

# JUNE 2021

# LBHH Rehab Programs

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p><b>1</b></p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength &amp; Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining</p>	<p><b>2</b></p> <p>9:00-11:00 Get Up &amp; Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program</p>	<p><b>3</b></p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining B 1:30-3:00 Strength &amp; Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CLL 4:30-5:30 Restorative Dining Program 2nd fl B</p>	<p><b>4</b></p> <p>9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B 4:30-5:30 Restorative Program</p>	<p><b>5</b></p>
<p><b>6</b></p>	<p><b>7</b></p> <p>9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining B 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining (B)</p>	<p><b>8</b></p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength &amp; Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining Program B</p>	<p><b>9</b></p> <p>9:00-11:00 Get Up &amp; Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>	<p><b>10</b></p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining B 1:30-3:00 Strength &amp; Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CLL 4:30-5:30 Restorative Dining Program 2nd fl B</p>	<p><b>11</b></p> <p>9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B 4:30-5:30 Restorative Program</p>	<p><b>12</b></p>
<p><b>13</b></p>	<p><b>14</b></p> <p>9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining B 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining (B) Program-B</p>	<p><b>15</b></p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength &amp; Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program 1st fl H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining Program B</p>	<p><b>16</b></p> <p>9:00-11:00 Get Up &amp; Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>	<p><b>17</b></p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining B 1:30-3:00 Strength &amp; Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CLL 4:30-5:30 Restorative Dining Program</p>	<p><b>18</b></p> <p>9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B 4:30-5:30 Restorative Program</p>	<p><b>19</b></p>
<p><b>20</b></p> <p><b>HAPPY FATHER'S DAY</b>  <b>First Day of Summer</b></p>	<p><b>21</b></p> <p>9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining B 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining (B) Program-B</p>	<p><b>22</b></p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength &amp; Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining B</p>	<p><b>23</b></p> <p>9:00-11:00 Get Up &amp; Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program B</p>	<p><b>24</b></p> <p>9:00 Building better bodies 2nd fl RG 9:30-10:00 1:1 Fine Motor Skills 2nd fl 11:30-12:30 Restorative Dining B 1:30-3:00 Strength &amp; Balance For 1st floor RG 1:30-2:30 1:1 Walking H 1:30-2:30 1:1 Range of Motion 2nd fl H 2:30-3:30 Pop-Up Exercises 1st floor 2:30-3:30 Russian Group CLL 4:30-5:30 Restorative Dining Program</p>	<p><b>25</b></p> <p>9:00-11:00 Building Better Bodies 2nd fl RG 9:30-10:00 Keep Fit 1st fl HL 11:15-11:45 Balance Class RG -for 1st fl residents 11:30-12:30 Restorative Dining Program B 4:30-5:30 Restorative Program</p>	<p><b>26</b></p>
<p><b>27</b></p>	<p><b>28</b></p> <p>9:00-11:00 Get up and Go-2nd fl RG 9:30-10:45 1:1 Fine Motor Skills -2nd fl 9:30-10:00 Keep Fit-1st floor HL 11:00-11:45 Pop-up Group 1st floor 11:30-12:30 Restorative Dining B 1:30-2:30 Strength Training (DR) 1:30-2:15 1:1 Walking Program 1st fl 2:30-3:30 Special Care Unit Program 4:30-5:30 Restorative Dining (B) Program-B</p>	<p><b>29</b></p> <p>9:00-11:00 'Building Better Bodies RG 10:00-11:00 Program in Special Care 11:30-12:30 Restorative Dining Program 2nd fl B 1:30-3:00 Strength &amp; Balance for 1st fl residents RG 1:30-2:30 1:1 Walking Program H 1:30-2:30 Range of Motion-2nd fl H 2:30-3:00 Russian Group CLL 2:30-3:30 Pop-Up Exercises 1st fl 4:30-5:30 Restorative Dining B</p>	<p><b>30</b></p> <p>9:00-11:00 Get Up &amp; Go 2nd floor RG 9:30-10:00 Keep Fit 1st floor HL 11:30-12:30 Restorative Dining Program B 1:30-2:30 Strength Training 2nd fl DR 2:30-3:30 Range of Motion 2nd fl 4:30-5:30 Restorative Dining Program</p>			