

# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

- DIY: Make Your Own Ice Cream Social!**  
Wednesday, June 5, 2:00 PM
- Father's Day BBQ!**  
Sunday, June 16, 11:30 AM
- Summertime Social Party!**  
Wednesday, June 19, 2:00 PM

*Atria*  
SENIOR LIVING

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SENIOR LIVING

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**30**

9:30 **LL** Sunday Eye Opener  
 10:00 **HF** Chair Cardio Workout  
 10:45 **IS** Communion Service (MR)  
 1:15 **EF** Bowling (AR)  
 2:00 **CE** Ice Cream Sundae Sunday! (AR)  
 2:30 **IS** Church Without Walls Service (MR)  
 3:30 **HF** RIDE Indoor Cycling (AR)  
 6:00 **EF** Residents' Choice-AMC Movie (AC)



**ROOM LOCATION KEY:**  
 Anytime Café AC  
 Media Room MR  
 Front Porch FP  
 Activity Room AR  
 Bus Outing BO  
 Dining Room DR  
 Back Porch BP  
 Library L  
 Life Guidance LG  
 Private Dining Room PDR

**STAFF KEY:**  
 Shay SA  
 Keira Bess KB

**PA** Personal Achievement  
**HF** Health & Fitness  
**EF** Entertainment & Fun  
**CV** Civic Engagement  
**LL** Lifelong Learning  
**CE** Creative Expression  
**IS** Inspiration & Spirituality  
**C** Connection  
**AW** Atria StoryWise

**1**

9:30 **HF** Arm Strengthening Fitness (AR)  
 10:00 **IS** The Holy Rosary w/  
 The Legion of Mary (MR)  
 10:30 Morning Makeovers (AR)  
 3:00 CardSharks  
 4:00 **HF** Afternoon Stretches (L)  
 6:00 **LL** Group Puzzle (LG)

**2**

9:30 **LL** Sunday Eye Opener  
 10:00 **HF** Chair Cardio Workout  
 10:45 **IS** Communion Service (MR)  
 1:15 **EF** Put-Put Golf  
 2:00 **CE** Ice Cream Sundae Sunday! (PDR)  
 2:30 **IS** Church Without Walls Service (MR)  
 3:30 **HF** RIDE Indoor Cycling (AR)  
 6:00 **EF** Residents' Choice-AMC Movie (MR) (SA)

**3**

9:30 **PA** Cocoa & Conversation  
 10:00 **HF** Fall Prevention Exercises  
 10:15 Hand Therapy: Therapeutic  
 Massage (AR) (SA)  
 1:15 **PA** Bridge Class with Marne' (AR)  
 2:30 **EF** Chef's Table with Keiry (DR) (SA)  
 3:30 **AW** StoryWise™  
 4:00 **HF** Strength and Stretch (L)  
 6:00 **IS** Chicken Soup for The  
 Soul Readings (AR)

**4**

9:30 **IS** Morning Devotional  
 10:00 **HF** Stretch Band Fitness  
 10:30 **LL** What am I? (L) (SA)  
 1:15 **CE** Groovin' Karaoke (AR) (SA)  
 2:30 **HF** Zumba® Gold with Barbara  
 3:00 **EF** Texas 42 Dominoes with Helen! (AR)  
 4:00 **HF** Leg Weight Training (AR)  
 6:00 **C** Hot Tea & Cookies Social (SA)

**5**

10:00 **HF** Movement to Music  
 For Coordination (AR) (SA)  
 10:30 **LL** Word in a Word Challenge (AR)  
 11:00 **PA** Walking for Heart Health! (FP)  
 1:30 **EF** Midday Matinee & Popcorn (AR)  
 2:00 **CE** DIY: Make Your Own  
 Ice Cream Social! (AR)  
 2:00 **C** Gentlemen's Club (AR)  
 3:00 **CE** Poetry Reading & Discussion (DR)  
 6:00 **HF** Pilates Stretches with Shay (AR) (SA)

