

# June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	<b>2</b> 10:00 Using Weights 11:00 20 Questions 1:30 Basketball 2:00 Java Music 3:00 Patio Groups 6:00 Classic Hollywood	<b>3</b> 9:45 Cardio 10:15 Balance 11:00 Watercolors 1:30 Fast Facts: Golf 3:00 Bingo 6:00 Cool Down with Shay	<b>4</b> 10:00 Stretch & Shape 11:00 Jeopardy 1:30 Sing Along 2:00 Patio Visits 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	<b>5</b> 10:00 Dance to Fitness 11:00 Brain Games 1:30 Zumba 2:00 Fill in The Blank 3:00 Activity Tables 6:00 Movement with Shay	<b>6</b> 10:00 Lower Body Focus 11:00 Donut Day Dunking 1:30 People Plant Connection 3:00 Seated Soccer 3:30 Remember When 6:00 An Evening with Eileen	<b>7</b> 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Patio Group 6:00 Balance Exercise
<b>8</b> 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	<b>9</b> 10:00 Using Weights 11:00 Photo Hunt 1:30 Basketball 2:00 Java Music 3:00 Patio Groups 6:00 Classic Hollywood	<b>10</b> 9:45 Cardio 10:15 Balance 11:00 Picture This 1:30 What's In The Bag 3:00 Bingo 6:00 Cool Down with Shay	<b>11</b> 10:00 Stretch & Shape 11:00 Pillow Polo 12:00 Father's Day Luncheon 2:00 Patio Visits 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	<b>12</b> Certified Nursing Assistant Week Begins!  10:00 Dance to Fitness 11:00 C.N.A. Words 1:30 Making Leis 2:30 CNA Recognition 3:00 Activity Tables 3:30 CNA Recognition 6:00 Movement with Shay	<b>13</b> 10:00 Lower Body Focus 11:00 Famous Fathers 1:30 Rick Lovallo Performs 3:00 Seated Soccer 3:30 Floor Fishing 6:00 An Evening with Eileen	<b>14</b> 10:00 Morning Exercise 11:00 Television Trivia 1:30 Zumba 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Patio Group 6:00 Balance Exercise
<b>15</b> Father's Day 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Putting 3:45 Hand Massages 4:15 Walking Music 6:00 Reminisce & Reflect	<b>16</b> 10:00 Using Weights 11:00 Trivia Sheets 1:30 Basketball 2:00 Java Music 3:00 Patio Groups 6:00 Classic Hollywood	<b>17</b> 9:45 Cardio 10:15 Balance 11:00 Summer Crafting 1:30 Sing Along 3:00 Bingo 6:00 Cool Down with Shay	<b>18</b> 10:00 Stretch & Shape 11:00 Scattergories 1:30 Zen Tangles 2:00 Patio Visits 3:00 Small Groups 3:45 This Week in History 6:00 Jen's Book Nook	<b>19</b> 10:00 Dance to Fitness 11:00 Stump Me 1:30 Zumba 2:00 Golfing 3:00 Activity Tables 5:00 Support Group 6:00 Movement with Shay	<b>20</b> 10:00 Lower Body Focus 11:00 1:30 Red & Yellow Performs 3:00 Seated Soccer 3:30 The 50's 6:00 An Evening with Eileen	<b>21</b> 10:00 Morning Exercise 11:00 Television Trivia 1:30 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Patio Group 6:00 Balance Exercise
<b>22</b> 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	<b>23</b> 10:00 Using Weights 11:00 Crosswords 1:30 Basketball 2:00 Java Music 3:00 Patio Groups 6:00 Classic Hollywood	<b>24</b> 19:45 Cardio 10:15 Balance 11:00 Funny Phrases 1:30 What Do I Know About You 3:00 Bingo 6:00 Cool Down with Shay	<b>25</b> 10:00 Stretch & Shape 11:00 Dietary Council BCK 1:30 Collages 3:00 On The Patios 6:00 Jen's Book Nook	<b>26</b> 10:00 Dance to Fitness 11:00 RT Council & Reminisce 1:30 Riddles & Rhymes 2:00 Puzzle Pages 3:00 Activity Tables 6:00 Movement with Shay	<b>27</b> 10:00 Lower Body Focus 11:00 Did You Know? 1:30 This Day in History 2:00 Quirkle 3:00 Seated Soccer 3:30 Fast Facts 6:00 An Evening with Eileen	<b>28</b> 10:00 Morning Exercise 11:00 Television Trivia 1:30 Zumba 2:00 Saturday Afternoon Medley Popcorn/Table Games/Sports 3:00 Volleyball 3:30 Patio Group 6:00 Balance Exercise
<b>29</b> 10:00 Upper Body 11:00 St. Dunstan's 1:30 Bottoms Up 3:00 Hymn Sing 3:45 Nail Spa 4:15 Walking Music 6:00 Reminisce & Reflect	<b>30</b> 10:00 Using Weights 11:00 Let's Juggle 1:30 Basketball 2:00 Java Music 3:00 Patio Groups 6:00 Movement with Jen				<b>Dining</b>  Breakfast 9:00 A.M. Morning Break 10:30 A.M. Lunch 12:00 P.M. Afternoon Break 2:30 P.M. Dinner 4:30 P.M. Evening Refreshments 7:00 P.M.	<b>Program Locations:</b> If unmarked, Town Square CR Conference Room CM Community OT Outing C - Clare Neighborhood B - Bridge Neighborhood LR Living Rooms CK Country Kitchen <i>Italics is an IN2L program</i>

All programming is subject to change to suit the needs of the community and our residents.