

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Spiritual well-being is defined as an "ability to experience and integrate meaning and purpose in life through a person's connectedness with self, others art, music, literature, nature, or a power greater than oneself." How does spiritual or religious beliefs affect one's overall wellness? Religious or spiritual beliefs can lend meaning to one's life and aid in recovery from illnesses, grief and depression. Drawing on prayer, meditation or nature can increase one's religious or spiritual health.</p> <p>SMALL CHANGES CAN MAKE A BIG DIFFERENCE IN YOUR SPIRITUAL JOURNEY.</p> <p>Similar to the other dimensions of wellness, there is no "one size fits all" approach. When developing your spiritual wellness it is best to find the approach that works for you! Wherever you are on your spiritual journey, spread love wherever you go...</p>			1 9:30 - 10:30 (BIS) BP Check 10:00 (FSR) Exercise 10:30 (ML) Live Action Bowling 1:00 (BAL) Balcony Conversations 1:30 (BAL) Movie Selection 2:00 (BIS) Crafts 2:00 (T) Dr Brent BBS 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Wheel of Fortune 7:00 (T) Movie w/ Popcorn	2 10:00 (FSR) Exercise 10:30 (T) David Jeremiah 10:40 (BAL) Balcony Fishing 1:00 - 1:30 MagMart 1:30 (BP) Gardening Club 1:30 Movie Matinee 2:00 (BP) Shuffleboard 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Thirsty Thurs. Trivia 7:00 (T) Movie	3 9:00 (O) Movie @ Regal 10:00 (FSR) Exercise 10:30 (T) Longmire 10:40 (S) Pretty Nails 1:00 (T) Chef Chat 2:00 (DR) Wrapsody Quartet 3:00 (FSR) Bingo 4:00 - 4:30 (BP) Happy Hour 7:00 (T) Movie w/ Popcorn	4 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (T) Heartland 10:40 (O) Dollar Tree 1:00 (T) 90 Minute Movie 1:00 (DR) Hand & Foot 2:00 (BAL) Popsicle Social 3:00 (FSR) Bingo 4:00 (T) STA5G 7:00 (T) Movie
5 9:30 (ML) Walk & Talk 10:00 (T) Communion 10:30 (T) Streamed Mass 11:00 (T) LHB Online Service 1:00 - 1:30 MagMart 1:30 (BAL) Lemonade Social 1:30 (T) Movie Matinee 2:00 (BP) Cornhole/HB Golf 3:00 (FSR) Bingo 4:00 (BR) Chain Reaction 7:00 (T) Movie	6 10:00 (FSR) Exercise 10:30 (T) LHB Bible Study 10:30 (FSR) RL Triominos 10:40 (O) Walmart 1:00 (DR) Karaoke 1:00 (T) Outlander Season 5 2:00 (RK) Blackjack 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Spelling Bee 7:00 (T) Movie w/ Popcorn	7 10:00 (FSR) Exercise 10:30 (ML) Giant Kerplunk 1:00 (BP) Shuffleboard 1:00 (T) St Marks Rosary 1:30 (BR) Long Word, Short Word 1:30 (T) Movie Matinee 2:00 (BR) Resident Services Chat 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Jeopardy! 7:00 (T) Movie	8 9:30 - 10:30 (BIS) BP Check 10:00 (FSR) Exercise 10:30 (ML) Live Action Bowling 1:00 (T) Wii Bowling 2:00 (BIS) Crafts 2:00 (T) Dr Brent BBS 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Wheel of Fortune 7:00 (T) Movie w/ Popcorn	9 10:00 (FSR) Exercise 10:30 (T) Charles Stanley 10:40 (BAL) Balcony Fishing 1:00 - 1:30 MagMart 1:30 (LV2) Book Club 1:30 Movie Matinee 2:00 (DR) Ent. Ray Hoskins 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Thirsty Thurs. Trivia 7:00 (T) Movie	10 10:00 (FSR) Fitness w/ Fox 10:30 (T) Longmire 10:40 (S) Pretty Nails 10:45 (O) Ladies Who Lunch 1:00 (RK) Snack & Chat 2:00 (BR) LE Chat 3:00 (FSR) Bingo 4:00 (BAL) Drench the Director 7:00 (T) Movie w/ Popcorn	11 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (T) Heartland 10:40 (O) Goodwill 1:00 (T) 90 Minute Movie 1:00 (DR) Hand & Foot 2:00 (BP) Cornhole Baseball 3:00 (FSR) Bingo 4:00 (T) STA5G 7:00 (T) Movie
12 9:30 (ML) Walk & Talk 10:00 (T) Communion 10:30 (T) Streamed Mass 11:00 (T) LHB Online Service 1:00 - 1:30 MagMart 1:30 (BAL) Current Events Chat 1:30 (T) Movie Matinee 2:00 (50D) Uno 3:00 (FSR) Bingo 4:00 (BR) Chain Reaction 7:00 (T) Movie	13 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (FSR) RL Triominos 10:40 (O) Walmart 1:00 (T) Outlander Season 5 1:00 (BP) Putting Practice 2:00 (DR) LIVE Family Feud 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Spelling Bee 7:00 (T) Movie w/ Popcorn	14 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (ML) Giant Kerplunk 1:00 (T) St Marks Rosary 1:30 (BR) Long Word, Short Word 1:30 (T) Movie Matinee 2:00 (RK) Black Jack 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Jeopardy! 