

June 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect		Dining Breakfast 9:00 A.M. Morning Break 10:30 A.M. Lunch 12:00 P.M. Afternoon Break 2:30 P.M. Dinner 5:00 P.M. Evening Refreshments 7:00 P.M.	Program Locations: If unmarked, Town Square (TS) CR Conference Room CM Community OT Outing C - Clare Neighborhood B - Bridge Neighborhood LR Living Rooms CK Country Kitchen			1 Donut Day 10:00 Morning Exercise 11:00 Know or Donut Know 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
2 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	3 10:00 Using Weights 11:00 Remember When 1:30 Java Music Sing Along 3:00 Putting 3:30 Fast Facts: Golf 6:00 <i>Travelogues: Scotland</i>	4 10:00 Range of Motion 10:30 Sensory Screens 11:00 Analogies 1:30 Mike Armentano 1:30 Cooking with Jen CCK 2:00 Parachute 3:00 Bingo 6:00 Cool Down with Shay	5 10:00 Stretch & Shape 11:00 20 Questions 1:30 Tootle-Lou CM 1:30 Patio Reminisce B 2:00 Jeopardy 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	6 10:00 Dance to Fitness 11:00 Photo Hunt 1:30 ZUMBA 2:00 Watercolors 3:00 Activity Tables 3:45 Rhyme Me 6:00 Movement with Shay	7 Chocolate Ice Cream Day 10:00 Lower Body Focus 11:00 Scattergories 1:30 Arms Up with Staff 2:00 Scoops! 3:00 On Friday... We Sing 6:00 Scarf Dancing	8 10:00 Morning Exercise 11:00 True or False 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 4:00 Belmont Stakes 6:00 Balance Exercise
9 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	10 10:00 Using Weights 11:00 Funny Phrases 1:30 Basketball 2:00 Java Music 3:00 Name that Movie 3:30 Fast Facts: Golden Age of Film 6:00 <i>Travelogues: Hollywood</i>	11 10:00 Range of Motion 10:30 Cooking with Amanda BCK 11:00 Summer Packing 1:30 Creative Arts 2:00 Soccer 3:00 Bingo 6:00 Cool Down with Shay	12 10:00 Tai Chi 11:00 iN2L Trivia 1:30 Tootle-loo CM 1:30 Patio Activities C 2:00 Blenders 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	13 CNA Appreciation Week 10:00 Dance to Fitness 11:00 Picture This 1:30 Follow Me 2:30 Appreciation Kick OFF 3:45 Cool Down 6:00 Movement with Shay	14 Flag Day 10:00 Lower Body Focus 11:00 Flag Day History 12:00 Father's Day Luncheon 1:30 Patio Partners C/B 3:00 On Friday... We Sing 6:00 Scarf Dancing	15 10:00 Morning Exercise 11:00 Stump Me 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
16 Father's Day 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	17 10:00 Using Weights 11:00 Famous Faces 1:30 Basketball 2:00 Java Music 3:00 Zen Tangles 3:30 Fast Facts: Artists 6:00 <i>Travelogues: Paris</i>	18 10:00 Range of Motion 10:30 Sensory Screens 11:00 Analogies 1:30 Cooking with Jen CCK 2:00 Parachute 3:00 Bingo 6:00 Cool Down with Shay	19 10:00 Stretch & Shape 11:00 40's Fashion 1:30 Tootle-Lou CM 1:30 Patio Reminisce B 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	20 10:00 Dance to Fitness 11:00 Make Me Laugh 1:30 ZUMBA 2:00 Flip It 3:00 Activity Tables 3:45 Crooners 6:00 Movement with Shay	21 Selfie Day 10:00 Lower Body Focus 11:00 Picture This 1:30 David Phillips 3:00 On Friday... We Sing 6:00 Scarf Dancing	22 10:00 Morning Exercise 11:00 Occupations 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise
23 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Bowling Club 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	24 10:00 Using Weights 11:00 What's in the Bag? 1:30 Basketball 2:00 Java Music 3:00 Patio Partners B/C 3:30 Fast Facts: Animals 6:00 <i>Travelogues: National Zoos</i>	25 10:00 Range of Motion 10:30 Cooking with Amanda BCK 11:00 Match Up 1:30 Creative Arts 2:00 Hymn Sing 3:00 Bingo 6:00 Cool Down with Shay	26 10:00 Tai Chi 11:00 Word Toss 1:30 Tootle-loo CM 1:30 Patio Activities C 2:00 Javelin 3:00 Small Groups 3:45 This Day in History 6:00 Jen's Book Nook	27 10:00 Dance to Fitness 11:00 Beach Hunt 1:30 Target Toss 2:00 Design a Window 3:00 Activity Tables 3:45 Summer Songs 5:00 Support Group 6:00 Movement with Shay	28 10:00 Lower Body Focus 11:00 Proverbs 1:30 Mary Morse 3:00 On Friday... We Sing 6:00 Scarf Dancing	29 10:00 Morning Exercise 11:00 Did You Know? 1:30 ZUMBA 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Small Tables & Sports 6:00 Balance Exercise