



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Encore</i> <i>Sit Down & Tone Up</i> 2:00 PM Sing a-long with Diane (R) (2 nd Floor Lobby) 3:00 Trivia (C) (Main Lobby 1 st Floor)	2 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Sit Down</i> <i>& Tone Up</i> 2:00 PM Sing a-long with Diane (R) (3 rd Floor Lobby)	3 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Senior</i> <i>Fitness</i> 2:00 PM Sing a-long with Diane (R) (1 st Floor Lobby)	4 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Strength</i> 2:00 PM Sing a-long with Diane (R) (4th Floor Lobby)	5 National Donut Day/Full Moon 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Senior</i> <i>Fitness II</i> 2:00 Happy Hour (S) (1 st Floor Lobby) <i>Donuts & Iced</i> <i>Coffee</i>	6 D-Day 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Stretches</i> 3:00 Afternoon Movie (SN) (Elmwood Studio) <i>D-Day:</i> <i>Normandy 1944</i>
7 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Yoga</i> 3:00 Afternoon Movie (SN) (Elmwood Studio) <i>Samson</i>	8 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Encore</i> <i>Sit Down & Tone Up</i> 2:00 PM Sing a-long with Diane (R) (2 nd Floor Lobby) 3:00 Trivia (C) (Main Lobby 1 st Floor)	9 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Sit Down</i> <i>& Tone Up</i> 2:00 PM Sing a-long with Diane (R) (3 rd Floor Lobby)	10 Iced Tea Day 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Senior</i> <i>Fitness</i> 2:00 PM Sing a-long with Diane (R) (1 st Floor Lobby) 3:00 PM Fresh Flavored Iced Teas (1 st Floor Lobby)	11 National CNA Day 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Strength</i> 2:00 PM Sing a-long with Diane (R) (4th Floor Lobby)	12 National Peanut Butter Cookie Day 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Senior</i> <i>Fitness II</i> 2:00 Happy Hour (S) (1 st Floor Lobby) <i>Peanut Butter</i> <i>Cookies and Iced Coffee</i>	13 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Stretches</i> 3:00 Afternoon Movie (SN) (Elmwood Studio) <i>Falling</i> <i>Inn Love</i>
14 Flag Day 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Yoga</i> 3:00 Afternoon Movie (SN) (Elmwood Studio) <i>Flags of</i> <i>Our Fathers</i>	15 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Encore</i> <i>Sit Down & Tone Up</i> 2:00 PM Sing a-long with Diane (R) (2 nd Floor Lobby) 3:00 Trivia (C) (Main Lobby 1 st Floor)	16 Fudge Day 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Sit Down</i> <i>& Tone Up</i> 2:00 PM Sing a-long with Diane (R) (3 rd Floor Lobby) <i>Homemade Fudge Served</i> <i>After</i>	17 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Senior</i> <i>Fitness</i> 2:00 PM Sing a-long with Diane (R) (1 st Floor Lobby)	18 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Strength</i> 2:00 PM Sing a-long with Diane (R) (4th Floor Lobby)	19 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Senior</i> <i>Fitness II</i> 2:00 Happy Hour (S) (1 st Floor Lobby) <i>Margaritas</i>	20 Summer Begins 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Stretches</i> 3:00 Afternoon Movie (SN) (Elmwood Studio) <i>In The</i> <i>Good Old Summertime</i>
21 Father's Day 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Yoga</i> 3:00 Afternoon Movie (SN) (Elmwood Studio) <i>The</i> <i>Pursuit of Happiness</i>	22 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Encore</i> <i>Sit Down & Tone Up</i> 2:00 PM Sing a-long with Diane (R) (2 nd Floor Lobby) 3:00 Trivia (C) (Main Lobby 1 st Floor)	23 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Sit Down</i> <i>& Tone Up</i> 2:00 PM Sing a-long with Diane (R) (3 rd Floor Lobby)	24 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Senior</i> <i>Fitness</i> 2:00 PM Sing a-long with Diane (R) (1 st Floor Lobby)	25 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Strength</i> 2:00 PM Sing a-long with Diane (R) (4th Floor Lobby)	26 National Coconut Day 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Senior</i> <i>Fitness II</i> 2:00 Happy Hour (S) (1 st Floor Lobby) <i>Pina Coladas</i>	27 10:00 AM Coffee Social (S) (Main Lobby 1 st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated</i> <i>Stretches</i> 3:00 Afternoon Movie (SN) (Elmwood Studio) <i>The Last</i> <i>Airbender</i>

<p>28 10:00 AM Coffee Social (S) (Main Lobby 1st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Seated Yoga</i> 3:00 Afternoon Movie (SN) (Elmwood Studio) <i>The Patriot</i></p>	<p>29 10:00 AM Coffee Social (S) (Main Lobby 1st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Encore Sit Down & Tone Up</i> 2:00 PM Sing a-long with Diane (R) (2nd Floor Lobby) 3:00 Trivia (C) (Main Lobby 1st Floor)</p>	<p>30 10:00 AM Coffee Social (S) (Main Lobby 1st Floor) 11:00 AM Exercise (P) (Elmwood Studio) <i>Sit Down & Tone Up</i> 2:00 PM Sing a-long with Diane (R) (3rd Floor Lobby)</p>	<p>Calendar Codes P – Physical R – Reflective SN – Sensory C – Cognitive PR – Productive S – Social O – Outing</p>	<p>Please remember to continue with social distancing and to remain at least 6 feet apart from each other</p>	<p>Programs, events and activities may only have 10 persons participating at a time.</p>	
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