

JUNE 2020



The Pines

Assisted Living

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ME - Mental PH - Physical SO - Social	1 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games ME 8:00 Evening Meditation	2 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 2:00 Board Games PH 3:00 Zumba SO 4:00 Cooking with Clara ME 6:30 Radio Hour ME 8:00 Evening Meditation	3 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games ME 8:00 Evening Meditation	4 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation ME 10:00 Puzzle Club SO 1:30 Cooking with Clara SO 2:00 Board Games PH 3:00 Zumba ME 6:30 Radio Hour ME 8:00 Evening Meditation	5 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 10:00 Book Club SO 1:30 Cooking with Clara SO 2:00 Board Games ME 3:00 Dance Lessons ME 8:00 Evening Meditation	6 ME 8:00 Evening Meditation
7 ME 8:00 Evening Meditation	8 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games ME 8:00 Evening Meditation	9 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games PH 3:00 Zumba ME 8:00 Evening Meditation	10 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games ME 8:00 Evening Meditation	11 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation ME 10:00 Puzzle Club SO 1:30 Cooking with Clara SO 2:00 Board Games PH 3:00 Zumba ME 6:30 Radio Hour ME 8:00 Evening Meditation	12 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 10:00 Book Club SO 1:30 Cooking with Clara SO 2:00 Board Games ME 3:00 Dance Lessons ME 8:00 Evening Meditation	13 ME 8:00 Evening Meditation
14 ME 8:00 Evening Meditation	15 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games ME 8:00 Evening Meditation	16 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games PH 3:00 Zumba ME 8:00 Evening Meditation	17 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games ME 8:00 Evening Meditation	18 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation ME 10:00 Puzzle Club SO 1:30 Cooking with Clara SO 2:00 Board Games PH 3:00 Zumba ME 6:30 Radio Hour ME 8:00 Evening Meditation	19 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 10:00 Book Club SO 1:30 Cooking with Clara SO 2:00 Board Games ME 3:00 Dance Lessons ME 8:00 Evening Meditation	20 ME 8:00 Evening Meditation
21 ME 8:00 Evening Meditation	22 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games ME 8:00 Evening Meditation	23 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games PH 3:00 Zumba ME 8:00 Evening Meditation	24 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games ME 8:00 Evening Meditation	25 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation ME 10:00 Puzzle Club SO 1:30 Cooking with Clara SO 2:00 Board Games PH 3:00 Zumba ME 6:30 Radio Hour ME 8:00 Evening Meditation	26 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 10:00 Book Club SO 1:30 Cooking with Clara SO 2:00 Board Games ME 3:00 Dance Lessons ME 8:00 Evening Meditation	27 ME 8:00 Evening Meditation
28 ME 8:00 Evening Meditation	29 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games ME 8:00 Evening Meditation	30 SO 6:30 Sunrise Yoga PH 8:00 Silver Sneakers ME 9:00 Morning Meditation SO 1:30 Cooking with Clara SO 2:00 Board Games PH 3:00 Zumba ME 8:00 Evening Meditation				June Birthdays: * Helen J. - 6/1 * Ida M. - 6/14 * Grover O. - 6/17 * James M. - 6/30