**6**

9:30 **IS** Morning Devotional  
 10:00 **HF** Brain & Body Fitness  
 11:00 **CV** Encouragers Club  
 11:30 **PA** Ambassador Lunch  
 & Meeting (PDR) (SA)  
 1:15 **EF** Starbucks Outing! (AR)  
 2:00 **EF** Dominoes  
 3:00 Shopping Trip: Walmart (BO)  
 5:15 Pattern Bingo! (AR) (SA)  
 6:00 **HF** Bedtime Tai Chi For Relaxation (AR)

**7**

9:30 **LL** Wake up Westchase (AR)  
 10:00 **HF** Morning Fitness  
 10:30 **CE** Beads & Jewels Sorting (AR)  
 11:00 **PA** Converse Walking Club  
 1:15 Bingo  
 3:00 **C** Wine Down Friday  
 w/ David Gallego (DR)  
 4:00 **HF** Strength and Stretch (L)  
 5:30 **EF** Chick Flick Movie Night (MR)

**8**

10:00 **HF** Leg Strengthening Fitness (AR)  
 10:30 Morning Makeovers (AR)  
 1:15 **EF** Soft Volleyball  
 2:00 **C** Saturday Social  
 3:00 **EF** UNO®!  
 3:30 **HF** Afternoon Stretches (L)  
 6:00 **LL** Group Puzzle (MR)

**9**

9:30 **LL** Sunday Eye Opener  
 10:00 **HF** Chair Cardio Workout  
 10:45 **IS** Communion Service (MR)  
 1:15 **EF** Bowling  
 2:00 **CE** Ice Cream Sundae Sunday! (AR)  
 2:30 **IS** Church Without Walls Service (MR)  
 3:30 **HF** RIDE Indoor Cycling (AR)  
 6:00 **EF** Residents' Choice-AMC Movie (AC)

**10**

9:30 **PA** Cocoa & Conversation  
 10:00 **HF** Fall Prevention Exercises  
 10:15 Music & Manicures (SA)  
 10:45 **CV** Engage Life® Planning Meeting  
 (AR) (SA)  
 1:15 **PA** Bridge Class with Marne' (AR)  
 3:00 **C** Margarita Monday  
 with Rich Latimer! (DR) (SA)  
 4:00 **HF** Strength and Stretch (L)  
 6:00 **IS** TED Talks (MR) (SA)

**11**

9:30 **IS** Morning Devotional  
 10:00 **HF** Stretch Band Fitness  
 10:30 **LL** iPad® Trivia!  
 1:30 **CE** Costume Jewelry Creations (AR) (SA)  
 2:30 **HF** Zumba® Gold With Barbara  
 3:00 **EF** Texas 42 Dominoes with Helen! (AR)  
 4:00 **HF** Leg Weight Training (AR)  
 6:00 **LL** Group Puzzle (MR)

**12**

10:00 **HF** Movement to Music  
 For Coordination (AR)  
 10:30 **LL** Mindjoggers (AR) (KB)  
 11:00 **EF** Lunch Bunch (BO)  
 11:00 **PA** Walking for Heart Health! (FP)  
 1:30 Pokeno®! (AR)  
 2:15 **C** Meet & Greet Social! (AR)  
 3:00 **CE** Musical Sing Along Hour (AR)  
 3:30 **CV** Encouragers Club  
 6:00 **HF** Pilates Stretches with Shay (AR) (SA)

**13**

9:30 **IS** Morning Devotional  
 10:00 **HF** Total Body Fitness  
 10:30 **EF** Jenga! (AR)  
 1:15 **CE** Sip & Paint with Shay (AR)  
 2:00 **EF** Dominoes  
 2:30 **HF** Energizing Yoga with Sandy  
 3:00 Shopping Trip: Target (BO)  
 5:15 Texas Bingo! (AR) (SA)  
 6:00 **HF** Bedtime Tai Chi For Relaxation

**Flag Day!**

9:30 **LL** Wake up Westchase  
 10:00 **HF** Morning Fitness  
 10:30 **CE** Essential Oils: DIY Scrubs  
 11:00 **PA** Converse Walking Club  
 1:15 Mahjong with Paula  
 3:00 **C** Wine Down & Birthday  
 Party w/ Curtis (DR)  
 4:00 **HF** Strength and Stretch (L)  
 5:30 **EF** Romantic Comedy Movie Night (MR)

