

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JUNE 2023

Program Key: Physical Vocational Social
Emotional Intellectual

1

10:00 Drum Group
10:30 Bingo

1:15 Knitting Club
2:00 Karaoke

2

10:00 Indoor Walk
10:30 Bingo

1:15 Dice-Breaker
2:00 Karaoke

3

4

10:00 Chair Yoga
10:45 Dominoes Tournament

1:15 Shuffleboard Practice
2:00 Karaoke

5

10:00 Music in the Garden
10:45 Seated Balloon Tennis

1:15 Bingo
2:00 Haircuts w/ Rachely

6

10:00 Strength Class
10:45 Bingo

1:15 Group Crossword (English)
2:00 Group Cossword (Spanish)

7

10:00 Seated Balance
10:45 Karaoke

1:15 Brain Game
2:00 YouTube Video Watch Group

8

10:00 Stretch Exercise
10:45 Spa Manicures

1:15 Brain Game
2:00 Karaoke

9

10:00 Seated Volleyball
10:45 Father's Day Craft

1:30 Father's Day Mocktails
2:00 Karaoke

10

11

12

10:00 Stretch Exercise
10:45 Paint Along

1:15 Pool Championship
2:00 Knitting Club

13

10:00 Chair Yoga
10:45 Bingo

1:15 YouTube Video Watch Group
2:00 Memory Game

14

10:00 Strength Exercise
10:45 Name that Tune

1:15 Show and Tell
2:00 Haircuts w/ Rachely

Flag Day (US)

15

10:00 Indoor Walk
10:45 Father's Day Activity

1:30 Father's Day Mocktails
2:00 Karaoke

16

10:00 Seated Exercise
10:45 Bingo

1:15 Trivia
2:00 Karaoke

17

18

HAPPY
Father's Day

Father's Day

19

10:00 Stretch Exercise
10:45 Juneteenth Sun Catchers Craft

1:15 Shuffle Board Tournament
2:00 Karaoke

JUNETEENTH

20

10:00 Chair Yoga
10:45 Bingo

1:15 Knitting Club
2:00 Spa Manicures

21

10:00 Seated Balance Exercise
10:45 Family History Activity

1:45 Watermelon in the Garden

Summer Begins

22

10:00 Indoor Walk & Stretch
10:45 Family History Activity

1:15 Brain Game
2:00 Paint Along

23

10:00 Chair Yoga
10:45 Show & Tell

1:15 YouTube Music Video Watch Group
2:00 Haircuts w/ Rachely

24

25

26

10:00 Chair Yoga
10:45 Bingo

1:15 Celebration of Love (Letters)
2:00 Karaoke

27

10:00 Seated Balance
10:45 Gardening Club

1:15 Celebration of Love (Letters)
2:00 Knitting Club

28

10:00 Brain Game
10:45 Strength Exercise

1:15 Karaoke
2:00 Movie and Popcorn

29

10:00 Chair Yoga
10:45 Show & Tell

1:15 YouTube Music Video Watch Group
2:00 Haircuts w/ Rachely

30

10:00 Indoor Walk and Stretch
10:45 Bingo

1:15 Memory Game
2:00 Karaoke

30

Tentative schedule: All activities and times subject to change