


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
		<p>10:15 Total Body Fitness 1</p> <p>10:30 Water Aerobics</p> <p>11:00 Crafts -Birthday Cards 1:15 Publix Outing</p> <p>2:30 Game "Price is Right"</p> <p>3:30 Quarter Bingo</p> <p>4:30 Hurricanes & Hurricanes Sharing Hurricane Stories while drinking Hurricanes</p>	<p>10:15 Chair Fitness 2</p> <p>10:45 Welcome Committee</p> <p>11:30 Brain Games</p> <p>1:15 Cooking – Cookies</p> <p>1:15 Travel Club State Parks</p> <p>2:00 Pictionary & Hangman</p> <p>2:30 Quarter Bingo</p> <p>3:30 Island Luau Entertainment Tunes by Tony</p>	<p>10:15 Full Body Fitness 3</p> <p>10:30 Water Aerobics 10:45 Book Club M. Twain</p> <p>11:45 Brain Fitness 1:15 Botanical Garden Trip</p> <p>1:30 Music & Movement</p> <p>2:30 Game "Charades"</p> <p>3:30 Quarter Bingo</p> <p>6:00 Stroll & Litter Clean up</p>	<p>10:15 Brain & Body Fitness 4</p> <p>11:15 State Park Trivia 1:15 Birthday Celebration Cupcakes & Games</p> <p>2:15 Sing-a-long Dolly Parton</p> <p>2:30 Visit with Dogs</p> <p>2:30 Quarter Bingo</p> <p>3:30 Cocktails for a Cause – Support Your State Parks</p>	<p>5</p> <p>10:30 Sit & Be Fit</p> <p>11:30 Coffee & Conversations</p> <p>1:30 News & You</p> <p>2:30 Dominos meet up</p> <p>3:30 Water the Garden</p> <p>3:00 Quarter Bingo</p> <p>6:15 Action Movie</p> <p>7:00 Billiards Meet Up</p>
<p>6</p> <p>10:30 Sunday Service</p> <p>11:30 Chair Exercise</p> <p>1:15 Coffee & Conversation</p> <p>2:30 Word Game</p> <p>3:00 Quarter Bingo</p> <p>4:00 Prayer Meet up</p> <p>6:15 Musical Movie</p>	<p>10:15 Full Body Fitness 7</p> <p>11:00 Brain Boosters 11:45 Healthy Living Series Depression in Seniors – What Can you Do?</p> <p>1:15 Reminisce: Father's Day</p> <p>1:45 Sit & Be Fit Exercise</p> <p>2:30 Quarter Bingo</p> <p>3:30 Patio Cocktail & Conversations</p>	<p>10:15 Total Body Fitness 8</p> <p>10:30 Water Aerobics</p> <p>11:00 Crafts - Sun Catchers 1:15 Dollar Tree Outing</p> <p>1:30 Pool Noodle Workout</p> <p>2:30 Game -Train Dominos</p> <p>3:30 Quarter Bingo</p> <p>4:30 Ted Talk "Jane Goodall- Your Impact on the Planet"</p>	<p>10:15 Chair Fitness 9</p> <p>10:45 Town Hall Meeting</p> <p>11:30 Brain Games</p> <p>1:15 Cooking - Bread</p> <p>1:15 Travel Club State Parks</p> <p>2:00 Trivia Tournament</p> <p>3:30 Summer Shindig Entertainment by Daryl Magill</p> <p>6:15 Billiards & Darts Meet up</p>	<p>10:15 Full Body Fitness 10</p> <p>10:30 Water Aerobics 10:45 Book Club E. A. Poe</p> <p>11:45 Brain Fitness 1:15 Tea Party by C & C</p> <p>2:30 Walker & Cane Education</p> <p>3:15 Gym Basics & Safety</p> <p>3:30 Quarter Bingo</p> <p>4:30 Poolside Yoga</p>	<p>10:15 Brain & Body Fitness11</p> <p>11:15 Discussion: End of Life Legacy & Dignity</p> <p>1:15 Worship Singing</p> <p>1:30 5 Wishes with Hospice</p> <p>2:30 Visit with Dogs</p> <p>2:30 Bingo for a cause Supporting State Parks</p> <p>3:30 Happy Hour & Friends</p>	<p>12</p> <p>10:30 Chair Yoga</p> <p>11:30 Coffee & Conversations</p> <p>1:30 Breaking News</p> <p>2:30 Uno meet up</p> <p>3:30 Water the Garden</p> <p>3:00 Quarter Bingo</p> <p>6:15 Suspense Movie</p> <p>7:00 Billiards meet up</p>
<p>13</p> <p>10:30 Sunday Service</p> <p>11:30 Chair Exercise</p> <p>1:15 Coffee & Conversation</p> <p>2:30 Number Game</p> <p>3:00 Quarter Bingo</p> <p>4:00 Prayer Meet up</p> <p>6:15 Hallmark Movie</p>	<p>10:15 Full Body Fitness 14</p> <p>11:00 Brain Boosters 11:45 Tech Help – What is Google?</p> <p>1:15 Reminisce: Before Tech</p> <p>1:45 Chair Zumba</p> <p>2:30 Quarter Bingo</p> <p>3:30 Pick your Poison Happy Hour Chocolate or Wine?