

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:00 Virtual Exercise (Ch.900) 11:00 Stretch It Out 2:00 Mani Monday	<b>2</b> 11:00 Devotions 2:00 Summer BINGO 4:00 PM Stretches (Ch.900)	<b>3</b> 10:00 Virtual Exercise (Ch.900) 11:00 Apple Bird Feeders 2:00 Beanbag Bucket Toss	<b>4</b> 10:00 Virtual Exercise (Ch.900) 11:00 Paint Pour Pots 2:00 Birthday Party Happy birthday Helen Dean!	<b>5</b> 10:00 Virtual Exercise (Ch.900) 11:00 Fitness Friday 2:30 (Unit 1) Captain Jack	<b>6</b> 10:00 Virtual Exercise (Ch. 900) 2:00 Staff Activity
<b>7</b> 9:45 Scripture & Singing with Joey 11:00 FBC Spartanburg Worship 2:00 Staff Activity 4:00 PM Stretching (Ch.900)	<b>8</b> 10:00 Virtual Exercise (Ch.900) 11:00 Metro Workout 2:00 Mani Monday	<b>9</b> 11:00 Devotions 2:00 Emotion BINGO 4:00 PM Stretches (Ch.900)	<b>10</b> 10:00 Virtual Exercise (Ch.900) 11:00 Get To Know Your Neighbor 2:00 No-Bake Strawberry Dip in the Sunroom 4:00 Shut the Box	<b>11</b> 10:00 Virtual Exercise (Ch.900) 10:00 Gem Sun Catchers 2:00 Flag Day Craft	<b>12</b> 10:00 Virtual Exercise (Ch.900) 11:00 Fitness Friday 2:00 Make Your Own Trifle Cup on the Patio	<b>13</b> 10:00 Virtual Exercise (Ch. 900) 2:00 Staff Activity
<b>14</b> 9:45 Scripture & Singing with Joey 11:00 FBC Spartanburg Worship 2:00 Staff Activity 4:00 PM Stretching (Ch.900) <small>Flag Day (U.S.)</small>	<b>15</b> 10:00 Virtual Exercise (Ch.900) 11:00 Zumba Gold 2:00 Mani Monday	<b>16</b> 11:00 Devotions 2:00 Riddles & Rocky Road 4:00 PM Stretches (Ch.900)	<b>17</b> 10:00 Virtual Exercise (Ch.900) 11:00 Table Pong 2:00 Father's Day BINGO 4:00 Mandala 3D Turtles	<b>18</b> 10:00 Virtual Exercise (Ch.900) 11:00 Potting Your Plant 2:00 Popsicles & Bird Watching in the Sunroom	<b>19</b> 10:00 Virtual Exercise (Ch.900) 11:00 Fitness Friday 2:00 Stars, Stripes & Smart Snacks on the Patio <small>Juneteenth</small>	<b>20</b> 10:00 Virtual Exercise (Ch. 900) 2:00 Staff Activity
<b>21</b> 9:45 Scripture & Singing with Joey 11:00 FBC Spartanburg Worship 2:00 Staff Activity 4:00 PM Stretching (Ch.900) <small>Father's Day Summer Begins</small>	<b>22</b> 10:00 Virtual Exercise (Ch.900) 11:00 Cardio Drumming 2:00 Mani Monday	<b>23</b> 11:00 Devotions 2:00 Bird BINGO 4:00 PM Stretches (Ch.900)	<b>24</b> 10:00 Virtual Exercise (Ch.900) 11:00 Slow Flow Stretches 2:00 Zane Bridwell Concert in the Razor Chapel	<b>25</b> 10:00 Virtual Exercise (Ch.900) 11:00 Blooms Frozen in Time 2:00 Would You Rather?	<b>26</b> 10:00 Virtual Exercise (Ch.900) 11:00 Fitness Friday 2:00 Music with Gail McCormick	<b>27</b> 10:00 Virtual Exercise (Ch. 900) 2:00 Staff Activity
<b>28</b> 9:45 Scripture & Singing with Joey 11:00 FBC Spartanburg Worship 2:00 Staff Activity 4:00 PM Stretching (Ch.900)	<b>29</b> 10:00 Virtual Exercise (Ch.900) 11:00 Sit & Be Fit 2:00 Mani Monday	<b>30</b> 11:00 Devotions 2:00 Number BINGO 4:00 PM Stretches (Ch.900)				

All activities are subject to change.