

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Everything Good, Everything Magical happens between the months of June and August.” ~ Jenny Han</p>		<p>AM Doctor Appointments ¹</p> <p>10:30 Sittercise (Group 3) 11:15 Sittercise (Group 2) 1:00 Walking Redondo * 1:00 Chair Yoga (Group 2) 2:00 Balloon Volleyball 3:00 Whammo (Act. Rm. 2)</p>	<p>9:30 Shopping (Fred Meyer)* ² 11:15 Sittercise (Group 1)</p> <p>1:00 Chair Yoga (Group 1) 2:00 Fun Project (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>11:15 Sittercise (Group 2) ³</p> <p>1:00 Chair Yoga (Group 2) 2:00 Posture & Breathing 3:00 Whammo (Act. Rm. 2)</p> <p>PM Doctor Appointments</p>	<p>9:30 Traveling Library (Debbie will Pickup & Dropoff) ⁴</p> <p>11:15 Sittercise (Group 1) 1:00 Jeopardy (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	
<p>⁶</p>	<p>⁷</p> <p>10:30 Talk Time 11:15 Sittercise (Group 1)</p> <p>1:00 Chair Yoga (Group 1) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>AM Doctor Appointments ⁸</p> <p>10:30 Sittercise (Group 3) 11:15 Sittercise (Group 2) 1:00 Walking Game Farm * 1:00 Chair Yoga (Group 2) 2:00 Wheel of Fortune 3:00 Whammo (Act. Rm. 2)</p>	<p>9:30 Shopping (Fred Meyer)* ⁹ 11:15 Sittercise (Group 1)</p> <p>1:00 Chair Yoga (Group 1) 2:00 Entertainment with Sid* (Hearthside Dining Room) 3:00 Bingo (Act. Rm 2)</p>	<p>11:15 Sittercise (Group 2) ¹⁰</p> <p>1:00 Chair Yoga (Group 2) 2:00 Posture & Breathing 3:00 Whammo (Act. Rm. 2)</p> <p>PM Doctor Appointments</p>	<p>11:15 Sittercise (Group 1) ¹¹</p> <p>1:00 Jeopardy (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>¹²</p>
<p>¹³</p>	<p>¹⁴</p> <p>10:30 Talk Time 11:15 Sittercise (Group 1)</p> <p>2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p> <p><small>Flag Day (US)</small></p>	<p>AM Doctor Appointments ¹⁵</p> <p>10:30 Sittercise (Group 3) 11:15 Sittercise (Group 2) 12:45 Chair Yoga (Group 2) 1:30 Rock N Roll Memories Part 2 (Activity Room 2) * 3:15 Whammo (Act. Rm. 2)</p>	<p>9:30 Shopping (Fred Meyer)* ¹⁶ 11:15 Sittercise (Group 1)</p> <p>1:00 Chair Yoga (Group 1) 2:00 Rock Painting (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>11:15 Sittercise (Group 2) ¹⁷</p> <p>1:00 Chair Yoga (Group 2) 2:00 Posture & Breathing 3:00 Whammo (Act. Rm. 2)</p> <p>PM Doctor Appointments</p>	<p>11:15 Sittercise (Group 1) ¹⁸</p> <p>1:00 Jeopardy (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>¹⁹</p> <p><small>Juneteenth</small></p>
<p>²⁰</p> <p>Happy Father's Day!</p> <p><small>Summer Begins Father's Day</small></p>	<p>²¹</p> <p>10:30 Talk Time 11:15 Sittercise (Group 1)</p> <p>1:00 Chair Yoga (Group 1) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>NO Doctor Appointments ²²</p> <p>10:30 Sittercise (Group 3) 11:15 Sittercise (Group 2)</p> <p>NO WALK TODAY 1:00 Chair Yoga (Group 2) 2:00 Balloon Volleyball 3:00 Whammo (Act. Rm. 2)</p>	<p>NO Shopping Today ²³</p> <p>11:15 Sittercise (Group 1)</p> <p>1:00 Chair Yoga (Group 1) 2:00 Entertainment with Sid* (Hearthside Dining Room) 3:00 Bingo (Act. Rm 2)</p>	<p>11:15 Sittercise (Group 2) ²⁴</p> <p>1:00 Chair Yoga (Group 2) 2:00 Posture & Breathing 3:00 Whammo (Act. Rm. 2)</p> <p>NO Doctor Appointments</p>	<p>11:15 Sittercise (Group 1) ²⁵</p> <p>1:00 Jeopardy (Act. Rm 2) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>²⁶</p> <p>11:00am – 2:00pm</p> <p>Shred It And Forget it! Event</p>
<p>²⁷</p>	<p>²⁸</p> <p>10:30 Talk Time 11:15 Sittercise (Group 1)</p> <p>1:00 Chair Yoga (Group 1) 2:00 Dance Fitness (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>AM Doctor Appointments ²⁹</p> <p>10:30 Sittercise (Group 3) 11:15 Sittercise (Group 2) 1:00 Walking Des Moines Marina * 1:00 Chair Yoga (Group 2) 2:00 Wheel of Fortune 3:00 Whammo (Act. Rm. 2)</p>	<p>9:30 Shopping (Fred Meyer)* ³⁰ 11:15 Sittercise (Group 1)</p> <p>1:00 Chair Yoga (Group 1) 2:00 Rock Painting (Activity Room 2) 3:00 Bingo (Act. Rm 2)</p>	<p>June 2021</p> <p>GARDENS & HEARTHSIDE</p>		

June Highlights

Fitness Classes

- Chair Yoga – Check your group assignment (Activity Room 2)
- Sittercise – Check your group assignment (Activity Room 2)
- Dance Fitness (Activity Room 2)

(Please Sign Up)

Bingo

- Monday, Wednesday, Friday at 3:00 (Activity Room 2)

Whammo

- Tuesday & Thursday at 3:00 (Activity Room 2)

For Fun Projects

- Wednesday, June 2, 2:00 (Activity Room 2) (Please sign up)
- Wednesday, June 16, 2:00 (Activity Room 2) (Please sign up)
- Wednesday, June 30, 2:00 (Activity Room 2) (Please sign up)

Entertainment with Sid

- Wednesday, June 9, 2:00 (Hearthside Dining) **(Please sign up)** *
- Wednesday, June 23, 2:00 (Hearthside Dining) **(Please sign up)** *

Group Assignment Questions
Please call Debbie!

Please note: Reservations needed indicated by the ‘*’.

Fitness with Debbie and Christina

Gardens & Hearthside

June 2021 Activity Calendar

King Co. Traveling Library 1st Friday of each month ~ 9:40AM
~ Debbie will be contact person with the Librarian
(Librarian will delivery books on hold and pickup books for return.)

Small Group Activities!

Please sign up in advance.

* = Reservations Required

Fitness Class groups have previously been assigned.
If you do not see your name on the list, please call Debbie

Morning “Monday Morning Talk Time” Group 10:30. *
The group will meet once a week!
In Activity Room 2

Tuesday, June 15, 1:30 (Activity Room 2)
Rock & Roll Memories Part 2 *

Saturday, June 26, 1 1:00am – 2:00pm Shred It & Forget It!
ON CAMPUS

Keep Moving!