

June Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Disclaimer Activities are free and optional unless indicated (*self-pay).</p> <p>Note **Evidence-Based Program</p>	<p>Wednesdays Grocery Shopping*</p> <p>Reminder Sign up at the front desk for all activities prior to the day of the activity.</p>			
<p>3 10:00am: Sittercise 10:00am: Talk with Jim 11:00am: Bingo*</p>	<p>4 10:00am: Strength and Balance 10:00am: Zumba Gold with Corazon 11:00am: Word Game</p>	<p>5 Kroger* 10:00am: Crochet 10:00am: Family Feud 11:00am: June Tidbits</p>	<p>6 10:00am: Red Hat Society Meeting 10:00am: Strength and Balance 11:00am: How to Deal with Grief (Health)</p>	<p>7 10:00am: Field Trip to Freeman's Mill Park 10:00am: Yard Toss 11:00am: Bingo*</p>
<p>10 9:30am: Waterobics at Bethesda Park Aquatic Center 10:00am: Sittercise 10:00am: Talk with Jim 11:00am: Bingo*</p>	<p>11 10:00am: Zumba Gold with Corazon 10:30am – 11:30am: Medieval Times</p>	<p>12 Walmart* 10:00am: Crochet 10:00am: Tai Chi/Qigong** 11:00am: Bingo*</p>	<p>13 10:00am: Music Therapy** 10:00am: Strength and Balance 11:00am: Drum Therapy** 11:00am: Movie Time</p>	<p>14 9:00am – 12:00pm: Father's Day Pool Tournament 10:00am – 12:00pm: Father's Day Celebration and Music with Steve Chappelle</p>
<p>17 10:00am: Strength and Balance 10:00am: Talk with Jim 11:00am: Yard Toss</p>	<p>18 10:00am: Communicating with Cetaceans 10:00am: Zumba Gold with Corazon 11:00am: Bingo*</p>	<p>19 Publix* 10:00am: Crochet 10:00am: Tai Chi/Qigong** 11:00am: Jeopardy</p>	<p>20 10:00am: Blood Pressure and Weight Check 10:00am: Strength and Balance 10:00am: Talk it Out (What Do You Need to Renew?) 11:00am: Bingo* 1:00pm: Rummikub Tournament</p>	<p>21 10:00am: Red Hat Society Field Trip to Cracker Barrel 10:00am: Strength and Balance 11:00am: Nutrition with UGA Extension Gwinnett</p>
<p>24 9:30am: Waterobics at Bethesda Park Aquatic Center 10:00am: Summer Scavenger Hunt 10:00am: Talk with Jim 11:00am: Word Game</p>	<p>25 10:00am: Site Council Meeting 10:00am: Strength and Balance 10:00am: Zumba Gold with Corazon 11:00am: Bingo*</p>	<p>26 Kroger* 10:00am: Crochet 10:00am: Tai Chi/Qigong** 11:00am: Take Your Best Guess Presentation</p>	<p>27 10:00am: Sittercise 10:00am: 10 Signs of Alzheimer's (Health) 11:00am: Men's Health 1:30pm: Movie & Popcorn</p>	<p>28 10:00am: Chair Yoga with Eloise 11:00am: Bingo*</p>