


Sun Mon Tue Wed Thu Fri Sat

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| | <p>1</p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 8:30 Wellness Clinic 9:30 Chair Yoga DVD 1:00 Games</p> | <p>2</p> <p>9:00 Morning Coffee 12:30 Trivia **June Tunes- Macy & the Highlights Load bus 6:15</p> | <p>3</p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Rummikub 3:00 Bible Study w/Joyce</p> | <p>4</p> <p>9:00 Morning Coffee 10:15 Catholic Mass 2:00 Wii Bowling 3:30 Blackhawk Bethlehem Church</p> | <p>5</p> <p>9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta & Other Games</p> | <p>6</p> <p>Morning Coffee</p> |
| 7 | <p>8</p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games</p> | <p>9</p> <p>9:00 Morning Coffee 1:00 Euchre</p> | <p>10</p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD **9:05 River Arts Senior Movie 9:30 Chair Yoga DVD 1:00 Rummikub 3:00 Bible Study w/Joyce</p> | <p>11</p> <p>9:00 Morning Coffee 10:05 Catholic Communion 1:00 Canasta 2:00 Wii Bowling 3:30 St John's Lutheran</p> | <p>12</p> <p>9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD <i>1:30 In honor of National Cupcake Day (Actual date June 13th) Decorate a Cupcake today</i> 2:00 Happy Hour</p> | <p>13</p> <p>Morning Coffee</p> |
| 14 | <p>15</p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games</p> | <p>16</p> <p>9:00 Morning Coffee 1:00 Pictionary with Dana & Kelly 2:00 Birthday Celebrations</p> | <p>17</p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Rummikub 3:00 Bible Study w/Joyce</p> | <p>18</p> <p>9:00 Morning Coffee 10:05 Catholic Communion 1:00 Bingo w/Julie 2:00 Wii Bowling 3:30 Calvary Baptist</p> | <p>19</p> <p>9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta & Other Games</p> | <p>20</p> <p>Morning Coffee</p> |
| 21 |  <p>22</p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games 4:00 Fathers Day Activity - Pizza, Pie and Wii Bowling</p> | <p>23</p> <p>9:00 Morning Coffee 1:00 Left, Right, Center</p> | <p>24</p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:00 Bible Study with Julie 9:30 Chair Yoga DVD 2:00 Blood Drive 1:00 Rummikub 3:00 Bible Study w/Joyce</p> | <p>25</p> <p>9:00 Morning Coffee 10:05 Catholic Communion 2:00 Wii Bowling 3:30 St John's Lutheran</p> | <p>26</p> <p>9:00 Morning Coffee w/ Pastry 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Canasta & Other Games</p> | <p>27</p> <p>Morning Coffee</p> |
| 28 | <p>29</p> <p>9:00 Morning Coffee 8:30 Sit & Be Fit Chair Exercise CD 9:30 Chair Yoga DVD 1:00 Games</p> | <p>30</p> <p>9:00 Morning Coffee 1:00 Euchre</p> |  | | | |