</p> <p><small>Flag Day (US)</small></p>	<p>10:15 Total Body Fitness 15</p> <p>10:30 Water Aerobics</p> <p>11:00 Crafts -Door Hangers 1:15 Beall's Outing</p> <p>1:15 Gym Basics & Safety</p> <p>2:30 Game "Name 5"</p> <p>3:30 Quarter Bingo</p> <p>4:30 Reminisce: Global Disasters & lasting Impact</p>	<p>10:15 Chair Fitness 16</p> <p>10:45 Menu Meeting with Chef Sue</p> <p>11:30 Brain Games</p> <p>1:15 Cooking – Dips</p> <p>1:15 Travel Club State Parks</p> <p>2:15 Environmental Trivia</p> <p>2:30 Quarter Bingo</p> <p>3:30 Pool Party Music by Roseann</p>	<p>10:15 Full Body Fitness 17</p> <p>10:30 Water Aerobics 10:45 Book Club M. Angelou</p> <p>11:45 Brain Fitness 1:15 Elliot Museum Trip</p> <p>2:30 Balance Screenings</p> <p>3:30 Gym Basics & Safety</p> <p>3:30 Quarter Bingo</p> <p>4:30 Poolside Stretching</p>	<p>10:15 Brain & Body Fitness18</p> <p>11:15 Discussion: Memory Loss vs. Normal Aging</p> <p>1:15 Singing with Ms. Monroe</p> <p>1:30 Music Appreciation – Is Bach the Best?</p> <p>2:30 Visit with Dogs</p> <p>2:30 Quarter Bingo</p> <p>3:30 Pool Bar Mix & Mingle & Ice Breakers</p> <p><small>Juneteenth</small></p>	<p>19</p> <p>10:30 Chair Zumba</p> <p>11:30 Coffee & Conversations</p> <p>1:30 What's in the News</p> <p>2:30 Rummy meet up</p> <p>3:30 Water the Garden</p> <p>3:00 Quarter Bingo</p> <p>6:15 Comedy Movie</p> <p>7:00 Billiards meet up</p>
<p>20</p> <p>10:30 Sunday Service</p> <p>11:30 Chair Exercise</p> <p>1:15 Coffee & Conversation</p> <p>2:30 Brain Teasers</p> <p>3:00 Quarter Bingo</p> <p>4:00 Prayer Meet up</p> <p>6:15 Summer Movie</p> <p><small>Summer Begins Father's Day</small></p>	<p>10:15 Full Body Fitness 21</p> <p>11:00 Brain Boosters</p> <p>11:30 Summer Trivia</p> <p>12:00 Kick off to Summer Backyard BBQ</p> <p>1:30 Ice Cream Truck</p> <p>2:00 Water Games</p> <p>2:30 Backyard Games</p> <p>3:00 Entertainment by Meritt & Moreau</p>	<p>10:15 Total Body Fitness 22</p> <p>10:30 Water Aerobics</p> <p>11:00 Crafts –Sleep Masks 1:15 Publix Outing</p> <p>1:30 GIANT Connect 4 Game</p> <p>2:30 Game "Uno"</p> <p>3:30 Quarter Bingo</p> <p>4:00 State Park Fundraiser</p> <p>6:00 Stroll & Litter Clean Up</p>	<p>10:15 Chair Fitness 23</p> <p>10:45 Activity Meeting</p> <p>11:30 Brain Games</p> <p>1:15 Cooking – Pinwheels</p> <p>1:15 Travel Club State Park</p> <p>2:15 Pool Noddle Workout</p> <p>2:30 Quarter Bingo</p> <p>3:30 Tropical Paradise Party Music by Scotch & Soda</p>	<p>10:15 Full Body Fitness 24</p> <p>10:30 Water Aerobics 10:45 Book Club R. Frost</p> <p>11:45 Brain Fitness 1:15 Volunteer Training</p> <p>1:30 Music & Movement</p> <p>2:30 Game "Rummy"</p> <p>3:30 Quarter Bingo</p> <p>6:00 Stroll & Litter Clean up</p>	<p>10:15 Brain & Body Fitness25</p> <p>11:15 Discussion: Music & Memories</p> <p>1:15 Music & Movement</p> <p>2:00 Our 1st Drum Circle</p> <p>2:30 Quarter Bingo</p> <p>3:30 Happy Hour & Connect 4 Competition beat our reigning champ – Boyd!</p>	<p>26</p> <p>10:30 Chair Aerobics</p> <p>11:30 Coffee & Conversations</p> <p>1:30 New in the News</p> <p>2:30 Connect 4 meet up</p> <p>3:30 Water the Garden</p> <p>3:00 Quarter Bingo</p> <p>6:15 Western Movie</p> <p>7:00 Billiards meet up</p>
<p>27</p> <p>10:30 Sunday Service</p> <p>11:30 Chair Exercise</p> <p>1:15 Coffee & Conversation</p> <p>2:30 Word Games</p> <p>3:00 Quarter Bingo</p> <p>4:00 Prayer Meet up</p> <p>6:15 Rom Com Movie</p>	<p>10:15 Full Body Fitness 28</p> <p>11:00 Brain Boosters 11:45 Tech Help – Facetime</p> <p>1:15 Reminisce: Family</p> <p>1:45 Chair Aerobics</p> <p>2:30 Quarter Bingo</p> <p>3:30 Twins Drink Free – Happy Hour!</p> <p>6:15 Stroll and Trash Patrol</p>	<p>10:15 Total Body Fitness 29</p> <p>10:30 Water Aerobics</p> <p>11:00 Crafts- Welcome Cards 1:15 TJ Maxx Outing</p> <p>1:15 Corn Hole Competition</p> <p>2:30 Card Game Hearts</p> <p>3:30 Quarter Bingo</p> <p>4:00 Current Events: Recycling in your Community</p>	<p>10:15 Chair Fitness 30</p> <p>10:45 Welcome Committee Appreciation Meeting</p> <p>11:00 Brain Games</p> <p>1:15 Cooking – Muffins</p> <p>1:30 Visionary Art Outing</p> <p>2:30 Quarter Bingo</p> <p>3:30 Jamboree & Sing-a-long with Crystal & Karen</p>	