

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk (AR) 10:30 Catholic Mass (CH)	Daily Chronicle Chat Ageless Aerobics Giant Bowling Thank God It's Monday (TGIM) 10:00 Bus Trip: Aldi	Manicures Daily Chronicle Chat Seated Yoga Marilyn Monroe Biography 11:00 Church Service with Pastor Angelo - CH 2:30 BINGO BASH! - AR	Daily Chronicle Chat Sit & Be Fit DARTS! 10:00 Bus Trip: Irondequoit Public Library 3:30 Happy Hour - AR	Daily Chronicle Chat Silver Sneakers Exercise Noodle Ball Cornhole 2:30 BINGO BASH! - AR	Daily Chronicle Chat Friday Flex Name that Tune 1:00 Sing-A-Long with Kathy Afternoon Matinee & Popcorn	Weekend Workout Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk (AR) 10:30 Catholic Mass (CH)	Daily Chronicle Chat Ageless Aerobics Famous June Birthdays Trivia 10:00 Bus Trip: Wegmans 1:15 Bus Trip: Wild Wings Bird of Prey	Manicures Daily Chronicle Chat Tai Chi 11:00 Church Service with Pastor Angelo - CH 2:30 BINGO BASH! - AR	Daily Chronicle Chat Sit & Be Fit Getting to Gnome You 10:00 Bus Trip: Savers 3:30 Happy Hour - AR	Daily Chronicle Chat Silver Sneakers Exercise Visits with Tug 1:30 Art Class with Diana - AS 2:30 BINGO BASH! - AR 3:30pm for a Birthday Social	Daily Chronicle Chat Friday Flex 11:30 Bus Trip: Lunch at Genesee Brew House 1:00 Sing-A-Long with Kathy Afternoon Matinee & Popcorn	Flag Day Weekend Workout Meditation Flag Day Trivia Daily Chronicle Chat 2:30 BINGO BASH! - AR
Father's Day Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk (AR) 10:30 Catholic Mass (CH) 1:30 Father's Day Social (AR)	Daily Chronicle Chat Ageless Aerobics Shake Loose a Memory 11:00 Bus Trip: Picnic at the Park	Manicures Daily Chronicle Chat Seated Yoga 11:00 Church Service with Pastor Angelo - CH 2:30 BINGO BASH! - AR	Daily Chronicle Chat Sit & Be Fit 10:00 Bus Trip: Irondequoit Public Library 2:30 Mike Sidoti - LR 3:30 Happy Hour - AR	Juneteenth Daily Chronicle Chat Silver Sneakers Exercise Juneteenth: A Celebration of Freedom Ballon Volleyball 2:30 BINGO BASH! - AR	First Day of Summer Daily Chronicle Chat Friday Flex Courtyard Games Song of Summer 1:00 Sing-A-Long with Kathy Afternoon Matinee & Popcorn	Longest Day Weekend Workout Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk (AR) 10:30 Catholic Mass (CH)	Daily Chronicle Chat Ageless Aerobics Paul McCartney Special 10:00 Bus Trip: Wegmans 1:30 Bus Trip : RMSC	Manicures Daily Chronicle Chat Tai Chi 11:00 Church Service with Pastor Angelo - CH 2:30 BINGO BASH! - AR 6:30 Cindy & Brian - LR	Daily Chronicle Chat Sit & Be Fit Garden Rocks Gardens, Gnomes, & Faries Trivia 3:30 Happy Hour - AR	Daily Chronicle Chat Silver Sneakers Exercise Visits with Tug 1:30 Art Class with Diana - AS 2:30 BINGO BASH! - AR	Daily Chronicle Chat Friday Flex Boccee Ball 11:30 Bus Trip: Lunch at Applebees 1:00 Sing-A-Long with Kathy Afternoon Matinee & Popcorn	Weekend Workout Meditation Daily Chronicle Chat 2:30 BINGO BASH! - AR
Sunday Stretch (AR) Energy Burst Walks Daily Chronicle Chat Lawrence Welk (AR) 10:30 Catholic Mass (CH)	Daily Chronicle Chat Judy Garland Biography 10:00 Bus Trip: Dollar Tree 1:15 Bus Trip: Cherry Picking	<div>ACTIVITY LOCATOR KEY</div> <div>● Body ● Community ● Mind ● Spirit</div> <div>AR- Activity Room MR- Media Room AS- Art Studio LR- Living Room PA- Patio</div> <div>Independent- Self directed, materials are available in the activity room</div>				
<div>Casey Jurs Community Life Director (585)244-3630 CLJURS@watermarkcommunities.com</div> <div>Activities Led By Kristen, Lukus, Tammy, Lauren & Casey</div> <div>W,U. - Watermark University, educational programming Italics- Entertainer Performance Bus Trips- Sign up in Lobby (Bus Trips must be signed up for before the day of the outing)</div> <div>Happy June Birthdays! Carolyn K. - 2nd John O. - 4th Margaret S. - 23rd Keith T. - 30th</div> <div>**Calendar subject to change. Please refer to Daily Activity Sheets for the most accurate information.**</div>						