**15**

9:30 **HF** Hand Grip Exercises (AR)  
 10:00 **IS** The Holy Rosary w/  
 The Legion of Mary (AR)  
 10:30 Morning Makeovers  
 1:15 **EF** Soft Volleyball  
 2:00 **C** Saturday Social  
 3:00 CardSharks  
 3:30 **HF** Afternoon Stretches (L)  
 6:00 **C** Reminiscing Hour with Shay (AR)

**Happy Father's Day!**

**16**

9:30 **LL** Sunday Eye Opener  
 10:00 **HF** Chair Cardio Workout  
 10:45 **IS** Communion Service (MR)  
 11:30 **C** Father's Day BBQ! (BP)  
 1:15 **EF** Put-Put Golf  
 2:00 **CE** Ice Cream Sundae Sunday! (AR)  
 2:30 **IS** Church without Walls Service (MR)  
 3:30 **HF** RIDE Indoor Cycling (AR)  
 6:00 **EF** Residents' Choice-AMC Movie (AC)

**17**

9:30 **PA** Cocoa & Conversation  
 10:00 **HF** Fall Prevention Exercises  
 10:15 Hand Therapy: Therapeutic  
 Massage (AR) (SA)  
 1:15 **PA** Bridge Class with Marne' (AR)  
 2:00 **EF** Monopoly! (AR) (SA)  
 3:30 **AW** StoryWise™  
 4:00 **HF** Strength and Stretch (L)  
 6:00 **IS** Chicken Soup for  
 The Soul Readings (AR)

**18**

9:30 **IS** Morning Devotional  
 10:00 **HF** Stretch Band Fitness  
 10:30 **LL** Who am I? (AR) (SA)  
 1:15 **CE** Groovin' Karaoke (MR) (SA)  
 2:30 **HF** Zumba® Gold with Barbara  
 3:00 **CV** Resident Council Meeting with ED (AR)  
 3:30 **CE** Woodshop (AR) (SA)  
 4:00 **HF** Leg Weight Training (AR)  
 6:00 **C** Neighborhood Block Party (SA)

**19**

10:00 **HF** Movement to Music  
 For Coordination (AR)  
 10:30 **LL** Word in a Word Challenge (AR)  
 11:00 **PA** Walking for Heart Health! (FP)  
 1:30 **EF** Midday Matinee & Popcorn (MR)  
 2:00 **C** Summertime Social Party! (AR)  
 3:00 Canasta (AR) (SA)  
 3:30 **C** Veterans Club (AR)  
 6:00 **HF** Pilates Stretches with Shay (AR) (SA)

**20**

9:30 **IS** Morning Devotional  
 10:00 **HF** Brain & Body Fitness  
 10:30 **PA** Baking Class (AR)  
 1:00 **EF** Baskin Robbins Outing! (AR)  
 2:00 **EF** Dominoes  
 3:00 Shopping Trip: Walgreens (BO)  
 3:30 **CE** Crafting Class  
 5:15 Pattern Bingo! (AR) (SA)  
 6:00 **HF** Bedtime Tai Chi For Relaxation (AR)

**First Day of Summer!**

9:30 **LL** Wake Up Westchase  
 10:00 **HF** Morning Fitness  
 10:30 **CE** Jewelry Workshop  
 11:00 **PA** Converse Walking Club  
 1:15 Bingo  
 3:00 **C** Wine Down Friday with Jeff (DR)  
 4:00 **HF** Strength and Stretch (L)  
 6:00 **EF** Documentary Movie Night

**22**

9:30 **LL** Saturday Eye Opener  
 10:00 **HF** Stretching for Range  
 of Motion (AR)  
 10:30 Morning Makeovers  
 1:15 **EF** Soft Volleyball (AR)  
 2:00 **C** Saturday Social  
 3:00 **EF** UNO®! (AR)  
 3:30 **HF** Afternoon Stretches (L)  
 6:00 **LL** Group Puzzle (MR)

**23**

9:30 **LL** Sunday Eye Opener  
 10:00 **HF** Chair Cardio Workout  
 10:45 **IS** Communion Service (MR)  
 1:15 **EF** Bowling (AR)  
 2:00 **CE** Ice Cream Sundae Sunday! (AR)  
 2:30 **IS** Church Without Walls Service (MR)  
 3:30 **HF** RIDE Indoor Cycling (AR)  
 6:00 **EF** Residents' Choice-AMC Movie (AC)

