

Monday	Tuesday	Wednesday	Thursday	Friday
10:00 am Daily Chronicle 10:30 am Kindness Card-making 12:30 pm Chair Fitness Low Impact Workout 2:00 pm Younger or Older-1985 3:00 pm Ping Pong Toss 4:00 pm Famous Friendships Trivia  <b>NATIONAL PEN PAL DAY</b>	10:00 am Daily Chronicle 10:30 am Arts & Crafts 12:30 pm Country Chair Cardio 2:00 pm Sullivan & Rocky Road 3:00 pm Seated Volleyball 4:00 pm What am I?  <b>NATIONAL ROCKY ROAD DAY</b>	10:00 am Daily Chronicle 10:30 am Monthly Gazette 12:30 pm Seated Cardio Jam 2:00 pm Bingo 3:00 pm Bean Bag Toss 4:00 pm Brain Games- MAN-iacall!  <b>NATIONAL EGG DAY</b>	10:00 am Daily Chronicle 10:30 am Cat Bingo 12:30 pm Zumba w/Kathleen 2:00 pm D-Day Jeopardy 3:00 pm Table Hockey 4:00 pm Get to Know You game   <b>NATIONAL HUG YOUR CAT DAY</b>	10:00 am Daily Chronicle 10:30 am Music w/Ian 12:30 pm Whole Brain Health Exercises 2:00 pm Aging is Cool 3:00 pm Movie & Popcorn 4:00 pm Coloring w/Friends  <b>WORLD ENVIRONMENT DAY</b>
10:00 am Daily Chronicle 10:30 am Green THUMBS CLUB 12:30 pm Under the Sea Bingo 2:00 pm Somatics movement 3:00 pm Seated Volleyball 4:00 pm Travel Brief: South Pacific Islan Time  <b>WORLD'S OCEANS DAY</b> 	10:00 am Daily Chronicle 10:30 am Whole Brain Health Exercises 12:30 pm Drum Your Stress Away 2:00 pm Science & Magic 3:00 pm Bowling 4:00 pm Who the Disney Am I?  <b>NATIONAL DONALD DUCK DAY</b>	10:00 am Daily Chronicle 10:30 am Nifty Nails 12:30 pm Gentle Chair Exercises 2:00 pm Bingo & Iced Tea 3:00 pm Blackout Bingo 4:00 pm Summer Nights Word Search  <b>NATIONAL ICED TEA DAY</b>	10:00 am Daily Chronicle 10:30 am FIFA World Cup Bingo 12:30 pm Zumba w/Kathleen 2:00 pm Corny Cups edibles 3:00 pm Seated Soccer 4:00 pm FIFA World Cup Quiz   <b>CORN ON THE COB DAY</b>	10:00 am Daily Chronicle 10:30 am Kryptonite Chaos Toss 12:30 pm Yoga w/Shannon 2:00 pm Aging is Cool 3:00 pm Movie & Popcorn 4:00 pm UNO  <b>SUPERMAN DAY</b>
10:00 am Daily Chronicle 10:30 am A Celebration of Freedom Chat 12:30 pm Soul Chair Dance 2:00 pm Guess the Music? 3:00 pm Seated Basketball 4:00 pm Juneteenth Coloring  <b>NATURE PHOTOGRAPHY DAY</b>	10:00 am Daily Chronicle 10:30 am Stonewall History Chat 12:30 pm Bright Summer Craft 2:00 pm Chair Disco Exercise 3:00 pm Amazing Turtles Trivia 4:00 pm Turtle Mandalas   <b>WORLD SEA TURTLE DAY</b>	10:00 am Daily Chronicle 10:30 am Resistance Band Chair Exercises 12:30 pm Sprouting Trivia / Veggie Idioms 2:00 pm Singo Bingo 3:00 pm Bean Bag Toss 4:00 pm Who Am I?  <b>NATIONAL EAT YOUR VEGGIES DAY</b>	10:00 am Daily Chronicle 10:30 am Music Therapy 12:30 pm Zumba w/Kathleen 2:00 pm Father's Day Bingo 3:00 pm Movie & Popcorn 4:00 pm Father's Day Challenge  <b>NATIONAL GO FISHING DAY</b>	<b>THRIVE CLOSED</b>  
10:00 am Daily Chronicle 10:30 am Green THUMBS CLUB 12:30 pm Country Tunes w/Casey 2:00 pm Latin Chair Dance 3:00 pm Bowling 4:00 pm Amazon Rainforest Facts  <b>WORLD RAINFOREST DAY</b>	10:00 am Daily Chronicle 10:30 am Bee Gees Stayin' Alive exercises 12:30 pm Music w/Bones 2:00 pm Target Toss 3:00 pm Arts & Crafts 4:00 pm What Am I?  <b>NATIONAL HYDRATION DAY</b>	10:00 am Daily Chronicle 10:30 am Scarf Exercises 12:30 pm Butterfly Knowledge 2:00 pm Fairy Mocktails 3:00 pm Fairy Tale Bingo 4:00 pm Jewelry Making  <b>INTERNATIONAL FAIRY DAY</b>	10:00 am Daily Chronicle 10:30 am Beatles Word Match 12:30 pm Zumba w/Kathleen 2:00 pm Beatles Bingo 3:00 pm Bean Bag Toss 4:00 pm Karaoke Sing Along   <b>GLOBAL BEATLES DAY</b>	10:00 am Daily Chronicle 10:30 am Yoga w/Shannon 12:30 pm June Trivia 2:00 pm Aging is Cool 3:00 pm Movie & Popcorn 4:00 pm Puzzles w/Friends  <b>NATIONAL TAKE YOUR DOG TO WORK</b>
10:00 am Daily Chronicle 10:30 am Couch Talk 12:30 pm Rockin' Oldies Exercise 2:00 pm Arts & Craft 3:00 pm Target Toss 4:00 pm Have you Ever?  <b>NATIONAL CAMERA DAY</b>	10:00 am Daily Chronicle 10:30 am Gospel Chair Aerobics 12:30 pm Summertime Bingo 2:00 pm Ice Cream Floats 3:00 pm Seated Volleyball 4:00 pm UNO   <b>NATIONAL ICE CREAM SODA DAY</b>			

TYPE ALL ACTIVITIES ARE SUBJECT TO CHANGE. DAILY ACTIVITIES: 7 AM COFFEE, ART, & CHAT. BREAKFAST 9:30 AM. LUNCH 11:30 AM. SNACK 1:30 PM