

MON	TUE	WED	THU	FRI
		<p>1 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Exercise Ageless Grace 11:00 Global Day of Parents & National Pen Pal Day 12:00 Lunch</p>	<p>2 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Ed Talk: Reading Food Labels w/ Martin Willis 11:00 Chair Kickball 12:00 Lunch</p>	<p>3 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Art w/ Leslie 10:45 Chair Dance Yoga with Marissa 12:00 Lunch</p>
<p>6 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:30 Strength Training 11:00 Brain Games 12:00 Lunch</p>	<p>7 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Morning Meditation with Chhaya 10:30 GA Care w/ Janet 11:00 Pilates with Janice 12:00 Lunch</p>	<p>8 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Art w/ Leslie 10:45 Move & Groove 12:00 Lunch</p>	<p>9 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 The Georgian Lakeside BINGO w/ Valerie 11:00 The Fitness Factory w/ Adrienne 12:00 Lunch</p>	<p>10 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Nutrition Talk w/ Open Hand 10:45 Chair Dance Yoga 11:30 Board Games 12:00 Lunch</p>
<p>13 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Strength Training 11:00 Mystery Craft 12:00 Site Council 12:00 Lunch</p>	<p>14 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Morning Meditation with Chhaya 11:00 Pilates with Janice 11:30 IT Help with Kyle 12:00 Lunch</p>	<p>15 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Yoga 10:45 Art w/ Leslie 10:45 Movie Day 12:00 Lunch ***Birthday***</p>	<p>16 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:15 Father's Day Trivia 11:00 The Fitness Factory w/ Adrienne 12:00 Lunch</p>	<p>17 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 10:30 Petals of Love with Hospice 11:15 Sleeping Bags Project w/ Mt. Zion 12:00 Lunch 1:30 Dementia Spotlight- RSVP</p>
<p>20 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 9:45 Move & Groove 11:00 Karaoke 12:00 Lunch</p>	<p>21 9:00 Welcome Chat & Walk & Talk 9:30 Walking Club 10:00 Morning Meditation with Chhaya 11:00 BINGO w/ UPS 12:00 Lunch</p>	<p>22 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Chair Core Exercise 10:45 Art w/ Leslie 11:00 Telephone Game 12:00 Lunch</p>	<p>23 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Ed Talk: Pet Appreciation 11:00 The Fitness Factory w/ Adrienne 12:00 Lunch</p>	<p>24 9:00 Welcome Chat & Walk & Talk 9:30 Coffee, Tea, Chat, & Games 10:00 Chair Dance 10:30 Sport Ice Cream w/ Mai Ly 12:00 Lunch *** Skirt Day w/ Mrs. Marie***</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	

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9:30 Coffee, Tea, Chat, & Games	9:30 Coffee, Tea, Chat, & Games	9:30 Coffee, Tea, Chat, & Games	9:30 Coffee, Tea, Chat, & Games
9:45 Physical Exercise: Parachute	10:00 Morning Meditation	10:00 Chair Core Exercise	10:00 Roswell Fair
10:30 Ed Talk: National Safety Month	10:30 IT Help with Kyle	10:45 Art w/ Leslie	11:00 The Fitness Factory w/ Adrienne
12:00 Lunch	11:00 Pilates with Janice	11:00 National Camera Day	12:00 Lunch
	12:00 Lunch	12:00 Lunch	