7:00 (T) Movie	15 9:30 - 10:30 (BIS) BP Check 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (ML) Live Action Bowling 11:30 - 1:30 (DR) Father's Day Lunch 1:00 (BAL) Balcony Conversations 1:00 (T) Catholic Mass 2:00 (BIS) Crafts 2:00 (T) Dr Brent BBS 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Wheel of Fortune 7:00 (T) Movie w/ Popcorn	16 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (T) David Jeremiah 10:40 (BAL) Balcony Fishing 1:00 - 1:30 MagMart 1:30 (LV1) Book Club 1:30 Movie Matinee 2:00 (BR) Chat w/ Jenny 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Thirsty Thurs. Trivia 7:00 (T) Movie	17 10:00 (FSR) Exercise 10:00 (FSR) Fitness w/ Fox 10:30 (T) Longmire 10:40 (S) Pretty Nails 12:45 (O) Beer Tasting @ MC 1:00 (BP) Know Thy Neighbor Soc. 2:00 (DR) Ent. Don White 3:00 (FSR) Bingo 4:00 - 4:30 (BP) Happy Hour 7:00 (T) Movie w/ Popcorn	18 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (T) Heartland 10:40 (O) Marshalls/Homegoods 1:00 (T) 90 Minute Movie 1:00 (DR) Hand & Foot 2:00 (BP) Cornhole Baseball 3:00 (FSR) Bingo 4:00 (T) STA5G 7:00 (T) Movie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
19 9:30 (ML) Walk & Talk 10:00 (T) Communion 10:30 (T) Streamed Mass 11:00 (T) LHB Online Service 1:00 - 1:30 MagMart 1:30 (BAL) Lemonade Social 1:30 (T) Movie Matinee 2:00 (BP) Cornhole/HB Golf 3:00 (FSR) Bingo 4:00 (BR) Chain Reaction 7:00 (T) Movie	20 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (T) LHB Bible Study 10:30 (FSR) RL Triominos 10:40 (O) Walmart 1:00 (DR) Karaoke 1:00 (T) Outlander Season 5 2:00 (RK) Blackjack 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Spelling Bee 7:00 (T) Movie w/ Popcorn	21 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (ML) Giant Kerplunk 1:00 (BP) Shuffleboard 1:00 (T) St Marks Rosary 1:30 (BR) Long Word, Short Word 1:30 (T) Movie Matinee 2:00 (50D) Uno 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Jeopardy! 7:00 (T) Movie	22 9:30 - 10:30 (BIS) BP Check 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (ML) Live Action Bowling 1:00 (T) Wii Bowling 2:00 (BIS) Crafts 2:00 (T) Dr Brent BBS 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Wheel of Fortune 7:00 (T) Movie w/ Popcorn	23 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (T) Charles Stanley 10:40 (BAL) Balcony Fishing 1:00 - 1:30 MagMart 1:30 (LV2) Book Club 1:30 Movie Matinee 2:00 (DR) Ent. Steve Elston 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Thirsty Thurs. Trivia 7:00 (T) Movie	24 10:00 (FSR) Exercise 10:00 (FSR) Fitness w/ Fox 10:30 (T) Longmire 10:40 (S) Pretty Nails 12:45 (O) Joy Ride w/ Milkshakes 1:00 (BAL) RL Balcony Social 2:00 (BR) Food for Thought 3:00 (FSR) Bingo 4:00 (BAL) Drench the Director 4:30 - 6:30 (DR) Formal Friday 7:00 (T) Movie w/ Popcorn	25 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (HC) Hear Clear 10:30 (T) Heartland 10:40 (O) Christmas Tree Shop 1:00 (T) 90 Minute Movie 1:00 (DR) Hand & Foot 2:00 (BP) Cornhole Baseball 3:00 (FSR) Bingo 4:00 (T) STA5G 7:00 (T) Movie
26 9:30 (ML) Walk & Talk 10:00 (T) Communion 10:30 (T) Streamed Mass 11:00 (T) LHB Online Service 1:00 - 1:30 MagMart 1:30 (BAL) Current Events Chat 1:30 (T) Movie Matinee 2:00 (50D) Uno 3:00 (FSR) Bingo 4:00 (BR) Chain Reaction 7:00 (T) Movie	27 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (FSR) RL Triominos 10:40 (O) Walmart 1:00 (FSR) Fun with Fox 1:00 (T) Outlander Season 5 2:00 (RK) Blackjack 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Spelling Bee 7:00 (T) Movie w/ Popcorn	28 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (ML) Giant Kerplunk 1:00 (T) St Marks Rosary 1:30 (BR) Long Word, Short Word 1:30 (T) Movie Matinee 2:00 (50D) Uno 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Jeopardy! 7:00 (T) Movie	29 9:30 - 10:30 (BIS) BP Check 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (ML) Live Action Bowling 1:00 (RK) News/Cal Folding 2:00 (BIS) Crafts 2:00 (T) Dr Brent BBS 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Wheel of Fortune 7:00 (T) Movie w/ Popcorn	30 10:00 (FSR) Exercise 10:00 (FSR) Exercise 10:30 (T) David Jeremiah 10:40 (BAL) Balcony Fishing 1:00 - 1:30 MagMart 1:30 (LV2) Book Club 1:30 Movie Matinee 2:00 (BP) Shuffleboard 3:00 (FSR) Bingo 4:00 - 4:30 (BR) Thirsty Thurs. Trivia 7:00 (T) Movie	<div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <h3 style="text-align: center;">Father's Day Riddles</h3> <p>1. A father has 4 daughters. Each of his daughters has a brother. How many children does he have?</p> <p>2. Someone's father has 4 sons, North, West, and South. What is the name of the fourth son?</p> <p><i>Answers:</i></p> <p>1. 5, they have the same 1 brother</p> <p>2. Someone</p> </div>	

