

| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |   |
|---|--|--|--|--|--|--|---|
|    | 1<br>10:00 Walk & Roll<br>10:45 BINGO<br>1:30 Karaoke                                | 2<br>10:00 Chair Fitness<br>10:45 Memory Game<br>1:30 Loteria                      | 3<br>10:00 Tai Chi<br>10:30 Healthy Eating<br>10:45 Mood Art<br>1:30 Karaoke                             | 4<br>10:00 Throwback Chair Dance 50s<br>10:45 Heads Up<br>1:30 Giant Jenga     | 5<br>10:00 Balloon Tennis<br>10:45 Parachute Game<br>1:30 Karaoke  | 6<br><br><i>June</i>     |   |
|   | 7  | 8<br>10:00 Walk & Roll<br>10:45 Melody Match Bingo<br>1:30 Karaoke                 | 9<br>10:00 Chair Fitness<br>10:45 Hungry Hippo<br>1:30 BINGO   | 10<br>10:00 Stretch Exercises<br>10:45 Coping Skills/Self Care<br>1:30 Karaoke | 11<br>10:00 Throwback Chair Dance 60s<br>10:45 Throwback Trivia<br>1:30 Mini Golf                          | 12<br>10:00 Chair Zumba<br>10:45 Loteria<br>1:30 Karaoke   | 13<br> |
| 14<br><br><b>FLAG DAY</b><br><small>Flag Day (U.S.)</small>                       | 15<br>10:00 Walk & Roll<br>10:45 Color Along<br>1:30 Karaoke                         | 16<br>10:00 Chair Fitness<br>10:45 Sing-A-Long<br>1:30 Card Games                  | 17<br>10:00 Chair Yoga<br>10:45 Bingo<br>1:30 Karaoke  | 18<br>10:00 Throwback Chair Dance 70s<br>10:45 Guess Who<br>1:30 Loteria       | 19<br>10:00 Stretch Exercises<br>10:45 Juneteenth Paint Along<br>1:30 Karaoke<br><small>Juneteenth</small> | 20<br><br><i>Summer</i> |   |
| 21<br><br><b>HAPPY Father's Day</b><br><small>Summer Begins Father's Day</small> | 22<br>10:00 Father's Day Celebration<br>10:45 Father's Day Tie Craft<br>1:30 Karaoke | 23<br>10:00 Chair Fitness<br>10:45 Share Your Talent Circle<br>1:30 Corn Hole Toss | 24<br>10:00 Balloon Tennis<br>10:45 Vitality & Healthy Aging<br>1:30 Karaoke                             | 25<br>10:00 Stretch Exercises<br>10:45 Name That Tune<br>1:30 Giant Jenga      | 26<br>10:00 Walk & Roll<br>10:45 Floral Craft<br>1:30 Birthday/Karaoke                                     | 27<br>                 |   |
| 28<br><b>Program Key</b><br>Cognitive<br>Emotional<br>Physical<br>Social<br>Vocational<br>Announcements   | 29<br>10:00 Walk & Roll<br>10:45 BINGO<br>1:30 Karaoke                               | 30<br>10:00 Chair Fitness<br>10:45 Photography Sharing<br>1:30 Craft Club          | <h1>June 2026</h1>  |  |  |  |   |

\*Tentative schedule. All activities and times subject to change.\*