**24**

9:30 **PA** Cocoa & Conversation  
 10:00 **HF** Fall Prevention Exercises  
 10:15 Music & Manicures  
 1:15 **PA** Bridge Class with Marne' (AR)  
 3:00 **C** Margarita Monday with Jon Dameron!  
 4:00 **HF** Strength and Stretch (L)  
 6:00 **IS** TED Talks (MR) (SA)

**25**

9:30 **IS** Morning Devotional  
 10:00 **HF** Stretch Band Fitness  
 10:30 **LL** iPad® Trivia! (SA)  
 1:45 **CE** Edible Art Creations (AR) (SA)  
 2:30 **HF** Zumba® Gold with Barbara  
 3:00 **CE** Stencil Drawing (AR)  
 4:00 **HF** Leg Weight Training (AR)  
 6:00 **CE** Creative Writing

**26**

10:00 **HF** Movement to Music  
 For Coordination (AR)  
 10:30 **LL** Learning Sign Language (AR)  
 11:00 **EF** Lunch Bunch (BO)  
 11:00 **PA** Walking for Heart Health! (FP)  
 1:30 **C** Wine Tasting Social (SA)  
 2:30 **CV** Food For Thought  
 Meeting with Chef Keiry (MR)  
 3:00 **PA** Beginners Crochet (AR)  
 6:00 **HF** Pilates Stretches with Shay (AR) (SA)

**27**

9:30 **IS** Morning Devotional  
 10:00 **HF** Total Body Fitness  
 10:30 Aromatherapy (AR)  
 1:15 **CE** Sip & Paint with Shay (AR) (SA)  
 2:30 **EF** Dominoes  
 2:30 **HF** Energizing Yoga with Sandy  
 3:00 Shopping Trip: CVS Pharmacy (BO)  
 5:15 Prize Bingo! (AR) (SA)  
 6:00 **HF** Bedtime Tai Chi For Relaxation

**28**

9:30 **LL** Wake up Westchase  
 10:00 **HF** Aerobic Fitness  
 10:30 **CE** Watercolor Group  
 11:00 **PA** Converse Walking Club  
 1:15 Mahjong with Paula  
 3:00 **C** Wine Down Friday w/ Dennis (DR)  
 4:00 **HF** Strength and Stretch (L)  
 5:30 **EF** Action & Adventure Movie Night (MR)

**29**

9:30 **LL** Saturday Eye Opener  
 10:00 **HF** Stretching for Range  
 of Motion (AR)  
 10:30 Morning Makeovers  
 1:15 **EF** Soft Volleyball (AR)  
 3:00 **EF** UNO®! (AR)  
 3:30 **HF** Afternoon Stretches (L)  
 6:00 **LL** Group Puzzle (MR)

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 Pokeno® is a registered trademark of US Playing Card Company.  
 UNO® is a registered trademark of Mattel, Inc.  
 Zumba® is a registered trademark of Zumba Fitness, LLC

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Father's Day BBQ**  
Sunday, June 16, 11:30 AM

**Chef's Table with Keiry**  
Monday, June 17, 2:30 PM

**Welcome to the  
Neighborhood Party**  
Thursday, June 27, 2:30 PM

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## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**30**

9:00 **C** Fresh Faces  
 9:30 **HF** MOVIN' AND GROOVIN'  
 10:15 **IS** Lakewood Church via TV  
 11:00 **IS** Spiritual Sunday/St. Cyril Service  
 1:00 **LL** What's in a word? (AR)  
 2:15 **HF** Fun Fitness  
 3:00 **C** Share Life Story  
 3:30 LEGATO MUSIC Karaoke  
 5:45 **LL** Poetry Time  
 6:00 **EF** TV Game Shows



### ROOM LOCATION KEY:

Activity Room AR  
 Dining Room DR  
 Living Room LR  
 Bus Outing BO

- PA** Personal Achievement
- HF** Health & Fitness
- EF** Entertainment & Fun
- CV** Civic Engagement
- LL** Lifelong Learning
- CE** Creative Expression
- IS** Inspiration & Spirituality
- C** Connection
- Atria StoryWise**

