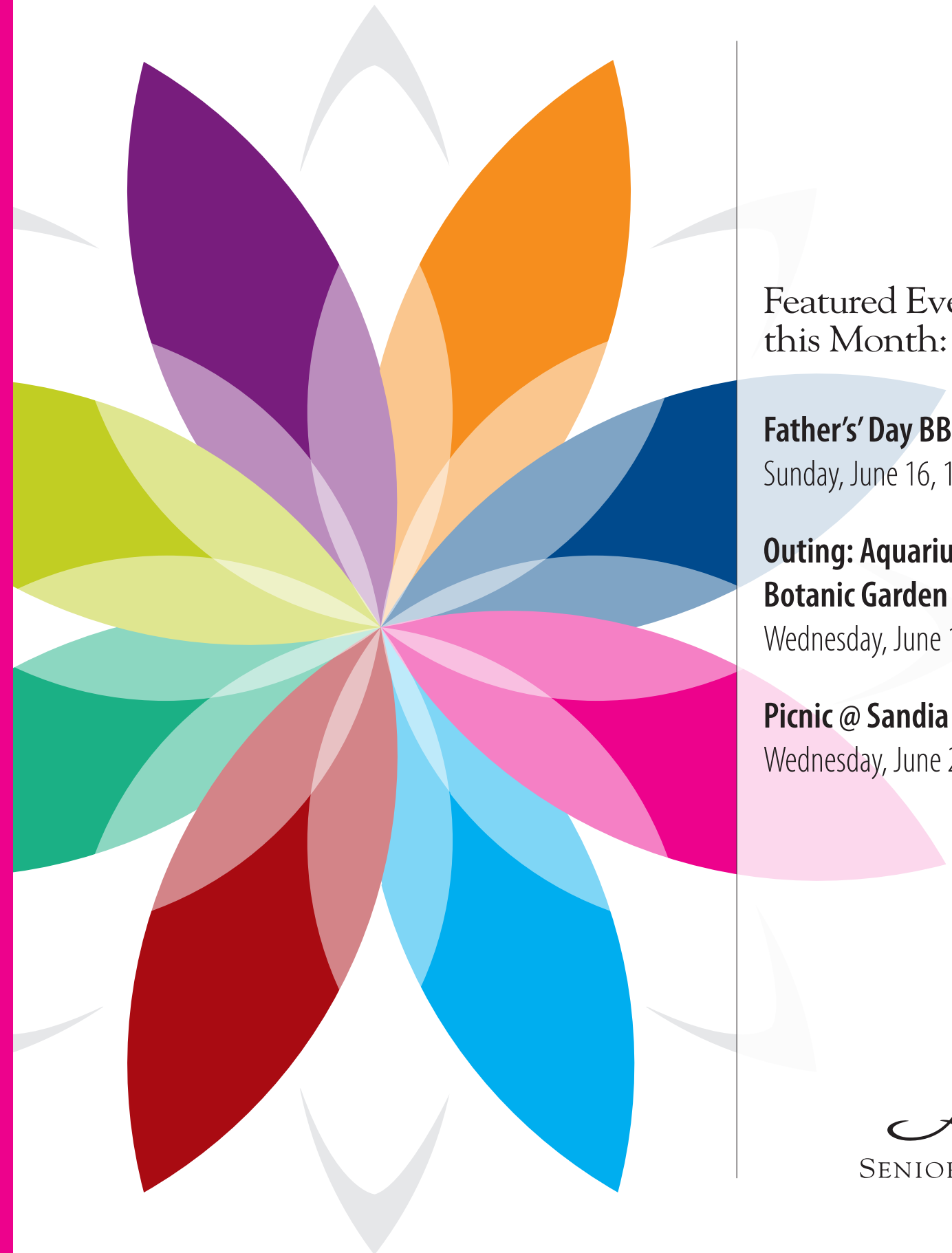


# ENGAGE LIFE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Father's' Day BBQ**  
Sunday, June 16, 11:00 AM

**Outing: Aquarium/  
Botanic Garden**  
Wednesday, June 19, 11:00 AM

**Picnic @ Sandia Capluin Springs**  
Wednesday, June 26, 9:30 AM

*Atria*  
SENIOR LIVING

*Atria*  
SENIOR LIVING

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**30**

9:00 **IS** Non-Denominational Church Service (C)  
 9:30 **HF** Noodle Fitness (AR)  
 10:30 **IS** Sunday Morning Mass in Life Guidance® (LLR)  
 11:00 Bingo (AR)  
 1:30 **EF** Matinee (THR)  
 1:30 **EF** Piano: Smooth Jazz, Sing Along (AR)  
 2:30 **C** Ice Cream Social: Strawberry Sundaes (ICP)  
 3:30 **HF** Deep Breathing & Stretching (AR)  
 6:30 **EF** Movie (THR)



