soothing Sounds
27 10:00 Eversound Nature Tour 11:00 Hymn Songs 11:30 Sunday Stroll 2:00 Ball Toss 3:30 Meaningful Melodies 6:00 Soothing Sounds	**28** 10:00 Brain Path 10:30 Sip and Snack 11:15 Music & Head massages 2:00 Guess the Smell 2:30 Mugs and Muffins 3:30 Pet Therapy 6:00 Soothing Sounds	**29** 10:30 Sip and Snack 11:00 Virtual Seaside 2:00 Poetry with Esther 3:00 Glamor Nails 3:30 Music and Tourism 6:00 Soothing Sounds	**30** 10:00 Meaningful Melodies 10:30 Sip and Snack 11:00 Art Sponge Painting 3:00 Lava Lamps Lights Show 4:00 Spiritual Inspiration 6:00 Soothing Sounds	*Happy Father's Day*		**Life Enrichment Director:** Esther.Mwilu@Sunshineret.com **Like us on Facebook:** Facebook.com/CentralParkeALZ

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