

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Note: Activities in bold denotes special programs such as: live music, religious services, & Watermark University classes.</p>	<p><u>Engage VR - Virtual Reality</u> If you are interested in traveling, going into space, or under the sea without leaving the comfort of your apartment, sign up with the Activity Staff to use the Oculus Headset.</p>	<p><u>Pet Therapy</u> Reduce anxiety, increase socialization, and improve your overall quality of life by spending time with animals. Please contact the Activity Department if you have a pet that can visit.</p>	<p><u>Dates to Remember</u> 06/02 Mass with Father Wayne 06/06 Golden Blue Ribbon Singers 06/14 Dave Colucci Sings 06/19 WU: Butterfly Program 06/21 Derek Bridges Performs for Birthday Party 06/20 Ethan Stone on Piano</p>	<p>9:45 - Balance Exercise 10:30 - WU: Health Talk: "Summer Precautions" 1:30 - WU: LGBT Artists/Authors/Singers 2:15 - Happy Hour 3:30 - Afternoon Stretch 4:00 - Musical Reflection: Peace 6:00 - Comedy Club: Dean Martin</p>	<p>9:45 - Strength Exercise 10:30 - Armchair Travel - London 1:30 - Mass with Father Wayne 2:30 - Afternoon Stretch 3:00 - Pitch & Putt Golf 4:00 - Music and Reminisce 6:00 - Game Night: Uno</p>	<p>9:45 - Flexibility Exercise 10:30 - Bingo 1:30 - Timeless Trivia 2:30 - Afternoon Stretch 3:00 - Sentimental Reflections 4:00 - Poetry Corner: <i>Summer on the Farm</i> 6:00 - Manicures & Music</p>
<p>10:00 - Mass on TV Ch. 9 11:00 - Cardio Exercise 1:30 - Cinema Sunday: "Where the Crowdads Sing" 2:30 - Afternoon Stretch 3:00 - Artistic Reflection 4:00 - Music Hour: Perry Como 6:00 - Group Trivia</p>	<p>9:45 - Resistance Exercise 10:30 - WU: Daily Chronicle 1:00 - Communion 2:00 - Chaplet of Divine Mercy 2:30 - Afternoon Stretch 3:00 - WU: Timely Topics 4:00 - Artistic Expression 6:00 - WU: Music Appreciation: Crooners</p>	<p>9:45 - Yoga Exercise 10:30 - WU: Baking Club 1:00 - Walking Club 1:30 - Golden Blue Ribbon Singers 3:30 - Watercolor Painting 4:00 - Sentimental Reflections 6:00 - Game Night: Table Top Bowling</p>	<p>9:45 - Cardio Exercise 10:30 - WU: Biography: Michael J Fox 1:30 - WU: All About Cheese 2:30 - Afternoon Stretch 3:00 - Artistic Expression 4:00 - Musical Reflection: Bette Midler 6:00 - Book Club: <i>Cousins on the Farm</i></p>	<p>9:45 - Balance Exercise 10:30 - Dunkin Donuts Trip 1:30 - Reminisce - <i>How Did We Survive?</i> 2:15 - Happy Hour 3:30 - Afternoon Stretch 4:00 - Musical Reflection: Sunset Reflection 6:00 - Comedy Club: I Love Luc</p>	<p>9:45 - Strength Exercise 10:30 - WU: Scrumptious Delights 1:30 - Target Toss 2:30 - Afternoon Stretch 3:00 - Corn Hole Game 4:00 - Music and Reminisce 6:00 - Game Night: Crazy 8's</p>	<p>9:45 - Flexibility Exercise 10:30 - Bingo 1:30 - Timeless Trivia 2:30 - Afternoon Stretch 3:00 - Sentimental Reflections 4:00 - Poetry Corner: <i>Chicken Soup for the Golden Soul</i> 6:00 - Manicures & Music</p>
<p>10:00 - Mass on TV Ch. 9 11:00 - Cardio Exercise 1:30 - Cinema Sunday: "Steel Magnolias" 2:30 - Afternoon Stretch 3:00 - Artistic Reflection 4:00 - Music Hour: Dean Martin</p>	<p>9:45 - Resistance Exercise 10:30 - WU: Daily Chronicle 2:00 - Chaplet of Divine Mercy 2:30 - Afternoon Stretch 3:00 - WU: Timely Topics 4:00 - Artistic Expression 6:00 - WU: Music Appreciation: Big Band</p>	<p>9:45 - Yoga Exercise 10:30 - WU: Baking Club 1:00 - Walking Club 1:30 - Coffee Social in Café 3:30 - Watercolor Painting 4:00 - Sentimental Reflections 6:00 - Game Night: Dominoes</p>	<p>Flag Day 9:45 - Cardio Exercise 10:30 - WU: Father's Day Trivia 1:30 - Dave Colucci Entertains 2:30 - Afternoon Stretch 3:00 - Artistic Expression 4:00 - Musical Reflection: Willie Nelson 6:00 - Book Club: <i>The Clothes Li</i></p>	<p>10:00 - WU: Jeff the Plant Guy 11:00 - Reminisce - <i>Wild Berry Picking</i> 1:30 - WU: Spanish Cooking 2:15 - Happy Hour 3:30 - Afternoon Stretch 4:00 - Musical Reflection: Baby Animals and Music 6:00 - Comedy Club: Art Linklet</p>	<p>9:45 - Strength Exercise 10:30 - Armchair Travel - Niagara Falls 1:30 - Table Top Bowling 2:30 - Afternoon Stretch 3:00 - Ladder Golf 4:00 - Music and Reminisce 6:00 - Game Night: Table Gam</p>	<p>9:45 - Flexibility Exercise 10:30 - Bingo 1:30 - Timeless Trivia 2:30 - Afternoon Stretch 3:00 - Sentimental Reflections 4:00 - Poetry Corner: <i>A Tribute to a Great Dad</i> 6:00 - Manicures & Music</p>