**ROOM LOCATION KEY:**

Van	V	Chapel	C
Card Room	CR	Lobby	LB
Billiards Room	BR	Theatre	THR
LG Living Room	LLR		
Main Dining Room	MDR		
Exercise Room	ER		
Ice Cream Parlor	ICP		
Sunshine Living Room	SLR		
Private Dining Room	PDR		
Activities Room	AR		

**STAFF KEY:**

Irene	IH
Carlos Desiderio	CD

**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**

**Happy Birthday Robert S.**

9:30 **HF** Resistance Bands Workout (AR)  
 10:15 **CE** SING ALONG (AR)  
 11:00 **CE** SING ALONG (AR)  
 1:00 **EF** Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee with Kathy S. (THR)  
 3:00 **HF** Poker-Name your Game-Deal! (BR)  
 3:30 **HF** Deep Breathing & Stretching (AR)  
 6:30 **EF** Movie with Kathy S. (THR)

**2**

9:00 **IS** Non-Denominational Church Service (C)  
 9:30 **HF** Noodle Fitness (AR)  
 10:30 **IS** Sunday Morning Mass in Life Guidance® (LLR)  
 11:00 Bingo (AR)  
 1:30 **EF** Matinee (THR)  
 1:30 **EF** Music: Piano (AR)  
 2:30 **C** Ice Cream Social: Strawberry Sundaes (ICP)  
 3:30 **HF** Deep Breathing & Stretching (AR)  
 6:30 **EF** Movie (THR)

**3**

9:30 **HF** Flex & Stretch Exercise Class (AR)  
 9:30 Thrift Store Shopping: Savers (V) (IH)  
 10:15 **IS** Lady of Fatima Roman Catholic Communion (C)  
 10:30 Bingo (AR) (IH)  
 1:00 **EF** Jeopardy!® (AR)  
 1:00 Open Bridge (CR)  
 1:30 **EF** Matinee (THR)  
 1:30 N.M. Scenic Drive (V) (IH)  
 2:30 **HF** Upper Body Aerobics (AR)  
 3:00 Poker-Name your Game-Deal! (BR)  
 3:30 **LL** You be the Judge! (THR)  
 6:30 **EF** Movie (THR)

**4**

9:30 **HF** Flex & Stretch Exercise Class (AR)  
 12:00 **PA** Ambassador Monthly Luncheon (PDR)  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee (THR)  
 2:00 **HF** Complimentary Wellness Check (ER)  
 3:00 Poker-Name your Game-Deal! (BR)  
 3:30 **HF** Walking with Intent: 100 Step Goal (AR)  
 4:00 **LL** Appreciation of History Netflix® Series (THR)  
 6:00 Game Night with Irene (AR) (IH)  
 6:30 **EF** Movie (THR)

**5**

9:30 Walmart Shopping - Leaving at 9:30am (V)  
 9:30 **HF** Yoga/Stretch & Balance Class (AR)  
 9:30 **EF** Flea Market & LUNCH IN SANTA FE ON RAILRUNNER (V)  
 10:00 **CV** Knitting Club (LB)  
 10:15 **IS** Relax & Meditation (THR)  
 10:15 **IS** Roman Catholic Rosary communion (C)  
 1:30 **EF** Matinee (THR)  
 3:30 **HF** Walking with Intent 100 Step Goal (AR)  
 6:30 **EF** Movie (THR)  
 7:00 **IS** Bible Study Ambassadors for Christ (AR)

**6**

**Happy Birthday Janet J.**

9:30 **HF** Noodle Fitness (AR)  
 10:30 **LL** Engage Life® Planning Meeting (ICP)  
 1:00 Open Bridge (CR)  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee (THR)  
 2:00 **LL** Book Club (SLR)  
 2:30 **HF** Walking with Intent 100 Step Goal (AR)  
 3:00 Poker-Name your Game-Deal! (BR)  
 4:00 **LL** What's New in the News? (THR)  
 6:00 **LL** Exploring World Culture with Claudia (THR)  
 6:30 **EF** Movie (THR)

**7**

9:00 **HF** Flex & Stretch Exercise Class (AR) (IH)  
 9:30 **EF** Open Bridge (CR)  
 1:00 **HF** Upper Body Aerobics (AR)  
 2:30 Happy Hour-Birthday Celebration! (MDR)  
 6:30 **EF** Movie with Kathy S. (THR)

**8**

9:30 **HF** Resistance Band Workout (AR)  
 10:15 **CE** Coloring Floral & Mandala Prints (AR)  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee with Kathy S. (THR)  
 3:00 Poker-Name your Game-Deal! (BR)  
 3:30 **HF** Deep Breathing & Stretching (AR)  
 6:30 **EF** Movie with Kathy S. (THR)

**9**

9:00 **IS** Non-Denominational Church Service (C)  
 9:30 **HF** Noodle Fitness (AR)  
 10:30 **IS** Sunday Morning Mass in Life Guidance® (LLR)  
 11:00 Bingo (AR)  
 1:30 **EF** Matinee (THR)  
 2:30 **C** Ice Cream Social: Banana Splits (ICP)  
 3:30 **HF** Deep Breathing & Stretching (AR)  
 6:30 **EF** Movie (THR)

