

# June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Support Group June 14th and June 28th 10:00 AM</b>		9:30 Exercise & Yoga breath <b>1</b> 10:00 Brain Boost  10:45 Trivia 1:00 Bonnie's Class 2:00 Balance and Stretch Sing Along 2:30 Coffee Klatch 3:00 Vivian's Class	9:30 Exercise and Guided Meditation <b>2</b> 10:00 Building Words  10:45 Robert Frost Poems Luis's Class 1:00 Bonnie's Class  2:00 PM Stretch 2:45 Coffee & Snack 3:00 Bingo	9:30 Exercise & Yoga Breath <b>3</b> 10:00 De-stress your Brain 10:45 Finish that Song  11:30 <b>Shabbat</b> 1:00 PM Stretch 2:00 Word Trivia 2:30 Coffee Social 3:00 Movie
9:30 Exercise & Meditation <b>6</b> 10:00 Favour Doubles 10:45 World Trivia 12:15 Color Calm and relaxing music 1:00 PM Stretch  2:00 Sting poems  2:45 Coffee Klatch 3:00 Jamie's Class	9:30 Exercise & Positive Thoughts <b>7</b> 9:45 Music Therapy  11:00 Boggle Music Trivia 1:00 Stretch and Balance  2:00 State Capitals 2:45 Coffee & Snack 3:00 Vivian's Class	9:30 Exercise & Yoga Breath <b>8</b> 10:00 Brain Boost 10:45 Finish that Line  12:15 Music/ Color 1:00 Bonnie's Class 2:00 Stretch and Meditation Puns and Jokes 2:30 Coffee Klatch 3:00 Vivian's Class	9:30 Exercise & Meditation <b>9</b> 10:00 Word Search  10:45 Garden Talk Luis's Class 1:00 Bonnie's Class 2:00 Afternoon Stretch Reader's Digest 2:45 Coffee and Snack 3:00 Jamie/ Susan's Class	9:30 Exercise & Positive Affirmation <b>10</b> 10:00 Boggle  10:45 Famous Cities  11:30 <b>Shabbat</b> 1:00 PM Stretch 2:00 Mars Space Mission 2:30 Coffee Klatch 3:00 Movie
9:30 Exercise & Meditation <b>13</b> 10:00 Word Jumbles 10:45 Fatherly Advice 12:15 Color Art & Music 1:00 Yoga Stretch  2:00 What my Dad Taught Me 2:45 Coffee Social 3:00 Jamie's Class	9:30 Exercise & Good Thoughts <b>14</b> 9:45 Music Therapy  11:00 Word Sprint Famous Fathers 1:00 PM Stretch Class 2:00 Jokes and Puns 2:45 Coffee & Snack 3:00 Vivian's Class	9:30 Exercise & Breathing <b>15</b> 10:00 Brain Boost 10:45 Sting's Poems  12:15 Color Calm 1:00 Bonnie's Class 2:00 PM Stretch Chicken Soup for the Soul 2:30 Coffee Klatch 3:00 Vivian's Class	9:30 Exercise & Guided Meditation <b>16</b> 10:00 Word Jumbles  10:45 Good Old Days Luis's Class 1:00 Bonnie's Class 2:00 Yoga Stretch World Trivia 2:45 Coffee & Snack 3:00 Bingo	9:30 Exercise & Positive Thoughts <b>17</b> 10:00 Attitude of Gratitude 10:45 Healthy Food  11:30 <b>Shabbat</b> 1:00 Afternoon Stretch <b>Father's Day Celebration</b> 2:00 Coffee Social 2:30 Coffee Social 3:00 Movie
9:30 Exercise & Meditation <b>20</b> 10:00 A-Z Cities 10:45 Limericks 12:15 Color Calm Music/ Comedy 1:00 PM Stretch Class  2:00 Cars and Trucks  2:45 Coffee Klatch 3:00 Jamie's Class	9:30 Exercise & Pos. Affirmation <b>21</b> 9:45 Music Therapy  11:00 Fill in the Word Summer Trivia 1:00 Stretch and Balance 2:00 Cats and Dogs  2:45 Coffee & Snack 3:00 Vivian's Class	9:30 Exercise & Guided Breath <b>22</b> 10:00 Brain Boost 10:45 Outer Space  12:15 Color Art/ Music 1:00 Bonnie's Class 2:00 Stretch Time Shel Silverstein 2:30 Coffee Social 3:00 Vivian's Class	9:30 Exercise and Meditation <b>23</b> 10:00 Word Quest  10:45 Food for Thought Luis's Class 1:00 Bonnie's Class  2:00 Stretch/ Balance Love Stories 2:45 Coffee Klatch 3:00 Jamie/Susan's Class	9:30 Exercise & Positivity <b>24</b> 10:00 Space and Beyond  10:45 Where the Sidewalk Ends 11:30 <b>Shabbat</b> 1:00 PM Stretch  2:00 Words in Common 2:30 Coffee & Snack 3:00 Movie
9:30 Exercise & Meditation <b>27</b> 10:00 Animal Facts 10:45 Wild Birds 12:15 Color, Art/ Music or Comedies 1:00 Stretch class and Meditation 2:00 Sing Along  2:45 Coffee Social 3:00 Jamie's Class	9:30 Exercise & Pos. Thoughts <b>28</b> 9:45 Music Therapy  11:00 Boggle July 4th Trivia 1:00 Stretch and Positive Affirm. 2:00 Farm Life 2:45 Coffee Klatch 3:00 Vivian's Class	9:30 Exercise & Guided Breath <b>29</b> 10:00 Brain Boost 10:45 Go Together  12:15 Color Calm 1:00 Bonnie's Class 2:00 Yoga Stretch Jokes & Riddles 2:30 Coffee & Snack 3:00 Vivian's Class	9:30 Exercise & Meditation <b>30</b> 10:00 Word Game  10:45 World Capitals Luis's Class 1:00 Bonnie's Class  2:00 PM Stretch Sing Along 2:45 Coffee Social 3:00 Bingo	<b>Therapy Dog Visits with Roxie and Toby</b>  



Curt & Alice Walter Adult Day Care and Alzheimer's Pavilion  
Daniel D. Cantor Senior Center

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