
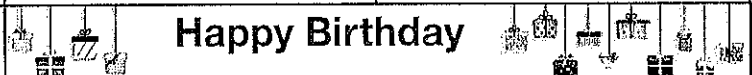



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SPECIAL EVENTS
<b>8 Dimensions of Wellness</b> Health and wellness means having a balanced life rich in vitality and well-being. To assist our residents in achieving a healthier and happier lifestyle, we provide programming that focuses on 8 Dimensions of Wellness: Physical      Environmental      Vocational      Intellectual Social          Spiritual          Emotional      Health Services For the month of June we will be focusing on Vocational Wellness. These activities are marked with an asterisk.		 <p>This month we are traveling to  <b>Route 66</b>                      Join us as we explore the many different cultural regions from around the world each month. If you have any photos or experiences that you would like to share with the residents during a month please contact the Director of Life Enrichment.</p>	<b>Special Events in June</b> Wednesday, June 12 from 4-6pm Father's Day Car Show and Live Music with the Flora's RSVP cars to 651-728-6887  Sunday, June 23 from 11-1 3 Year Anniversary Party Live Music with Vinnie Rose and Petting Zoo		<b>1 NAT'L TRAILS DAY</b> 9:30 Group Exercise, F 10:00 Coffee Social, B 10:30 Coloring Group, ARI 2:00 Saturday Matinee, T 3:30 Rummikub with Neighbors, GR	Tuesday, June 4 2:30-FL Tony Garry  Thursday, June 6 1:30-ARI Card Making with Carolyn	
<b>2</b> 10:00 Wii Bowling 10:00 Coffee Social, B 10:30 Coloring Group, ARI 3:30 Rummikub with Neighbors, GR	<b>3 WORLD BICYCLE DAY</b> 10:00 Coffee Social, B 10:45 Exercise with YMCA, F 2:45 Movie Matinee, T 3:00 Rummikub GR 6:30 Ladies Night Chat and Laugh, ARI	<b>4 NAT'L CHEESE DAY</b> 10:00 Group Exercise, F 10:00 Coffee Social, B 10:30 Rook, GR 1:00 Coloring Club, ARI 2:30 Bible Study with Steve, RP 2:30 Entertainment, FL 3:30 Farkle, GR	<b>5 WORLD ENVIRONMENT DAY</b> 9:30 Exercise DVD, F 10:00 Coffee Social, B 10:45 Bingo, GR 11:15 Lunch at Sgt. Peppers, L 1:00 Open Craft Room, ARI 2:30 Movie Matinee, T 6:30 Worship Services, T	<b>6 D-DAY ANNIVERSARY</b> 10:30 Exercise with YMCA, F 10:00 Newtrax Circulars, L 10:00 Coffee Social Fireside 1:00 Bridge, GR 1:30 Card Making with Carolyn, ARI 2:30 Movie Matinee, T 3:30 Rummikub in the card room	<b>7 NAT'L DONUT DAY</b> 9:30 Group Exercise, F 10:00 Coffee Social, FL 10:45 Trivia, FL 2:00 Happy Hour CL 2:30 Entertainment, FL 3:30 Farkle, GR	<b>8 NAT'L BEST FRIEND DAY</b> 9:30 Group Exercise, F 10:00 Coffee Social, B 10:30 Coloring Group, ARI 2:00 Saturday Matinee, T 3:15 Bus to St. Piusx, L 3:30 Rummikub with Neighbors, GR	Friday, June 7 2:30- MDR Senior Saxes with Dick Turner  Monday, June 10 10:00-FL Fireside Sing-a-long with Phil
<b>9 Nat'l Strawberry Rhubarb Pie Day</b> 10:00 Wii Bowling 10:00 Coffee Social, B 10:30 Coloring Group, ARI 3:30 Rummikub with Neighbors, GR	<b>10</b> 10:00 Coffee Social, B 10:00 Entertainment, MDR 10:45 Exercise with YMCA, F 1:45 Trip to Cup and Cone, L 2:45 Movie Matinee, T 3:00 Rummikub GR 6:30 Ladies Night Chat and Laugh, ARI	<b>11 NAT'L CORN ON THE COB DAY</b> 10:00 Group Exercise, F 10:00 Coffee Social, B 10:30 Rook, GR 1:00 Coloring Club, ARI 2:00 Menu Committee, T 2:30 Bible Study with Steve, RP 3:30 Farkle, GR	<b>12 Nat'l Peanut Butter Cookie Day</b> 9:30 Exercise DVD, F 10:00 Coffee Social, B 10:45 Bingo, GR 1:00 Open Craft Room, ARI 2:30 Movie Matinee, T 4:00 Father's Day Car Show, L 6:30 Worship Services, T	<b>13 Nat'l Weed Your Garden Day</b> 9:30 Como Zoo and Conservatory, L 10:30 Exercise with YMCA, F 10:00 Newtrax Circulars, L 10:00 Coffee Social, B 11:00 Resident Council, T 1:00 Bridge, GR 2:30 Movie Matinee, T 3:30 Rummikub in the card room	<b>14 FLAG DAY</b> 9:30 Group Exercise, F 10:00 Coffee Social, FL 10:45 Trivia, CL 2:30 Entertainment, FL 3:30 Farkle, GR	<b>15 SMILE POWER DAY</b> 9:30 Group Exercise, F 10:00 Coffee Social, B 10:30 Coloring Group, ARI 2:00 Saturday Matinee, T 3:30 Rummikub with Neighbors, GR	Wednesday, June 12 4:00-L Father's Day Car Show  Friday, June 14 2:30- FL Music with Patrick Sullivan