**10**

9:30 Discount Store Shopping: Dollar Tree (V) (IH)  
 9:30 **HF** Flex & Stretch Exercise Class (AR)  
 10:15 **IS** Lady of Fatima Roman Catholic Mass (C)  
 10:30 Bingo (AR)  
 1:00 **EF** Jeopardy!® (AR)  
 1:00 Open Bridge (CR)  
 1:30 **EF** Matinee (THR)  
 1:30 N.M. Scenic Drive Shuttle Van (V)  
 2:30 **HF** Upper Body Aerobics (AR)  
 3:00 Poker Name your Game! (BR)  
 3:30 **LL** You be the Judge! (THR)  
 6:30 **EF** Movie (THR)

**11**

**Happy Birthday Marcella M.**

9:30 **HF** Flex & Stretch Exercise Class (AR)  
 10:30 Glamour Nails (AR)  
 12:30 Pass and Play Volleyball (ICP)  
 1:30 **EF** Matinee: (THR)  
 2:00 **LL** Atria Employee Meeting/Employees only (AR)  
 3:00 Poker Name your Game! (BR)  
 3:30 **HF** Walking with Intent: 100 Step Goal (AR)  
 4:00 **LL** Appreciation of History, Netflix® Series (THR)  
 6:00 Game Night with Irene (AR) (IH)  
 6:30 **EF** Movie: (THR)

**12**

9:30 Walmart Shopping - Leaving at 9:30am (V) (IH)  
 9:30 **HF** Yoga/Stretch & Balance Class with Donna (AR)  
 10:00 **CV** Knitting Club (LB)  
 10:15 **IS** Relax & Meditation (THR)  
 10:15 **IS** Roman Catholic Rosary Communion (C)  
 1:30 **EF** L.G Travel and Outings (LLR) (IH)  
 1:30 **EF** Matinee (THR)  
 2:00 **CE** Cooking with Chef (MDR)  
 2:00 **LL** RESIDENT MONTHLY MEETING! (AR)  
 3:30 **HF** Walking with Intent: 100 Step Goal (AR)  
 6:30 **EF** Movie (THR)  
 7:00 **IS** Bible Study Ambassadors for Christ (AR)

**13**

**Happy Birthday Jackie F.**

9:30 **HF** Noodle Fitness (AR)  
 10:30 **CE** Music: Harp & Flute (AR)  
 1:00 Open Bridge (CR)  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee (THR)  
 2:30 **HF** Walking with Intent: 100 Step Goal (AR)  
 3:00 Poker Name your Game! (BR)  
 4:00 **LL** What's New in the News? (THR)  
 6:00 **LL** Exploring World Culture with Claudia (THR)  
 6:30 **EF** Movie (THR)

**14**

**Happy Birthday Elaine M.**

9:00 **HF** Flex & Stretch Exercise Class (AR) (IH)  
 9:30 **EF** Open Bridge (CR)  
 9:30 Shopping Trip: Walmart (V) (IH)  
 1:00 **HF** Upper Body Aerobics (AR)  
 2:30 Happy Hour & Musical Entertainment (MDR)  
 6:30 **EF** Movie with Kathy S. (THR)

**15**

9:30 **HF** Resistance Band Workout (AR)  
 10:15 **CE** Coloring Floral & Mandala Prints (AR)  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee with Kathy S. (THR)  
 3:00 Poker Name your Game! (BR)  
 3:30 **HF** Deep Breathing & Stretching (AR)  
 6:30 **EF** Movie with Kathy S. (THR)

**16**

**Happy Father's Day**

9:00 **IS** Non-Denominational Church Service (C)  
 9:30 **HF** Noodle Fitness (AR)  
 10:30 **IS** Sunday Morning Mass-Life Guidance® (LLR)  
 11:00 Bingo (AR)  
 1:00 **C** Father's' Day BBQ (MDR)  
 1:30 **EF** Matinee (THR)  
 1:30 **EF** Piano variety: patriotic & Sing Along (AR)  
 2:30 **C** Ice Cream Social: Root Beer Floats (ICP)  
 3:30 **HF** Deep Breathing & Stretching (AR)  
 6:30 **EF** Movie (THR)

**17**

9:30 **HF** Flex & Stretch Exercise Class (AR)  
 10:15 **IS** Lady of Fatima Roman Catholic Communion (C)  
 10:30 Bingo (AR)  
 1:00 **EF** Jeopardy!® (AR)  
 1:00 Open Bridge (CR)  
 1:30 **EF** Matinee (THR)  
 1:30 N.M. Scenic Drive Shuttle Van (V) (IH)  
 2:30 **HF** Upper Body Aerobics (AR)  
 3:00 Poker-Name your Game-Deal! (BR)  
 3:30 **LL** You be the Judge! (THR)  
 6:30 **EF** Movie (THR)

