

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



# June 2023

10:00 AM Worship Service (ch. 64)  
12:00 PM Lunch  
2:00 PM Trivia  
3:00 PM Coffee & Chat

10:00 AM 1:1 Wellness Visits 5  
10:30 AM Puzzles & Word Games  
11:00 AM Muscle Movers  
12:00 PM Lunch  
1:30 PM Bingo  
2:30 PM Power Pump & Balloon Ball  
3:00 PM Coffee & Chat  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM 1:1 Wellness Visits 6  
10:30 AM Ring Toss/Bean Bags  
11:00 AM Sit & Be Fit  
12:00 PM Lunch  
**1:30 PM Music w/Charlie Roth**  
2:30 PM Aromatherapy Massage  
3:00 PM Coffee & Chat  
3:30 PM Rosary  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM Worship Service (ch 64) 7  
10:00 AM 1:1 Wellness Visits  
11:00 AM Color Me Calm  
11:30 AM Devotional  
12:00 PM Lunch  
1:30 PM Bingo  
2:30 PM Cardio Class  
3:00 PM Coffee & Chat  
3:30 PM Church Service (Cottages)  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM 1:1 Wellness Visits 8  
10:30 AM Bingo  
12:00 PM Lunch  
**1:30 PM Sing Alongs w/Grant**  
3:00 PM Coffee & Chat  
3:30 PM Communion  
6:00 PM Stretching/Relaxation (ch. 64)  
Theme Day: Summer Attire

10:00 AM 1:1 Wellness Visits 9  
**10:45 AM Piano w/Steve**  
12:00 PM Lunch  
1:30 PM Kickball  
2:00 PM EnerG Exercises  
2:30 PM Bible Study  
3:00 PM Coffee & Chat  
6:00 PM Stretching/Relaxation (ch. 64)

11:00 AM EnerG Exercises (ch. 64) 10  
12:00 PM Lunch  
2:00 PM Color Me Calm  
3:00 PM Coffee & Chat  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM Worship Service (ch. 64) 11  
12:00 PM Lunch  
2:00 PM Trivia  
3:00 PM Coffee & Chat

10:00 AM 1:1 Wellness Visits 12  
11:00 AM Activity Sheets  
12:00 PM Lunch  
1:30 PM Bingo  
3:00 PM Coffee & Chat  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM 1:1 Wellness Visits 13  
**10:30 AM Guitar w/Bob**  
12:00 PM Lunch  
1:30 PM Pokeno  
2:30 PM Aromatherapy Massage  
3:00 PM Coffee & Chat  
3:30 PM Church Service  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM Worship Service (ch 64) 14  
10:00 AM 1:1 Wellness Visits  
11:00 AM Color Me Calm  
11:30 AM Devotional  
12:00 PM Lunch  
1:30 PM Bingo  
2:30 PM Cardio Class  
3:00 PM Coffee & Chat  
3:30 PM Rosary  
6:00 PM Stretching/Relaxation (ch. 64)  
Flag Day (US)

10:00 AM 1:1 Wellness Visits 15  
10:30 AM Bingo  
12:00 PM Lunch  
**1:30 PM Piano w/Deb**  
3:00 PM Coffee & Chat  
3:30 PM Communion  
6:00 PM Stretching/Relaxation (ch. 64)  
Theme Day: Andy Griffith

10:00 AM 1:1 Wellness Visits 16  
**10:45 AM Piano w/Steve**  
12:00 PM Lunch  
1:30 PM Kickball  
**2:00 PM Donuts for Dads!**  
6:00 PM Stretching/Relaxation (ch. 64)

11:00 AM EnerG Exercises (ch. 64) 17  
12:00 PM Lunch  
2:00 PM Color Me Calm  
3:00 PM Coffee & Chat  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM Worship Service (ch. 64) 18  
12:00 PM Lunch  
2:00 PM Trivia  
3:00 PM Coffee & Chat  
Father's Day

10:00 AM 1:1 Wellness Visits 19  
10:30 AM Puzzles & Word Games  
11:00 AM Muscle Movers  
12:00 PM Lunch  
1:30 PM Bingo  
2:30 PM Power Pump & Balloon Ball  
3:00 PM Coffee & Chat  
6:00 PM Stretching/Relaxation (ch. 64)  
Juneteenth

10:00 AM 1:1 Wellness Visits 20  
10:30 AM Ring Toss/Bean Bags  
11:00 AM Sit & Be Fit  
12:00 PM Lunch  
**1:30 PM ELVIS LIVE**  
3:00 PM Coffee & Chat  
3:30 PM Rosary  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM Worship Service (ch 64) 21  
10:00 AM 1:1 Wellness Visits  
11:00 AM Color Me Calm  
11:30 AM Devotional  
12:00 PM Lunch  
1:30 PM Bingo  
2:30 PM Cardio Class  
3:00 PM Coffee & Chat  
3:30 PM Church Service (Cottages)  
6:00 PM Stretching/Relaxation (ch. 64)  
Summer Begins

10:00 AM 1:1 Wellness Visits 22  
10:30 AM Bingo  
12:00 PM Lunch  
1:30 PM Manicures & Music  
3:00 PM Coffee & Chat  
3:30 PM Communion  
6:00 PM Stretching/Relaxation (ch. 64)  
Theme Day: Animal Print

10:00 AM 1:1 Wellness Visits 23  
10:30 AM Aqua Paints  
11:00 AM Bible Study  
12:00 PM Lunch  
1:30 PM Kickball  
2:00 PM EnerG Exercises  
2:30 PM Bible Study  
3:00 PM Coffee & Chat  
6:00 PM Stretching/Relaxation (ch. 64)

11:00 AM EnerG Exercises (ch. 64) 24  
12:00 PM Lunch  
2:00 PM Color Me Calm  
3:00 PM Coffee & Chat  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM Worship Service (ch. 64) 25  
12:00 PM Lunch  
2:00 PM Trivia  
3:00 PM Coffee & Chat

10:00 AM 1:1 Wellness Visits 26  
11:00 AM Activity Sheets  
12:00 PM Lunch  
1:30 PM Bingo  
3:00 PM Coffee & Chat  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM 1:1 Wellness Visits 27  
**10:30 AM Guitar w/Bob**  
12:00 PM Lunch  
1:30 PM Pokeno  
2:30 PM Aromatherapy Massage  
3:00 PM Coffee & Chat  
3:30 PM Church Service  
6:00 PM Stretching/Relaxation (ch. 64)  
Theme Day: Back to the 50's

10:00 AM Worship Service (ch 64) 28  
10:00 AM 1:1 Wellness Visits  
11:00 AM Color Me Calm  
11:30 AM Devotional  
12:00 PM Lunch  
1:30 PM Bingo  
2:30 PM Cardio Class  
3:00 PM Coffee & Chat  
3:30 PM Church Service (Cottages)  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM 1:1 Wellness Visits 29  
10:30 AM Bingo  
12:00 PM Lunch  
1:30 PM Manicures & Music  
3:00 PM Coffee & Chat  
3:30 PM Communion  
6:00 PM Stretching/Relaxation (ch. 64)

10:00 AM 1:1 Wellness Visits 30  
10:30 AM Aqua Paints  
11:00 AM Bible Study  
12:00 PM Lunch  
1:30 PM Kickball  
**2:00 PM Birthday Celebration**  
3:00 PM Coffee & Chat  
6:00 PM Stretching/Relaxation (ch. 64)



**Activities, Locations and Times are Subject to Change When Necessary.**