**1**

9:00 **C** Fresh Faces  
 9:30 **HF** Movin' & Groovin' (AR)  
 11:00 **PA** Legato Karaoke Sing Along  
 1:00 Hand Massage  
 3:00 **HF** Stretch and Flex  
 3:30 Bingo  
 4:00 **LL** Reading Together  
 6:00 **EF** AMC Movie-Resident Choice

**2**

9:00 **C** Fresh Faces  
 9:30 **HF** Stand Up and Be Fit  
 10:15 **IS** Lakewood Church via TV  
 10:45 Spiritual Sunday/St. Cyril Service  
 1:00 **LL** Daily Chronicle  
 2:15 **HF** Strength Training  
 2:30 **PA** Legato - Residents' choice music  
 3:00 Trivia Time  
 6:00 TV Movie Classics

**3**

9:00 **C** Fresh Faces  
 9:30 **HF** Flex and Stretch  
 10:30 **IS** Bible Study (AR)  
 1:00 Board Games  
 2:15 **HF** Volley for Serve  
 3:00 **LL** Daily Chronicle  
 3:30 LEGATO: Music Name That Tune  
 6:00 **IS** Relax and Remember

**4**

9:00 **C** Fresh Faces  
 9:30 **HF** Morning Stretch  
 10:30 **CE** StoryWise™ Stories  
 1:00 **C** Book Club (AR)  
 2:30 **HF** Zumba®  
 2:30 **PA** LEGATO: Name that Tune  
 3:15 **EF** Putt-Putt Golf  
 4:00 **LL** Daily Chronicle  
 6:00 **EF** TV Game Shows

**5**

9:00 **C** Fresh Faces  
 9:30 **HF** Strength and Balance Program  
 10:30 **PA** Spelling Bee  
 1:00 **PA** LEGATO: Karaoke Sing Along  
 1:30 **LL** Daily Chronicle  
 2:15 **HF** Let's Walk day  
 3:00 Pretty Nails  
 3:30 Bingo Animal  
 6:00 **EF** I Love Lucy

**6**

9:00 **C** Fresh Faces  
 9:30 **HF** Light Weight Exercises  
 10:30 Scenic Drive  
 10:30 **PA** Legato Sing Along  
 11:00 **LL** Famous Pairs  
 1:00 **LL** Daily Chronicle  
 2:15 **HF** Fun Fitness  
 3:00 Tea Party Sharing Stories  
 3:45 **CE** Painted Rock Art with Quotes  
 6:00 **EF** Piano by Loris

**7**

9:00 **C** Fresh Faces  
 9:30 **HF** Flex and Stretch w/ Shay  
 10:30 **CE** Painting with Music  
 1:00 **LL** Daily Chronicle  
 2:15 **HF** Strength Training  
 2:30 **PA** Legato Sing Along  
 3:15 Wine Down Friday  
 5:45 **LL** Reading Together

**8**

9:00 **C** Fresh Faces  
 9:30 **HF** Toss and Turn  
 10:30 News and Views  
 1:00 Hand Massage  
 2:15 **HF** Stretch and Flex  
 3:00 **LL** Daily Chronicle  
 3:30 **PA** Legato - Karaoke Sing Along  
 6:00 **EF** AMC Movie Night

**9**

9:00 **C** Fresh Faces  
 9:30 **HF** Conductorcise®  
 10:15 **IS** Lakewood Church  
 10:45 **IS** Spiritual Sunday/St. Cyril Service  
 1:00 **PA** Legato Instruments Playing  
 2:15 **HF** Get in Shape  
 3:00 **LL** Spa Time  
 3:30 **CE** Sunday Paper: Coupon Clipping  
 6:00 **EF** TV Movie Classics

**10**

9:30 **HF** Flex and Stretch (AR)  
 10:30 **IS** Bible Study (LR)  
 11:00 **LL** Trivia Time  
 1:00 **LL** Daily Chronicle  
 2:15 **HF** Strenght Training  
 3:00 **PA** LEGATO to the 60's  
 3:30 Reading Together  
 6:00 **IS** Relax and Remember