**18**

**Happy Birthday Elfego J.**

9:30 **HF** Flex & Stretch Exercise Class (AR)  
 10:30 What's in a Word: 100 Word Challenge (AR)  
 10:30 Glamour Nails (AR)  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee (THR)  
 2:00 **HF** Complimentary Wellness Check (ER)  
 3:00 Poker Name your Game! (BR)  
 3:30 **HF** Walking with Intent: 100 Step Goal (ER)  
 4:00 **LL** Appreciation of History Netflix® Series (THR)  
 6:00 Game Night with Irene (AR) (IH)  
 6:30 **EF** Movie (THR)

**19**

9:30 Walmart Shopping - Leaving at 9:30am (V) (IH)  
 9:30 **HF** Yoga/Stretch & Balance Class with Donna (AR)  
 10:00 **CV** Knitting Club (LB)  
 10:00 **CV** ABQ Book Van Public Library (SLR)  
 10:15 **IS** Relax & Meditation (THR)  
 10:15 **IS** Roman Catholic Rosary Communion (C)  
 11:00 **PA** Outing: Aquarium/Botanic Garden (V) (IH)  
 1:30 **EF** Matinee (THR)  
 3:30 **HF** Walking with Intent: 100 Step Goal (AR)  
 6:30 **EF** Movie (THR)  
 7:00 **IS** Bible Study Ambassadors for Christ (AR)

**20**

9:30 **HF** Noodle Fitness (AR)  
 10:30 **LL** Presentation by the Traveling Professor (AR)  
 1:00 Open Bridge (CR)  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee (THR)  
 2:30 **HF** Walking with Intent: 100 Step Goal (AR)  
 2:30 **HF** Presentation: ABQ Pharmacy  
 3:00 Poker-Name Your Game-Deal! (BR)  
 4:00 **LL** What's in the News (THR) (CD)  
 6:00 **LL** Exploring World Culture with Claudia (THR)  
 6:30 **EF** Movie (THR)

**21**

9:00 **HF** Flex & Stretch Exercise Class (AR)  
 9:30 **EF** Open Bridge (CR)  
 9:30 Shopping Trip: Walmart (V) (IH)  
 1:00 **HF** Upper Body Aerobics (AR)  
 2:30 Happy Hour & Musical Entertainment (MDR)  
 6:30 **EF** Movie with Kathy S. (THR)

**22**

9:30 **HF** Resistance Band Workout (AR)  
 10:15 **CE** Coloring Floral & Mandala Prints (AR)  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee with Kathy S. (THR)  
 3:00 Poker-Name your Game-Deal! (BR)  
 3:30 **HF** Deep Breathing & Stretching (AR)  
 6:30 **EF** Movie with Kathy S. (THR)

**23**

**Happy Birthday Judith N. Happy Birthday James K.**

9:00 **IS** Non-Denominational Church Service (C)  
 9:30 **HF** Noodle Fitness (AR)  
 10:30 **IS** Sunday Morning Mass-Life Guidance® (LLR)  
 11:00 Bingo (AR)  
 1:30 **EF** Matinee (THR)  
 1:30 **EF** Music & Dancing (AR)  
 2:30 **C** Ice Cream Social: Chocolate Sundae (ICP)  
 3:30 **HF** Deep Breathing & Stretching (AR)  
 6:30 **EF** Movie (THR)

**24**

9:30 **HF** Flex & Stretch Exercise Class (AR)  
 10:15 **IS** Lady of Fatima Roman Catholic Mass (C)  
 10:30 Bingo (AR)  
 1:00 **EF** Jeopardy!® (AR)  
 1:00 Open Bridge (CR)  
 1:30 **EF** Matinee (THR)  
 1:30 N.M. Scenic Drive Shuttle Van (V) (IH)  
 2:30 **HF** Upper Body Aerobics (AR)  
 3:00 Poker Name your Game! (BR)  
 3:30 **LL** You be the Judge! (THR)  
 6:30 **EF** Movie (THR)

**25**

9:30 **HF** Flex & Stretch Exercise Class (AR)  
 10:30 Red Hat Tea Party  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee (THR)  
 3:00 Poker Name Your Game! (BR)  
 3:30 **HF** Walking with Intent 100 Step Goal (AR)  
 4:00 **LL** Appreciation of History Netflix® Series (THR)  
 6:00 Game Night with Irene (AR) (IH)  
 6:30 **EF** Movie (THR)

**26**

9:30 Walmart Shopping - Leaving at 9:30am (V)  
 9:30 **HF** Yoga/Stretch & Balance Class with Donna (AR)  
 9:30 **EF** Picnic @ Sandia Capluin Springs (V)  
 10:00 **CV** Knitting Club (LB)  
 10:15 **IS** Relax & Meditation (THR)  
 10:15 **IS** Roman Catholic Rosary Communion (C)  
 1:30 **EF** Matinee (THR)  
 3:30 **HF** Walking with Intent 100 Step Goal (AR)  
 6:30 **EF** Movie (THR)  
 7:00 **IS** Bible Study Ambassadors for Christ (AR)

