



hello JUNE

INDEPENDENT ACTIVITY CALENDAR



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1	2	3	4	5	6
	8:00-Morning Coffee 9:00-Water Aerobics 9:30-Morning Stretch 10:00-Water Aerobics 1:30- Resident Association Meeting	8:00-Morning Coffee 9:30-Low Impact Cardio 10:00-BP Check 1:00-Happy Stitches 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking	8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 10:00-Water Aerobics 10:30-Virtual Tour 1:00-Hand and Foot 3:00-Wednesday Bible Study	8:00-Morning Coffee 9:30-Tai Chi 10:00- QR Code Education 4:00-Water Walking	8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 11:00-Lunch Bunch: Mc B's Bar & Grill 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo	4:00 Water Walking 4:30 Hymns w/ Mary Lou & Martha
7	8	9	10	11	12	13
10:30 Protestant Service New Stage 2:00pm	Closet Sale Set up	Closet Sale Set up 5:00-Dinner Out: Cerami's	Closet Sale Set up	Closet Sale Day 	8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 2:30-Darts (Cyber) 4:00- Happy Hour 6:30-Bingo	4:00 Water Walking
14	15	16	17	18	19	20
10:30 Protestant Service	8:00-Morning Coffee 9:00-Water Aerobics 9:30-Morning Stretch 10:00-Water Aerobics 10:30- Activity Committee Meeting 1:00-Movie Matinee: Flags of Our Fathers	8:00-Morning Coffee 8:30-Yoga w/Lee 9:30-Low Impact Cardio 10:30- Veteran's Club 2:00- Artificial Intelligence Made Simple 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking	8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 11:00 - Honey for Sale 10:30-Virtual Tour 1:00-Hand and Foot 3:00-Wednesday Bible Study	8:00-Morning Coffee 9:30-Tai Chi 2:00- DIY Lattes and Pastries Social 4:00-Water Walking	8:00-Morning Coffee 9:00-Water Aerobics 9:00- Father's Day Breakfast 10:00-Water Aerobics 1:00- \$1 Bridge Game 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo No Morning Stretch	4:00 Water Walking
21	22	23	24	25	26	27
10:30 Protestant Service	8:00-Morning Coffee 9:00-Water Aerobics 9:30-Morning Stretch 10:00-Water Aerobics 2:00- Ridgeland Tappers Patriotic Performance	8:00-Morning Coffee 9:30-Low Impact Cardio 10:00-BP Check 10:30- Ageless Beauty and Lip Care Presentation 1:00-Happy Stitches 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking No Yoga w/Lee	8:00-Morning Coffee 9:00-Water Aerobics 9:30-Sit and Be Fit 10:00-Origin Bank 10:00-Water Aerobics 10:30- Reflections Group 1:00-Hand and Foot 3:00-Wednesday Bible Study No Virtual Tour	8:00-Morning Coffee 9:30-Tai Chi 2:00- Trivia 4:00- Water Walking 4:00 - Current Eventz	8:00-Morning Coffee 9:00-Water Aerobics 9:30- Morning Stretch 10:00-Water Aerobics 2:00- Light of Entertainment Performance 2:30-Darts (Cyber) 4:00-Happy Hour 6:30-Bingo	4:00 Water Walking
28	29	30				
10:30 Protestant Service	8:00-Morning Coffee 9:00-Water Aerobics 9:30-Morning Stretch 10:00-Water Aerobics 1:00 - Movie Matinee: Mother's Day	8:00-Morning Coffee 8:30-Yoga w/Lee 9:30-Low Impact Cardio 10:00-BP Check 1:00-Happy Stitches 2:00- Patriotic Craft 3:00-Men's Bible Study (Dogwood Room) 4:00-Water Walking				

Church Services

Catholic Service: Monday-Friday 8:30am/Sunday 9:00am(Chapel)

United Methodist Service: Tuesday 4:00pm (Chapel)

Protestant Service: Every Sunday 10:30am (Activity Room)

Episcopal Service: Every Wednesday 4:00pm (Chapel)