

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Note:</u> Activities in bold denote special programs such as live music, religious services, & Watermark University Courses.</p>	<p><u>Pet Therapy</u> Reduce anxiety, increase socialization and improve overall quality of life by spending time with our visiting dog, "Ollie," on Wednesday Mornings.</p>	<p><u>Engage VR - Virtual Reality</u> If you are interested in travelling, exploring under the sea, or adventuring into outer space without leaving the comfort of your home, sign up with the Activity Staff to experience the Oculus Headset</p>	<p><u>Transportation/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>9:45 - Conductorcise 10:30 - WU: Creativity: 1:00 - WU: Engage VR 1:30 - WU: Music Appreciation: Marching Bands 2:00 - Volleyball 3:00 - Jigsaw Puzzles 4:00 - Music Hour: Swinging Bands 6:00 - Objects BINGO</p>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 1:30 - Mass w/Father Wayne 2:00 - Moving & Shaking 3:00 - iN2L: Sing Along 3:00 - Meditation on the Patio 4:00 - Music Hour: Nat King Cole 6:00 - Game Night: Checkers</p>	<p>9:45 - Zumba 10:30 - Volleyball 11:00 - Match Game 1:30 - Dominoes 2:00 - Walking Club 3:00 - BINGO 4:00 - Music Hour: The Mills Bros. 6:00 - Relaxation/Meditation</p>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Cinema Sunday: <i>Inside the Mind of a Cat</i> 2:30 - Sorting 3:00 - Artistic Expression 4:00 - Music Hour: Nat King Cole 6:00 - Kickball</p>	<p>9:45 - Cardio Exercise 10:30 - Table Top Bowling 1:00 - Reminisce 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 3:00 - Book Club on the Patio 4:00 - Music Hour: Cole Porter 6:00 - Card Games: High/Low</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Brain Teasers 1:30 - Golden Blue Ribbon Singers 2:00 - Sharing Short Stories 3:00 - Watercolor Painting 4:00 - Music Hour: Frank Sinatra 6:00 - Jigsaw Puzzles</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social 1:00 - WU: Aroma Therapy 1:30 - Noodle Ball 2:00 - Body in Motion 3:00 - Discussion: Post Cards 4:00 - Music Hour: Golden Band 6:00 - Manicures w/NAYAs</p>	<p>9:45 - Conductorcise 10:30 - WU: Creativity: 1:00 - WU: Engage VR 1:30 - WU: Music Appreciation: Chuck Berry 2:00 - Volleyball 3:00 - Jigsaw Puzzles 4:00 - Music Hour: Bobby Vinton 6:00 - Objects BINGO</p>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 1:30 - Food for the Senses: Herbs 2:00 - Moving & Shaking 3:00 - iN2L: Sing Along 3:00 - Meditation on the Patio 4:00 - Music Hour: Fabulous 40's 6:00 - Game Night: Word Search</p>	<p>9:45 - Zumba 10:30 - Volleyball 11:00 - Trivia 1:30 - Dominoes 2:00 - Walking Club 3:00 - BINGO 4:00 - Music Hour: Tony Bennett 6:00 - Relaxation/Meditation</p>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Cinema Sunday: <i>American Graffiti</i> 2:30 - Sorting 3:00 - Artistic Expression 4:00 - Music Hour: Michael Buble 6:00 - Kickball</p>	<p>9:45 - Cardio Exercise 10:30 - Pitch & Putt Golf 1:00 - Reminisce 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 3:00 - Book Club on the Patio 4:00 - Music Hour: Perry Como 6:00 - Card Games: Crazy 8's</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Brain Teasers 1:30 - Bird Watching on the Patio 2:00 - Sharing Short Stories 3:00 - Aqua Painting 4:00 - Music Hour: Everly Brothers 6:00 - Jigsaw Puzzles</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social 1:00 - WU: Aroma Therapy 1:30 - Dave Colucci Croons 2:00 - Body in Motion 3:00 - Brain Teasers on the Patio 4:00 - Music Hour: Dance Bands 6:00 - Manicures w/NAYAs</p>	<p>9:45 - Conductorcise 10:30 - WU: Creativity: 1:00 - WU: Engage VR 1:30 - WU: Music Appreciation: Bruce Springstein 2:00 - Volleyball 3:00 - Jigsaw Puzzles 4:00 - Music Hour: Swinging Bands 6:00 - Objects BINGO</p>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 1:30 - Noodle Ball 2:00 - Moving & Shaking 3:00 - iN2L: Sing Along 3:00 - Meditation on the Patio 4:00 - Music Hour: Nat King Cole 6:00 - Game Night: Checkers</p>	<p>9:45 - Zumba 10:30 - Volleyball 11:00 - Trivia 1:30 - Color Matching 2:00 - Walking Club 3:00 - BINGO 4:00 - Music Hour: The Mills Bros. 6:00 - Relaxation/Meditation</p>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:00 - Piano Entertainment in Lobby 1:30 - Cinema Sunday: <i>The Giver</i> 2:00 - Grace Church Service 2:30 - Sorting 3:00 - Artistic Expression 4:00 - Music Hour: Nat King Cole 6:00 - Kickball</p>	<p>Juneteenth 9:45 - Cardio Exercise 10:30 - Table Top Bowling 1:00 - Reminisce 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 3:00 - Book Club on the Patio 4:00 - Music Hour: Cole Porter 6:00 - Card Games: High/Low</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Brain Teasers 1:30 - Disco Dance Party in Lobby 2:00 - Sharing Short Stories 3:00 - Watercolor Painting 4:00 - Music Hour: Frank Sinatra 6:00 - Jigsaw Puzzles</p>	<p>First Day of Summer 9:45 - Morning Exercise 10:30 - Coffee Social 1:00 - WU: Aroma Therapy 1:30 - Derek Bridges Entertains 2:00 - Body in Motion 3:00 - Discussion: Summer Vaca 4:00 - Music Hour: Golden Band 6:00 - Manicures w/NAYAs</p>	<p>9:45 - Conductorcise 10:30 - WU: Creativity: 1:00 - WU: Engage VR 1:30 - Ice Cream Out Trip 2:00 - WU: Music Appreciation: Aretha Franklin 3:00 - Jigsaw Puzzles 4:00 - Music Hour: Big Band 6:00 - Objects BINGO</p>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 1:30 - Noodle Ball 2:00 - Moving & Shaking 3:00 - iN2L: Sing Along 3:00 - Meditation on the Patio 4:00 - Music Hour: Fabulous 40's 6:00 - Game Night: Word Search</p>	<p>9:45 - Zumba 10:30 - Volleyball 11:00 - Trivia 1:30 - Dominoes 2:00 - Walking Club 3:00 - BINGO 4:00 - Music Hour: Glenn Miller 6:00 - Relaxation/Meditation</p>
<p>10:00 - Mass on TV Ch.9 10:30 - Manicures w/NAYAs 11:00 - Music N'Motion Exercise 1:30 - Cinema Sunday: <i>Kangaroo Valley</i> 2:30 - Sorting 3:00 - Artistic Expression 4:00 - Music Hour: Michael Buble 6:00 - Kickball</p>	<p>9:45 - Cardio Exercise 10:30 - Table Top Bowling 1:00 - Reminisce 1:30 - Afternoon Walks 2:00 - Chaplet of Divine Mercy 3:00 - Book Club on the Patio 4:00 - Music Hour: Perry Como 6:00 - Card Games: Crazy 8's</p>	<p>9:45 - Strengthening Exercise 10:30 - Baking Club 11:00 - Brain Teasers 1:30 - Bird Watching on the Patio 2:00 - Sharing Short Stories 3:00 - Aqua Painting 4:00 - Music Hour: Everly Brothers 6:00 - Jigsaw Puzzles</p>	<p>9:45 - Morning Exercise 10:30 - Coffee Social 1:00 - WU: Aroma Therapy 1:30 - Noodle Ball 2:00 - Ice Cream Social 3:00 - Discussion: Children & Teens 4:00 - Music Hour: Dance Bands 6:00 - Manicures w/NAYAs</p>	<p>9:45 - Conductorcise 10:30 - Outdoor Enjoyment 1:00 - WU: Engage VR 1:30 - Walking Club 2:00 - Ethan Stone in the Lobby/ Monthly Birthday Party 3:00 - Jigsaw Puzzles 4:00 - Music Hour: Glenn Miller 6:00 - Objects BINGO</p>	<p>9:45 - Flexibility Exercise 10:30 - Parachute Fun! 1:30 - Eye Spy 2:00 - Moving & Shaking 3:00 - iN2L: Sing Along 3:00 - Meditation on the Patio 4:00 - Music Hour: Oldies 6:00 - Game Night: Checkers</p>	<p><u>Bake Sale</u> Scheduled for the Longest Day to support Alzheimer's awareness. Wednesday, June 21st from 10-4 in the lobby. Donations of baked goods will be accepted! Be sure to bring cash to purchase some sweet treats.</p>
				ACTIVITY LOCATOR KEY	Happy Birthday!	
					7th Eugene Gallagher 19th Wendy Whyte-Gibb 24th Joy Holsing 24th Bill Mulrooney 24th Walter Dansereau	26th Bob Gray 27th Regina Ellis
	* Schedule Subject to Change					