**27**

9:30 **HF** Noodle Fitness (AR)  
 11:30 **PA** Ambassador & New Resident Lunch (PDR)  
 1:00 Open Bridge (CR)  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee (THR)  
 2:30 **HF** Walking with Intent 100 Step Goal (AR)  
 3:00 Poker Name your Game! (BR)  
 4:00 **LL** What's New in the News? (THR)  
 6:00 **LL** Exploring World Culture with Claudia (THR)  
 6:30 **EF** Movie (THR)

**28**

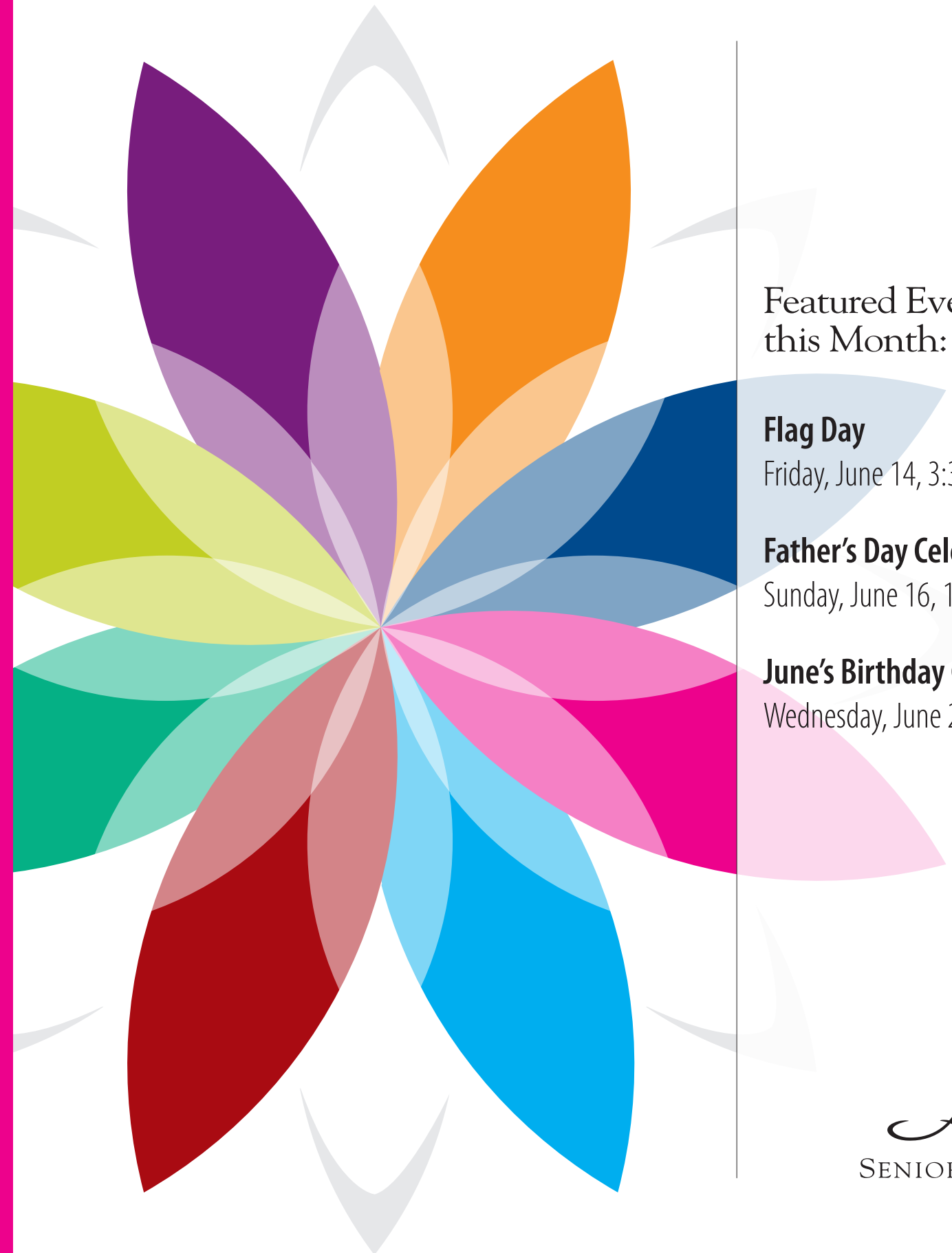
9:00 **HF** Flex & Stretch Exercise Class (AR) (IH)  
 9:30 **EF** Open Bridge (CR)  
 9:30 Shopping Trip: Walmart (V) (IH)  
 1:00 **HF** Upper Body Aerobics (AR)  
 2:30 Happy Hour & Musical Entertainment (MDR)  
 6:30 **EF** Movie with Kathy S. (THR)