MONTHLY HIGHLIGHT

1	BP Check	11	Goodwill
1	Balcony Conversations	11	Cornhole Baseball
1	Movie Selection	11	STA5G
2	Gardening Club	12	Current Events Chat
3	Movie @ Regal	12	Uno
3	Pretty Nails	13	Walmart
3	Chef Chat	13	Putting Practice
3	Wrapsody Quartet	13	LIVE Family Feud
4	Dollar Tree	15	BP Check
4	Popsicle Social	15	Father's Day Lunch
5	Lemonade Social	15	Balcony Conversations
6	Walmart	15	Catholic Mass
6	Karaoke	16	Book Club
7	Shuffleboard	16	Chat w/ Jenny
7	Resident Services Chat	17	Fitness w/ Fox
8	BP Check	17	Pretty Nails
8	Wii Bowling	17	Beer Tasting @ MC
9	Book Club	17	Know Thy Neighbor
9	Ent. Ray Hoskins	17	Ent. Don White
10	Fitness w/ Fox	18	Marshalls/Homegoods
10	Pretty Nails	18	Cornhole Baseball
10	Ladies Who Lunch	19	Lemonade Social
10	LE Chat	20	Walmart
10	Drench the Director	20	Karaoke

HAPPY BIRTHDAY!

6/11 David C.
6/21 John S.
6/25 Ellen R.



ACTIVITY KEY

S 1st Floor Sun-room	HC Health Club
LV2 2nd Floor Living Room	L Library
2SW 2nd Floor Sun-room West	LV1 Living Room First Floor
50D 50's Diner	ML Main Lobby
BP Back Patio	MW Memory Way
BAL Balcony	O Outing
BR Bar	PDR Private Dining Room
BIS Bistro	RK Resident Kitchen
BC Business Center	SC Spiritual Center
DR Dining Room	T Theater
FSR Four Seasons Room	

