

June 2024 Calendar

Independent Living - Life Enrichment & Wellness

June Birthdays



| | | | |
|------------------|------|----------------|------|
| Novie Greene | 6/1 | Joan Martin | 6/16 |
| Juli Gasque | 6/2 | Sue Nazak | 6/16 |
| Lil Adickes | 6/3 | Bev Enriques | 6/19 |
| Marie Graham | 6/4 | Joan Bundy | 6/26 |
| Ed FitzGerald | 6/7 | Jimmy Galloway | 6/26 |
| Phyllis Ferguson | 6/11 | Anna Banks | 6/27 |
| | | Ken Wheatley | 6/27 |



This Month we Celebrate *Italy*

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--|---|--|---|---|--|---|--|
| <p># + L - #Floor Lounge. AS- Art Studio on the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CW - Campus Wide Event CY - Courtyard DR - Dining Room GR - Garden Room in the Health Center HH - Heritage Hall L - Lobby LL - Lower Level MDR - Manor Dining Room MT - Movie Theater</p> | <p>Helpful Reminders:</p> <p>The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i></p> <p>The Tower's bus can only accommodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor guarantee a seat on the bus.</p> <p>All activities on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancellations as well as a listing of movies for the week and programs airing on CH 99.</p> | | | | | | <p>1</p> <p>1:00 "Tech Time" with student athletes of Northwestern Highschool - L 1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p> |
| <p>2</p> <p>9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p> | <p>3</p> <p>9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Activity Committee Meeting - 4L 2:30 Aqua Move and Groove - P 3:30 CVS/Walgreens/Dollar Tree 6:00 Bible Reading</p> | <p>4</p> <p>9:30 Healthy Lower Body - HH 1:30 Exercise with Robin - HH 2:00 Dementia and Desserts - HH 3:00 Bingo - HH 6:00 Bible Reading 6:30 Hymn Sing - HH</p> | <p>5</p> <p>9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:00 Brunch @ IHOP 1:30 Full Body Stretch - HH 2:30 Resident Assoc. Meeting - HH 6:00 Bible Reading 6:00 Card Games - CR</p> | <p>6</p> <p>9:30 Healthy Lower Body - HH 11:00 Art with Alice - Art Studio 1:30 Balance and Core - CR 1:30 Harris Teeter 2:00 Sweet & Salty Food Demonstration 2/ Arzu CR 3:00 Dance Workshop w/Robin - HH 6:00 Bible Reading 6:00 Dominoes - CR</p> | <p>7</p> <p>10:00 Men's Devotions - CR 10:00 Water walking - P 10:30 Visit to Cowpens Battlefield and Lunch at Strawberry Hill 3:00 Cornhole - HH 6:00 Bible Reading 6:00 Stroll w/ a neighbor</p> | <p>8</p> <p>1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p> | |
| <p>9</p> <p>9:00 WPC Service on CH98 2:00 Board Games - CR 3:00 St. Anne's Communion - HH 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p> | <p>10</p> <p>9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Wellness Hydration Station Italian Style - CR 2:30 Aqua Move and Groove - P 3:00 Newport Walmart 6:00 Bible Reading</p> | <p>11</p> <p>9:30 Healthy Lower Body - HH 1:30 Exercise with Robin - HH 2:00 Alzheimer's Presentation - HH 3:00 Bingo - HH 3:45 Library Bookmobile - L 6:00 Bible Reading 6:30 Hymn Sing - HH</p> <p>** Port of Call: Italy</p> | <p>12</p> <p>9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 10:00 Podiatry Services - TR 1:30 Full Body Stretch - HH 3:00 Church