<b>16 FATHER'S DAY</b> 10:00 Wii Bowling 10:00 Coffee Social, B 10:30 Coloring Group, ARI 3:30 Rummikub with Neighbors, GR	<b>17 GO FISHING DAY</b> 10:00 Coffee Social, B 10:45 Exercise with YMCA, F 2:45 Movie Matinee, T 3:00 Rummikub GR 6:30 Ladies Night Chat and Laugh, ARI	<b>18 INT'L PICNIC DAY</b> 10:00 Group Exercise, F 10:00 Coffee Social, B 10:30 Rook, GR 1:00 Coloring Club, ARI 2:30 Bible Study with Steve, RP 2:30 Live Entertainment, MDR 3:30 Farkle, GR	<b>19 JUNETEENTH</b> 9:30 Exercise DVD, F 10:00 Coffee Social, B 10:45 Bingo with PAI, GR 1:00 Open Craft Room, ARI 2:30 Movie Matinee, T 6:30 Worship Services, T	<b>20 WORLD REFUGEE DAY</b> 9:00 Trip to Hinckley, L 10:30 Exercise with YMCA, F 10:00 Newtrax Circulars, L 10:00 Coffee Social, B 1:00 Bridge, GR 2:30 Movie Matinee, T 3:30 Rummikub in the card room 6:30 Singing Group, B	<b>21 SUMMER SOLSTICE</b> 9:30 Group Exercise, F 10:00 Coffee Social, FL 10:45 Trivia, CL 2:00 Happy Hour CL 3:30 Farkle, GR	<b>22 Nat'l Chocolate Eclair Day</b> 9:30 Group Exercise, F 10:00 Coffee Social, B 10:30 Coloring Group, ARI 2:00 Saturday Matinee, T 3:15 Bus to St. Piusx, L 3:30 Rummikub with Neighbors, GR	Tuesday, June 18 2:30- MDR Jazz and Piano with Beckie King  Sunday, June 23 11:00- 1:00 3 Year Anniversary Party Live Music with Vinnie Rose
<b>23 NAT'L PINK DAY</b> 10:00 Wii Bowling 10:00 Coffee Social, B 10:30 Coloring Group, ARI 11:00 Anniversary Party, L 3:30 Rummikub with Neighbors, GR	<b>24</b> 10:00 Coffee Social, B 10:00 Entertainment, MDR 10:45 Exercise with YMCA, F 2:45 Movie Matinee, T 3:00 Rummikub GR 6:30 Ladies Night Chat and Laugh, ARI	<b>25 NAT'L CATFISH DAY</b> 10:00 Group Exercise, F 10:00 Coffee Social, B 10:30 Rook, GR 11:15 Lunch at Admiral D's, L 1:00 Coloring Club, ARI 2:30 Bible Study with Steve, RP 3:30 Farkle, GR	<b>26 NAT'L CANOE DAY</b> 9:30 Exercise DVD, F 10:00 Coffee Social, B 10:45 Bingo, GR 1:00 Open Craft Room, ARI 2:30 Movie Matinee, T 6:30 Worship Services, T	<b>27 NAT'L HANDSHAKE DAY</b> 10:30 Exercise with YMCA, F 10:00 Newtrax Circulars, L 10:00 Coffee Social, B 1:00 Bridge, GR 3:00 Sing a longs with Marge, CL 3:30 Rummikub in the card room 6:30 Singing Group, B	<b>28 PAUL BUNYAN DAY</b> 9:30 Group Exercise, F 10:00 Coffee Social, FL 10:00 Shopping at Target, L 2:00 Happy Hour CL 3:30 Farkle, GR	<b>29 NAT'L CAMERA DAY</b> 9:30 Group Exercise, F 10:00 Coffee Social, B 10:30 Coloring Group, ARI 2:00 Saturday Matinee, T 3:30 Rummikub with Neighbors, GR	Monday, June 24 10:00-FL Fireside Sing-a-long with Phil  Thursday, June 27 3:00-CL Sing-a-long with Marge
<b>30 METEOR DAY</b> 10:00 Wii Bowling 10:00 Coffee Social, B 10:30 Coloring Group, ARI 3:30 Rummikub with Neighbors, GR	 <p><b>Happy Birthday</b>                      Sunny and bright is the month of June;                      To celebrate your birthday, we'll sing you a tune.                      We welcome summer and your special day                      With a salute to you and a hip, hip, hooray!</p>				<p><b>Legend/Location key</b></p> ARI Activity Room MDR Dining Room T Theater CT Courtyard P Patio CL- Pub GR-Game Room		ALF # Note: Scheduled activities and events are subject to change without prior notice. Please see Life Enrichment staff for any possible changes and/or updates. Managed by Life Care Services