

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 CHAIR YOGA 1 9:30 SHOPPING ROYAL BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BEAN BAG BASEBALL HAPPY BIRTHDAY BRANDI & TARA!!	9:00 SEATED ENERGIZE EXERCISE 2 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC 2:00 MANICURES	AM APPTS 3 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 2:30 HEARING AID CLINIC 3:00 DING-A-LING PRACTICE	9:00 SEATED ENERGIZE EXERCISE 4 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:00 ACTIVITY COUNCIL 2:30 WINE CLUB	9:00 CHAIR YOGA 5 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:00 SOLVANG BOOK CLUB 1:00 THISTLE DOWN FARMS	9:00 SEATED ENERGIZE EXERCISE 6 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL
9:30 BETHESDA CHURCH 7 1:00 BINGO 2:30 SUNDAY MATINEE: STRANGER THAN FICTION, PRIME, PG-13 2:30 SHUFFLEBOARD UPSTAIRS	9:00 CHAIR YOGA 8 9:30 SHOPPING ROYAL/BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 TOWN HALL/CHEF'S CORNER 2:00 ROCK PAINTING W/LYNN HAPPY BIRTHDAY FRAN!!	9:00 SEATED ENERGIZE EXERCISE 9 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 1:00 HOW TO IPHONES & IPADS PRESENTATION W/BRETT 2:00 BLOOD PRESSURE CLINIC HAPPY BIRTHDAY DEBRA M!!	AM APPTS 10 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 GAMES ON YOUR OWN {MEET IN BINGO AREA} 3:00 DING-A-LING PRACTICE	9:00 SEATED ENERGIZE EXERCISE 11 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 12 9:00 COAST TRIP 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PLEASE HAVE RSVP'S IN FOR FATHERS DAY	9:00 SEATED ENERGIZE EXERCISE 13 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL
9:30 BETHESDA CHURCH 14 1:00 BINGO 2:30 SUNDAY MATINEE: OVERBOARD, PRIME, PG 2:30 SHUFFLEBOARD UPSTAIRS HAPPY BIRTHDAY MADRENE & MABEL!! Flag Day (U.S.)	9:00 CHAIR YOGA 15 9:30 SHOPPING ROYAL/BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 SUNCATCHERS	9:00 SEATED ENERGIZE EXERCISE 16 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC 2:00 MANICURES	AM APPTS 17 9:00 CHAIR YOGA 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:30 JEOPARDY 3:00 DING-A-LING PRACTICE HAPPY BIRTHDAY LOIS C.!!	9:00 SEATED ENERGIZE EXERCISE 18 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO NO WINE CLUB TO PREPARE FOR FATHERS DAY BBQ HAPPY BIRTHDAY CLARISE & NANCY!!!	9:00 CHAIR YOGA 19 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 11:30 FATHERS DAY BBQ & CAR SHOW Juneteenth	9:00 SEATED ENERGIZE EXERCISE 20 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL
9:30 BETHESDA CHURCH 21 1:00 BINGO 2:30 SUNDAY MATINEE: FRIED GREEN TOMATOES, PRIME, PG-13 2:30 SHUFFLEBOARD UPSTAIRS HAPPY BIRTHDAY PAUL W.!! Summer Begins Father's Day	9:00 CHAIR YOGA 22 9:30 SHOPPING RIVER ROAD 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 READERS THEATER HAPPY BIRTHDAY PATRICK!!	9:00 SEATED ENERGIZE EXERCISE 23 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 1:00 PAINTING W/DEB 2:00 BLOOD PRESSURE CLINIC	AM APPTS 24 9:00 CHAIR YOGA 9:15 FOOT CLINIC 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 RANDOM TRIVIA 3:00 DING-A-LING PRACTICE	9:00 SEATED ENERGIZE EXERCISE 25 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 WINE CLUB	9:00 CHAIR YOGA 26 9:30 SHOPPING W. 11TH 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 OUT TO LUNCH BUNCH-PAPAS PIZZA	9:00 SEATED ENERGIZE EXERCISE 27 10:00 VIDEO EXERCISE 10:30 Wii BOWLING 1:00 BINGO 2:30 BEAN BAG BASEBALL
9:30 BETHESDA CHURCH 28 1:00 BINGO 2:30 SUNDAY MATINEE: THE BURBS, PRIME, PG 2:30 SHUFFLEBOARD UPSTAIRS	9:00 CHAIR YOGA 29 9:30 SHOPPING BARGER 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIRTHDAY BASH W/ BETH LLOYD BAND	9:00 SEATED ENERGIZE EXERCISE 30 10:00 VIDEO EXERCISE 10:30 Wii BOWLING PM APPTS 1:00 BIBLE STUDY W/ ROSE 2:00 BLOOD PRESSURE CLINIC 2:00 MANICURES				

TIMES ARE SUBJECT TO CHANGE. PLEASE SEE THE LARGE CALENDAR IN THE LOBBY FOR THE MOST UP TO DATE INFORMATION