**11**

9:00 **C** Fresh Faces  
 9:30 **HF** Happy Feet  
 10:30 **CE** StoryWise™ Stories  
 11:00 **PA** MANICURES & HAND MASSAGES  
 1:00 **PA** Spelling Bee  
 2:15 **HF** Fun Fitness  
 3:00 LEGATO MUSIC SING ALONG  
 3:30 **C** Hand Massage w/ Lemon Sugar Scrub  
 6:00 **EF** TV Game Shows

**12**

9:00 **LL** Daily Chronicle  
 9:30 **C** Fresh Faces  
 10:00 **HF** Free Style dancing!  
 10:30 **EF** Lunch Bunch  
 1:00 Instruments Playing  
 2:15 **HF** Yoga (AR)  
 3:00 Pretty Nails  
 3:30 **PA** LEGATO KARAOKE SING ALONG  
 6:00 **EF** AMC Movie Night

**13**

9:00 **LL** Daily Chronicle  
 9:30 **HF** Dance Class  
 10:30 **CE** Jewelry Workshop  
 11:00 Legato - What's your favorite tune?  
 1:00 **C** Bingo  
 2:15 **HF** Stretch and Flex  
 2:45 Tea Social  
 6:00 **EF** Piano By Loris

**14**

9:00 **C** Fresh Faces  
 9:30 **HF** Flex and Stretch  
 10:30 Canvas Painting with Music  
 1:00 **LL** Daily Chronicle  
 2:15 **HF** Flex and Stretch  
 3:15 **EF** Wine Down Friday  
 5:45 **LL** Reading Together  
 6:00 **EF** I Love Lucy

**15**

9:00 **C** Fresh Faces  
 9:30 **HF** Happy Feet  
 10:00 **CE** Art Expressions  
 10:30 **PA** Puzzle Mania  
 1:00 **LL** Daily Chronicle  
 2:30 **HF** Yoga  
 3:00 **PA** Spelling Bee  
 3:30 **PA** Legato to the Name that Tune  
 5:45 **PA** LIFE STORIES  
 6:00 **EF** AMC Movie Night

**16**

9:00 **LL** Daily Chronicle  
 9:30 **HF** MOVIN' AND GROOVIN'  
 10:30 **LL** May Trivia  
 11:00 **IS** Spiritual Sunday/St. Cyril Service  
 11:30 **C** Father's Day BBQ  
 1:00 **LL** What's in a word?  
 2:15 **HF** Volley for Serve  
 3:00 **PA** Legato: Irish Sing Along  
 3:30 **CE** Sunday Paper: Coupon Clipping  
 6:00 **EF** TV Movie Classics

**17**

9:00 **C** Fresh Faces  
 9:30 **HF** Flex and Stretch  
 10:00 **IS** Bible Study (AR)  
 11:00 **LL** Trivia Time  
 1:00 Bingo  
 2:00 **HF** Stretch and Flex  
 2:30 **LL** Chef's Table with Keiry  
 3:30 **PA** LEGATO MUSIC Karaoke Sing Along  
 5:45 **LL** Daily Chronicle

**18**

9:00 **LL** Daily Chronicle  
 9:30 **HF** Weights Exercise (AR)  
 10:30 **CE** StoryWise™ Stories  
 11:00 **PA** Gardening  
 1:00 **PA** Legato to Karaoke  
 2:00 **HF** Fun Fitness (AR)  
 2:30 Zumba® Gold (AR)  
 3:00 **C** Ice Cream Social  
 6:00 **EF** TV Game Shows

**19**

9:00 **C** Fresh Faces  
 9:30 **HF** Flex and Stretch (AR)  
 11:00 **PA** Puzzle Mania (AR)  
 2:00 **C** Summertime Social Party!  
 3:00 Pretty Nails  
 3:30 **PA** LEGATO MUSIC KARAOKE SING ALONG  
 3:45 **HF** Fall Prevention Exercises (AR)  
 6:00 **EF** Movie Time and Popcorn