**29**

9:30 **HF** Resistance Bands Workout (AR)  
 10:15 **CE** Coloring Floral & Mandala Prints (AR)  
 11:00 **CE** Sing Along  
 1:00 Pass and Play Volleyball (AR)  
 1:30 **EF** Matinee with Kathy S. (THR)  
 3:00 Poker-Name your Game-Deal! (BR)  
 3:30 **HF** Deep Breathing & Stretching (AR)  
 6:30 **EF** Movie with Kathy S. (THR)

# LIFE GUIDANCE<sup>®</sup>

## Monthly Calendar of Events and Programming



### Featured Events this Month:

**Flag Day**

Friday, June 14, 3:30 PM

**Father's Day Celebration**

Sunday, June 16, 11:00 AM

**June's Birthday Celebration**

Wednesday, June 26, 2:15 PM

*Atria*  
SENIOR LIVING

*Atria*  
SENIOR LIVING

## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**30**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Morning Stretch (LLR)  
 10:30 **IS** Non-Denominational Service (LLR)  
 1:00 **HF** Walking Club (TS)  
 1:30 **J** Saturday AL Music Entertainment (AR)  
 2:00 **C** Ice Cream Social (ICP)  
 3:30 **SW** StoryWise™ (Life Story Card) (AR)  
 6:00 **EF** Netflix® Choice (LLR)



**ROOM LOCATION KEY:**  
 Activities Room AR  
 Chapel C  
 Lobby LB  
 Life Guidance Dining Room LDR  
 Ice Cream Parlor ICP  
 LG Living Room LLR  
 Life Guidance Courtyard LGC  
 Main Dining Room MDR  
 Van V  
 To Be Announced TBA  
 Town Square TS

**STAFF KEY:**  
 brianna PS  
 rusty uayan LGD

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

**1**

9:00 **LL** Daily Chronicles (AR)  
 9:30 **HF** Conductorcise® (LLR)  
 9:30 Hair and Nails (AR)  
 11:00 **CE** Pen Pal Day (AR)  
 1:00 **IS** Relaxation  
 1:30 **HF** Yoga and Breathing Exercise (LLR)  
 2:00 **EF** Birth of Marilyn Monroe (LLR)  
 3:00 **J** Sgt. Pepper's 50th Anniversary (LLR)  
 6:00 **EF** Your Choice of Movie (LLR)

**2**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Morning Stretch (LLR)  
 10:30 **IS** Non-Denominational Service (LLR)  
 1:00 **HF** Walking Club (TS)  
 1:30 **J** Saturday AL Music Entertainment (AR)  
 2:00 **C** Ice Cream Social (ICP)  
 3:30 **SW** StoryWise™ (Life Story Card) (AR)  
 6:00 **EF** Netflix® Choice (LLR)

**3**

9:00 **HF** Breathing Exercise (LLR)  
 9:30 **C** Scenic Ride (V)  
 10:00 **IS** Roman Catholic Communion (C)  
 11:15 **LL** Monthly Gazette (LLR)  
 1:00 **IS** Downtime (LLR)  
 1:30 **HF** Move and Groove (LLR)  
 2:00 **CE** Marine Mammals Monday (LLR) (LGD)  
 4:00 **J** Karaoke Afternoon (LLR)  
 6:00 **PA** Book Reading With Tom (LLR)

**4**

9:00 **LL** Daily Chronicle (AR)  
 9:30 **HF** Strength and Balance Program (LGC)  
 10:00 **IS** Bingo (AR)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Matter of Balance Class (MOB) (LLR)  
 2:00 **CE** Easy Chocolate Pudding Making (LDR) (PS)  
 3:00 **C** Relaxing Tea Time (LGC)  
 3:30 **J** Legato Name That Tune! (LLR)  
 6:00 **EF** Movie and Popcorn (LGC)

**5**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Chair Aerobics (LLR)  
 10:15 **IS** Strength and Balance Program (LLR)  
 10:30 **EF** Ping Pong (LLR)  
 1:00 **IS** Relaxation  
 1:30 **HF** Walk the Neighborhood (LLR)  
 2:30 **CE** Up Up and Away (LDR) (PS)  
 3:30 **J** Karaoke with Rusty (LLR)  
 6:00 **EF** LG Movie (LLR)

**6**

9:00 **LL** Daily Chronicles (AR)  
 9:30 **HF** Strength and Balance Program (LLR)  
 10:00 **J** Get Your Kicks on 6/6 (LLR)  
 11:00 **IS** Music Therapy (LLR)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Zumba® with 50's Rock and Roll Music (LLR)  
 2:00 **PA** Gel Air Freshener Making (LLR) (PS)  
 4:00 **J** Dean Martin's 100th Birth Anniversary (LLR)  
 6:00 **EF** Your Choice of Movie (LLR)

**7**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Seated Tai Chi (LLR)  
 10:15 **C** Chocolate Ice Cream Social (LGC)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Low impact Zumba® (LLR)  
 2:00 **J** Happy Hour (MDR)  
 4:00 **CE** Gardening (LLR)  
 6:00 **LL** Book Reading (LLR)