Service - HH 6:00 Bible Reading 6:00 Card Games - CR</p> | <p>13</p> <p>9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Balance and Core - CR 1:30 Harris Teeter 2:00 Bible Study - Chapel 2:30 How it Began... - HH 6:00 Bible Reading 6:00 Dominoes - CR</p> | <p>14</p> <p>9:30 Seated Tai Chi - CH 99 10:00 Men's Devotions - CR 10:00 Water walking - P 1:00 White Home Tours w/ PW's 2:00 Bill Calisanti - HH 3:00 Cornhole - HH 6:00 Bible Reading 6:00 Stroll w/ a neighbor</p> <p>** Windows Articles Due</p> | <p>15</p> <p>1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p> | |
| <p>16 <i>Father's Day</i></p> <p>9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Bible Reading - L 6:00 Friendly Game of Pool - BR</p> | <p>17</p> <p>9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Virtual Tour of Vatican City - CR 2:30 Aqua Move and Groove - P 3:30 CVS/Walgreens/Dollar Tree 5:30 Ride Around & Peach Stand 6:00 Bible Reading</p> | <p>18</p> <p>9:30 Healthy Lower Body - HH 11:00 Audiology - CR 1:30 Exercise with Robin - HH 2:00 Resident Safety Training - HH 3:00 Bingo - HH 6:00 Bible Reading 6:30 Hymn Sing - HH</p> | <p>19</p> <p>9:00 Food Lion & Publix 9:30 Healthy Upper Body - HH 11:30 Papa Docs 1:30 Full Body Stretch - HH 2:00 Spaghetti Challenge - Lobby 3:00 Church Service - HH 6:00 Bible Reading 6:00 Card Games - CR</p> | <p>20</p> <p>9:30 Healthy Lower Body - HH 11:15 Neurobics - MT 1:30 Balance and Core - CR 1:30 Harris Teeter 2:00 Remember When? - HH 6:00 Bible Reading 6:00 Dominoes - CR</p> | <p>21</p> <p>9:30 Seated Tai Chi - CH 99 9:30 Donuts - CB 10:00 Men's Devotions - CR 10:00 Water walking - P 2:00 Purple Party - HH 3:00 Cornhole - HH 6:00 Stroll w/ a neighbor 6:00 Bible Reading</p> | <p>22</p> <p>1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p> | |
| <p>23</p> <p>9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR 6:00 Bible Reading - L</p> | <p>24</p> <p>9:30 Healthy Upper Body - HH 1:30 Cardio Drumming - HH 2:00 Newsletter Committee - 2L 2:30 Aqua Move and Groove - P 2:30 Tony Washington - HH 3:00 Newport Walmart 6:00 Bible Reading</p> | <p>25</p> <p>9:30 Healthy Lower Body - CR 11:00 Alzheimers and Spirituality - HH 12:30 Celebration of Life for Jean Barnes - HH 1:30 Exercise with Robin - CR 3:45 Library Bookmobile - L 6:00 Bible Reading 6:30 Hymn Sing - HH</p> | <p>26</p> <p>9:00 Food Lion & Publix 9:00 BK Nails 9:30 Healthy Upper Body - HH 11:30 Lunch @ Pumphouse 1:30 Full Body Stretch - CR 3:00 Church Service - HH 6:00 Bible Reading 6:00 Card Games - CR</p> | <p>27</p> <p>9:30 Healthy Lower Body - CR 11:15 Neurobics - MT 1:30 Balance and Core - CR 1:30 Harris Teeter 2:30 Get Involved - HH 3:30 Italian Tea Party - CR 6:00 Bible Reading 6:00 Dominoes - CR</p> | <p>28</p> <p>9:30 Seated Tai Chi - CH 99 10:00 Men's Devotions - CR 10:00 Water walking - P 11:30 Improper Pig 1:30 The Quandts - HH 3:00 Cornhole - HH 6:00 Bible Reading 6:00 Stroll w/ a neighbor</p> | <p>29</p> <p>1:30 Rummy - CR 2:00 Rummikub - CR 4:00 Logic Puzzle - L 6:00 Bible Reading - L 6:30 Bingo - HH</p> | |
| <p>30</p> <p>9:00 WPC Service on CH98 2:00 Board Games - CR 4:00 Vespers - HH 6:00 Friendly Game of Pool - BR 6:00 Bible Reading - L</p> | | | | | | | |