

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# June 2024

Trident Regional Ombudsman  
5895 Core Road  
Suite 419  
North Charleston, SC 29406

\*Activities are subject to change due to resident needs/preferences.

### Location Key

- (T) Terrace 2<sup>nd</sup> floor
- (B) Bistro 2<sup>nd</sup> floor
- (TR) Theater Room 2<sup>nd</sup> floor
- (OD) Overflow Dining
- (4) 4<sup>th</sup> Floor Dining (memory)
- (5) 5<sup>th</sup> Floor Dining (rehab)
- (PD) Private Dining

\*Outings may be weather permitting. We will meet in the lobby at time indicated. Sign-up sheets are in the theater room. Please see Ashley or Leah with questions.



**1**  
10:10 and 10:45 Exercise (TR)  
11:00 Snack 4  
**1:30 Trip to Publix**  
1:30 Movie (TR)

**2**

2:00 Community Worship (TR)



**3**

10:10 & 10:45 Exercise (TR)  
11:30 Snack Cart (5)  
1:00 Library to bring books (TR)  
2:00 Virtual Tour of Russia (TR)

**4**

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Mini Golf (TR)  
2:00 Flower Arranging OD  
**3:00 Trip to Mt Pleasant Farmers Market**

**5**

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Ladder Ball (TR)  
1:30 Card/Dice Games (B)  
**3:00 Comedy Show with Jon McKernan (TR)**

**6**

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Puzzles (B)  
1:45 Sing Along (3)  
3:00 Art Therapy (5)  
3:30 Uno (B)

**7**

10:10 & 10:45 Exercise TR  
**1:30 Trip to the Art Place Studio (paint pottery)**  
1:30 Movie Matinee (TR)  
2:30 1:1 Room Visits

**8**

9:30 Daily Chronicle  
10:10 and 10:45 Exercise (TR)  
11:00 Bowling 4  
1:30 Bingo (TR)  
3:00 1:1 Visits

**9**

2:00 Community Worship (TR)



**10**

10:10 & 10:45 Exercise (TR)  
11:30 Snack Cart (5)  
1:30 Movie (TR)  
2:30 1:1 Visits

**11**

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Jenga (B)  
**2:00 Kona Ice -Outside Lobby**  
3:30 Flower Arranging OD  
3:30 1:1 Room Visits

**12**

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise (TR)  
**12:00 "Pizza with Pop" (men only) (TR)**  
1:30 Board Games (B)  
**3:00 Monthly Birthday Party (T)**

**13**

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Puzzles (B)  
1:45 Sing Along (3)  
2:15 Music Therapy (5)  
3:00 Art Therapy (5)

**14**

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise TR  
11:30 Dart Game (TR)  
**11:30 Men's lunch to the Frothy Beard**  
2:30 Bingo (TR)  
3:00 1:1 Visits

**15**

9:30 Daily Chronicle  
10:10 and 10:45 Exercise (TR)  
11:30 Slushies 4  
1:30 Movie TR  
2:30 1:1 Visits

**16**



2:00 Community Worship (TR)

**17**

10:10 & 10:45 Exercise (TR)  
11:30 Snack Cart (5)  
2:00 Ladder Ball (T)  
3:00 Bingo (TR)

**18**

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Chair Yoga (TR)  
2:30 Resident Council: Assisted Living only (TR)  
3:30 Flower Arranging OD  
3:30 1:1 Room Visits

**19**

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Mini Golf (TR)  
1:30 Come get your wheels cleaned! (T)  
**3:00 Happy Hour with Sylvie (T)**

**Summer Solstice 20**

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Puzzles (B)  
1:45 Sing Along (3)  
3:00 Art Therapy (5)

**21**

**8:30 Trip to Bee City Zoo**  
10:10 & 10:45 Exercise TR  
1:30 Movie Matinee (TR)  
3:45 Bingo (TR)

**22**

9:30 Daily Chronicle  
10:10 and 10:45 Exercise TR  
11:30 Popcorn 4  
1:30 Bingo  
3:00 1:1 Visits

**23**

2:00 Community Worship (TR)

**30**

2:00 Community Worship (TR)

**24**

10:10 & 10:45 Exercise (TR)  
11:30 Snack Cart (5)  
1:00 Puzzles (B)  
2:00 Making Lemonade (TR)  
3:00 Balloon Volleyball (TR)

**25**

9:30 Daily Chronicles (2,5)  
10:10 & 10:45 Exercise (TR)  
2:00 Puzzles (5)  
2:30 Resident Council: Rehab only (5)  
2:30 Bingo (TR)  
3:30 Flower Arranging OD

**26**

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise (TR)  
11:30 Ted Talk (TR)  
**2:00 Bible Study with Lisa (TR)**  
**3:00 Happy Hour (T)**

**27**

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise (TR)  
11:00 Jewish Connect (PD)  
11:30 Puzzles (B)  
1:45 Sing Along (3)  
3:00 Art Therapy (5)

**28**

9:30 Daily Chronicles (3,5)  
10:10 & 10:45 Exercise TR  
11:30 Dart Game (TR)  
**1:30 Trip to the Mount Pleasant Pier**

**29**

9:30 Daily Chronicle  
10:10 and 10:45 Exercise TR  
11:30 Drinks 4  
1:30 Movie  
2:00 1:1 Visits

Life Enrichment Director-Leah Hall [lehall@libertyseniorliving.com](mailto:lehall@libertyseniorliving.com)

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