**8**

9:00 **LL** Daily Chronicle's (LLR)  
 9:30 **HF** Aerobics' for Seniors (LLR)  
 10:45 **J** Play Scrabble® (AR)  
 11:00 **J** Sing Along with Lou Anne and Nancy (LLR)  
 1:00 **IS** Relaxation  
 1:30 **HF** Walking Club (LLR)  
 2:00 **J** Trivia Time (LLR)  
 3:00 **J** Sing Along with the Songs of the 50's (LLR)  
 6:00 **EF** Movie Time (LLR)

**9**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Morning Stretching (LLR)  
 10:15 **IS** Non-Denominational Service (LLR)  
 1:00 **IS** Relaxation (LLR)  
 1:15 **HF** Walking Club (LLR)  
 1:30 **J** AL Music Entertainment (AR)  
 2:30 **C** Ice Cream Social (ICP)  
 3:30 **CE** Gardening (LLR)  
 6:00 **EF** Residents' Movie of Choice (LLR)

**10**

9:00 **HF** Breathing Exercise (LLR)  
 9:30 **C** Scenic Ride  
 10:00 **IS** Roman Catholic Communion (C)  
 11:30 **LL** Daily Chronicles (LDR)  
 1:00 **IS** Relaxation (LLR)  
 2:00 **HF** Walking Club (LLR)  
 2:30 **J** Iced Tea Day (LGC)  
 3:30 **J** Sing to the Tunes of Judy Garland (LLR)  
 6:00 **EF** Popcorn and Movie (LLR)

**11**

9:00 **LL** Daily Chronicles (AR)  
 9:30 **HF** Chair Aerobics (LLR)  
 10:00 **CV** Write a Letter of Appreciation (LLR)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Low Impact Exercise (LLR)  
 3:30 **CE** Arts and Crafts (LGC) (PS)  
 4:00 **J** Karaoke with Brianna (LLR) (PS)  
 6:00 **PA** Book Reading with Polly (LLR)

**12**

9:00 **LL** Daily Chronicles (LB)  
 9:30 **HF** Chair aerobics (LLR)  
 10:00 **J** Checkers and Puzzle out in the Yard (AR)  
 10:15 **IS** Strength and Balance Program (LLR)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **C** Scenic Ride and Picnic Day (V)  
 3:00 **HF** Noodle Exercise (LLR)  
 3:00 **J** Remembering the Songs of the Jackson 5 (LLR) (PS)  
 6:00 **EF** Jackson 5 Documentary Movie (LLR)

**13**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Dance and Groove (LLR)  
 10:00 **CE** National Weed Your Garden Day (LGC) (LGD)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Stretch and Reach (LLR)  
 2:00 **J** Bake Time (German Chocolate Bites) (LDR) (PS)  
 3:45 **J** Listen to the Temptations Song (LLR) (PS)  
 7:00 **EF** Life of Pi (LLR)

**14**

9:00 **LL** Daily Chronicle (LLR)  
 9:30 **HF** Yoga (LLR)  
 10:00 **CE** Art Class with Suki (LLR)  
 11:00 **C** Coffee Social  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Walk Around the Block (LLR)  
 2:30 **J** Legato Happy Hour (MDR)  
 3:30 **CE** Flag Day (LLR) (PS)  
 6:00 **EF** Movie Time (LLR)

**15**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Core Training for Elderly (LLR)  
 10:00 **J** Salon Day (LLR) (PS)  
 1:00 **IS** Relaxation (LLR)  
 2:15 **HF** Ping Pong (LGC)  
 3:45 **J** Time to Sing Patriotic Songs (LLR)  
 6:30 **EF** Movie and Popcorn (LLR)

**16**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Free Weight Lifting Exercise (LLR)  
 10:15 **IS** Non-Denominational Service (LLR)  
 11:00 **J** Father's Day Celebration (LLR) (LGD)  
 1:00 **IS** Relaxation (LLR)  
 1:15 **HF** Walking Club (LGC)  
 1:30 **J** AL Music Entertainment (LLR)  
 2:30 **C** Ice Cream Social (ICP)  
 6:00 **EF** Residents' Movie of Choice (LLR)

**17**

9:00 **HF** Breathing Exercise (LGC)  
 9:30 **C** Scenic Ride (V)  
 10:00 **IS** Roman Catholic Communion (C)  
 11:30 **LL** Daily Chronicles  
 1:00 **IS** Relaxation (LLR)  
 2:00 **HF** Upper Body Strengthening (LLR) (LGD)  
 3:00 **LL** To Bee or Not to Bee (AR) (LGD)  
 3:30 **J** International Violin Day (LLR)  
 6:00 **PA** Book Reading with Tom (LLR) (LGD)