**20**

9:00 **C** Fresh Faces  
 9:30 **HF** MOVIN' AND GROOVIN' (AR)  
 10:30 Scenic Drive  
 11:00 Card Games  
 1:00 LEGATO Sing Along  
 2:15 **HF** Get in Shape  
 3:15 **PA** My Life Story  
 3:45 **CE** Painted Rock Art with Quotes  
 6:00 **EF** Piano by Loris

**21**

9:00 **LL** Daily Chronicle  
 9:30 **HF** Flex and Stretch (AR)  
 10:30 **LL** Trivia Time  
 1:00 **C** Hand Massage  
 2:15 **HF** Conductorcise® w/ Shay (AR)  
 2:30 LEGATO MUSIC PROGRAM  
 3:15 **EF** Wine Down Friday  
 5:45 **LL** Reading Together

**22**

9:00 **LL** Daily Chronicle  
 9:30 **HF** Flex and Stretch (DR)  
 10:00 **LL** Picture Memories  
 1:00 **PA** LEGATO Karaoke Sing Along  
 2:15 **HF** Volley for Serve  
 3:00 Bingo  
 6:00 **EF** AMC Movie Night

**23**

9:00 **C** Fresh Faces  
 9:30 **HF** MOVIN' AND GROOVIN'  
 10:15 **IS** Lakewood Church via TV  
 11:00 **IS** Spiritual Sunday/St. Cyril Service  
 1:00 **LL** What's in a word? (AR)  
 2:15 **HF** Fun Fitness  
 3:00 **C** Share Life Story  
 3:30 LEGATO MUSIC Karaoke  
 5:45 **LL** Poetry Time  
 6:00 **EF** TV Game Shows

**24**

9:00 **LL** Daily Chronicle  
 9:30 **HF** Flex and Stretch  
 10:00 **IS** Bible Study (AR)  
 11:00 **PA** Legato Sing Along  
 1:00 Bingo  
 2:15 **HF** Fun Fitness  
 3:00 **CE** GROUP DANCING  
 3:30 Bingo  
 6:00 **IS** Relax and Remember

**25**

9:00 **C** Fresh Faces  
 9:30 **HF** Exercise Weights  
 10:30 **CE** StoryWise™ Stories  
 11:00 **PA** Legato - Bingo Music  
 1:15 **PA** Spelling Bee  
 2:15 **HF** Parachute Exercise  
 2:45 **PA** Healthy Snacks and Chat  
 3:15 Bingo  
 4:00 **LL** Daily Chronicle  
 6:00 **EF** Residents' Choice-AMC Movie

**26**

9:00 **C** Fresh Faces  
 9:30 **HF** Happy Feet  
 10:30 **PA** Legato Sing Along (BO)  
 10:30 **EF** Lunch Bunch Cheddars Restaurant.  
 11:00 **LL** Trivia Time  
 1:00 **PA** Legato Instrument Playing  
 2:15 **HF** Dancing Scarves  
 3:00 **EF** June Birthday Party (AR)  
 3:30 Pretty Nails  
 6:00 **EF** AMC -Resident Choice

**27**

9:00 **LL** Daily Chronicle  
 9:30 **HF** Flex and Stretch  
 10:30 Faithful Paws Visit  
 1:00 **PA** LEGATO MUSIC SING ALONG  
 2:15 **HF** Get in Shape  
 2:30 **EF** Welcome to the Neighborhood Party (AR)  
 3:30 Craft Class  
 6:00 **EF** Piano by Loris

**28**

9:00 **C** Fresh Faces  
 9:30 **HF** Exercise Weights w/ Shay  
 10:30 **PA** Country Gold Karaoke  
 11:00 **LL** Daily Chronicle  
 1:15 **PA** Spelling Bee  
 2:15 **HF** Fun Fitness  
 3:15 Wine Down Friday (DR)  
 5:45 **LL** Reading Together  
 6:00 **EF** I Love Lucy

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9:00 **C** Fresh Faces  
 9:30 **HF** Happy Feet  
 10:00 **CE** Art Expressions  
 10:30 **PA** Puzzle Mania  
 1:00 **LL** Daily Chronicle  
 2:30 **HF** Yoga  
 3:00 **PA** Spelling Bee  
 3:30 **PA** Legato to the Name that Tune  
 5:45 **PA** LIFE STORIES  
 6:00 **EF** AMC Movie Night

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