<p>Father's Day 10:00 - Mass on TV Ch. 9 11:00 - Cardio Exercise 1:00 - Piano Entertainment 2:00 - Grace Church Service 3:00 - Artistic Reflection 4:00 - Music Hour: Frank Sinatra 6:00 - Group Trivia</p>	<p>Juneteenth 9:45 - Resistance Exercise 10:30 - WU: Butterfly Program 1:00 - Communion 2:00 - Chaplet of Divine Mercy 3:00 - WU: Influential African American Poets, Artists, Politicians 4:00 - Artistic Expression 6:00 - WU: Music Appreciation: Jazz</p>	<p>9:45 - Yoga Exercise 10:30 - WU: Baking Club 1:00 - Walking Club 1:30 - Disco Dance Party 3:30 - Watercolor Painting 4:00 - Sentimental Reflections 6:00 - Game Night: Crazy 8's</p>	<p>First Day of Summer 9:45 - Cardio Exercise 10:30 - WU: Biography: Gary Cooper 1:30 - Derek Bridges Entertains 2:30 - Afternoon Stretch 3:00 - Artistic Expression 4:00 - Musical Reflection: Country 6:00 - Book Club: <i>Chicken Soup for</i></p>	<p>9:45 - Balance Exercise 10:30 - Reminisce - <i>The Spelling Test</i> 1:30 - Word Games 2:00 - WU: Chopped Challenge with Happy Hour 3:30 - Afternoon Stretch 4:00 - Musical Reflection: Ocean Waves 6:00 - Comedy Club: Johnny Carson</p>	<p>9:45 - Strength Exercise 10:30 - Armchair Travel - Norway 1:30 - WU: Music Appreciation with James 2:30 - Afternoon Stretch 3:00 - Pitch & Putt Golf 4:00 - Music and Reminisce 6:00 - Game Night: Table Top Bowling</p>	<p>9:45 - Flexibility Exercise 10:30 - Bingo 1:30 - Timeless Trivia 2:30 - Afternoon Stretch 3:00 - Sentimental Reflections 4:00 - Poetry Corner: <i>Chicken Soup for the Golden Soul</i> 6:00 - Manicures & Music</p>
<p>10:00 - Mass on TV Ch. 9 11:00 - Cardio Exercise 1:30 - Cinema Sunday: "American Graffiti" 2:30 - Afternoon Stretch 3:00 - Artistic Reflection 4:00 - Music Hour: 50's & 60's 6:00 - Group Trivia</p>	<p>9:45 - Resistance Exercise 10:30 - WU: Daily Chronicle 2:00 - Chaplet of Divine Mercy 2:30 - Afternoon Stretch 3:00 - WU: Timely Topics 4:00 - Artistic Expression 6:00 - WU: Music Appreciation: Ireland</p>	<p>9:45 - Yoga Exercise 10:30 - WU: Baking Club 1:00 - Walking Club 1:30 - Ice Cream Trip 3:30 - Watercolor Painting 4:00 - Sentimental Reflections 6:00 - Game Night: Uno</p>	<p>9:45 - Cardio Exercise 10:30 - WU: Biography: Orson Welles 1:30 - WU: EVP Choral Group 2:15 - Ice Cream Social 2:30 - Afternoon Stretch 3:00 - WU: National Parks & Historic Sites 4:00 - Musical Reflection: 70's 6:00 - Book Club: <i>Fresh Air Kids</i></p>	<p>9:45 - Balance Exercise 10:30 - Reminisce - <i>Lightnin' Bugs</i> 2:00 - Ethan Stone Performs on Piano in Lobby for Birthday Party 3:30 - Afternoon Stretch 4:00 - Musical Reflection: Positive Meditation 6:00 - Comedy Club: Bob Hope</p>	<p>9:45 - Strength Exercise 10:30 - Armchair Travel - Turkey 1:30 - WU: Poetry of June 2:30 - Afternoon Stretch 3:00 - Darts 4:00 - Music and Reminisce 6:00 - Game Night: Table Games</p>	<p><u>Transportation for Medical Appointments</u> Appointments can be made on Tuesdays and Thursdays through the receptionist. For Memory Care, a family member or staff person must accompany the resident.</p>
<p>As the warm weather moves in we will take every opportunity available to enjoy regular programming outside on the patio.</p>	<p>*Activities Subject to Change</p>	<p>JUNE 2023 <i>Our Place</i></p>			<p>Happy Birthday! 7th Eugene Gallagher 19th Wendy Whyte-Gibb 24th - Joy Holsing 24th - Walter Dansereau 24th - Bill Mulrooney 26th - Bob Gray 27th - Regina Ellis</p>	<p><u>Celebrate Pride Month</u></p>