**18**

9:00 **LL** Daily Chronicles (AR)  
 9:30 **HF** Latin Music Zumba® (LLR)  
 10:00 **IS** Prized Bingo (LDR)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Low Impact Core Exercise (LLR)  
 2:00 **EF** Trip to the Museum (AR) (PS)  
 4:00 **J** Singing Barry Manilow's Song  
 6:00 **EF** Classic Movies (LLR)

**19**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Chair Aerobics (LLR)  
 10:15 **IS** Strength and Balance Program (LLR)  
 10:30 **C** Hot Chocolate and Checkers (LLR)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Balancing Exercise (LLR)  
 2:00 **J** Picnic Time (LGC) (PS)  
 4:00 **J** Karaoke Week! (LLR) (LGD)  
 6:00 **EF** Movie of Your Choice (LLR)

**20**

9:00 **LL** Daily Chronicles (AR)  
 9:30 **HF** Meditation and Breathing (LLR)  
 10:00 **CE** Make Some Ice Cream Soda (AR) (LGD)  
 1:00 **IS** Relaxation (LLR)  
 2:00 **HF** Walk Around the Block (LGC)  
 2:30 **CE** Art and Crafts Time (AR) (PS)  
 3:30 **J** Karaoke with Us (AR)  
 6:00 **EF** Netflix® Movie (LGC)

**21**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Move the Boogie Dance Exercise (V)  
 10:30 **EF** Prized Bingo (AR)  
 1:00 **IS** Relaxation (LLR)  
 2:00 **HF** Walk Around the Block (LLR)  
 2:30 **J** Legato Happy Hour (MDR)  
 6:00 **PA** Betty's Book Reading (LLR) (LGD)

**22**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Upper Body Exercise (LLR)  
 10:00 **J** Hair and Make-up Day (C)  
 11:00 **J** Sing Along With Lou Anne (LDR)  
 1:00 **IS** Relaxation (LLR)  
 2:30 **LL** Happy 70th Birthday, Meryl Streep (LDR) (LGD)  
 6:00 **EF** Mamamia (LLR) (LGD)

**23**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Chair Aerobics (LLR)  
 10:15 **IS** Non-Denominational Service (LLR)  
 1:00 **IS** Relaxation (LLR)  
 1:15 **HF** Community Stroll (LLR)  
 1:30 **J** AL Music Entertainment (LLR)  
 2:30 **C** Ice Cream Social (ICP)  
 4:00 **J** Listen to Jazz Music (LLR)  
 6:00 **EF** Netflix® and Popcorn (LLR)

**24**

9:00 **HF** Breathing and Meditation (LLR)  
 9:30 **C** Scenic Ride (V)  
 10:00 **IS** Roman Catholic Communion  
 11:15 **LL** Daily Chronicles (LLR)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Chair Yoga (LLR)  
 3:00 **EF** Have Fun at the Town Square (LLR)  
 3:45 **J** Play Your Favorite Song (LLR)  
 6:00 **EF** Movie Time (LLR)

**25**

9:00 **LL** Daily Chronicles (AR)  
 9:30 **HF** Move and Groove (LLR)  
 10:00 **PA** Poem Reading (LLR)  
 1:00 **IS** Relaxation (LGC)  
 1:30 **HF** Walking Club (LLR)  
 2:45 **EF** Museum Trip (TBA)  
 4:00 **J** Karaoke with Brianna (AR)  
 6:00 **PA** Tom's Short Story Reading (LGC) (LGD)

**26**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Cardio Exercise for Seniors (LLR)  
 10:15 **IS** Strength and Balance Program (LLR)  
 10:30 **J** Spa Day! (AR)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Walk Around the Block (AR)  
 2:15 **J** June's Birthday Celebration (LLR) (PS)  
 6:00 **EF** Movie Of Choice (LLR)

**27**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Chair Yoga (LLR)  
 10:15 **EF** Ping Pong Time (LLR) (LGD)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Chair Dancing (LLR)  
 2:30 **CE** Bake Time (LDR)  
 3:45 **J** Karaoke with Rusty  
 6:00 **EF** Movie Night (LLR) (LGD)

**28**

9:00 **LL** Daily Chronicles (LLR)  
 9:30 **HF** Noodle Exercise (LLR)  
 10:15 **CE** Art Class with Suki (AR)  
 1:00 **IS** Relaxation (LLR)  
 1:30 **HF** Walk Around the Block (LLR)  
 2:00 **PA** Do your Own Make-up (LLR)  
 2:30 **J** Legato Happy Hour (MDR)  
 3:30 **IS** Meditation (LGC)  
 6:00 **EF** Comedy Night

**29**

9:00 **LL** Daily Chronicles (AR)  
 9:30 **HF** Conductorcise® (LLR)  
 9:30 Hair and Nails (AR)  
 11:00 **J** Listen and Sing with Lou Anne's Songs (AR)  
 1:00 **IS** Relaxation  
 2:00 **LL** Feast of Saints Peter and Paul (LLR)  
 3:00 **J** Jazz and Blue's of the 60's (LLR)  
 6:00 **EF** Your Choice of Movie (LLR)

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