

SUN MON TUE WED THUR FRI SAT

	<p>8:30 Strength and Conditioning (G) 1 9:15 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>11:00AM Voter Registration Aid (MP) 2 8:30 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Healthcare Forum (EC) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC)</p>	<p>1:30PM Catholic Mass (MR3) 8:30 Strength and Conditioning (G) 3 9:15 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 10:30 SH Operations & Grounds Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)</p>	<p>4:30PM Beyond Go Figure (L) 4 8:30 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 2:00 Food Forum (EC) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>1:00PM Norm Bennett Presentation 5 8:30 Strength and Conditioning (G) 9:15 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 10:30 Resident Connections Forum (ACR) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 4:00 Meet and Greet (EC)</p>	<p>1:00 Five Crowns Card Game (ACR) 6 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>
<p>3:00PM David Hay & Friends (EC) 7 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>	<p>8:30 Strength and Conditioning (G) 8 9:15 Strength and Conditioning (G) 10:00 Aquafit (P) 10:45 Grief Support Group (Columbus Hospice) (L) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>12:00PM Taco Tuesday & Shopping Trip (L) 9 8:30 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility & Balance (AR) 2:00 Card Crafters (ACR) 2:30 Chair Volleyball (EC)</p>	<p>8:30 Strength and Conditioning (G) 10 9:15 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)</p>	<p>8:30 Walking Group (L) 11 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>4:00PM New Resident Meet and Greet (EC) 12 8:30 Strength and Conditioning (G) 9:15 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 4:00 Meet and Greet (EC)</p>	<p>1:00 Five Crowns Card Game (ACR) 13 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>
<p>Flag Day 14 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>	<p>2:00PM Feature of the Month (EC) 15 8:30 Strength and Conditioning (G) 9:15 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>10:30 TOWNHALL (EC) 16 8:30 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility & Balance (AR) 2:00 Caregiver's Support Group (Meeting Rm 3) 2:30 Chair Volleyball (EC)</p>	<p>9:00AM Guys on the Go: Breakfast (L) 17 8:30 Strength and Conditioning (G) 9:15 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)</p>	<p>2:00PM Columbus Museum Curator Talk (EC) 18 2:00PM Resident Birthday Party (ACR) 8:30 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>10:00AM Therapy Lecture: Fall Prevention 19 8:30 Strength and Conditioning (G) 9:15 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 4:00 Meet and Greet (EC)</p>	<p>1:00 Five Crowns Card Game (ACR) 20 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>
<p>Father's Day 21 FATHER'S DAY BUFFET (Dr) 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>	<p>10:00AM Lane's Peach Trip (L) 22 8:30 Strength and Conditioning (G) 9:15 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>3:30PM Wineology (EC) 23 8:30 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility & Balance (AR) 2:30 Chair Volleyball (EC)</p>	<p>11:30AM Cafe Amici Lunch Trip (L) 24 8:30 Strength and Conditioning (G) 9:15 Strength and Conditioning (G) 9:30 Grocery Shopping (L) 10:00 Aquafit (P) 10:00 Line Dancing (EC) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Art with Cynthia (ACR) 2:30 Chair Volleyball (EC) 7:00 Bingo (EC)</p>	<p>3:00PM New Resident Reception (EC) 25 8:30 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 10:30 Spring Harbor Women of Faith (ACR) 11:00 Mobility & Balance (AR) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>12:00PM Green Island Shopping Trip (L) 26 8:30 Strength and Conditioning (G) 9:15 Strength and Conditioning (G) 10:00 Aquafit (P) 10:00 DVD Lecture Series (T) 10:00 Green Island Grocery Store Trip (Meet in Lobby) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 4:00 Meet and Greet (EC)</p>	<p>1:00 Five Crowns Card Game (ACR) 27 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>
<p>11:00AM AI a Carte (DR) 28 10:00 Little Church at the End of the Hall (ACR) 2:00 Movie of the Week (T) 7:15 Movie of the Week (T)</p>	<p>10:30AM Judi's Gems Bible Study (MR3) 29 5:00PM Old Chicago (L) 8:30 Strength and Conditioning (G) 9:15 Strength and Conditioning (G) 10:00 Aquafit (P) 11:30 Sit and Be Fit (EC) 1:30 Strength and Conditioning (G) 2:00 Open Gym (G) 2:00 Wii Play (Aerobic Rm) 7:00 Mahjongg (3rd FL Card Rm)</p>	<p>COLORING CONTEST ENDS 30 2:00PM Sandee Scruggs Presentation (EC) 8:30 Walking Group (L) 9:30 Cornhole (EC) 10:00 Yoga (Aerobic Rm) 11:00 Mobility & Balance (AR) 11:00 Episcopal Communion (MR3) 2:30 Chair Volleyball (EC)</p>	<p>LOCATION KEY AR - Aerobics Room ACR - Arts and Crafts Room EC - Event Center G - Gym</p>	<p>L - Lobby MR3 - Meeting Room 3rd Floor P - Pool T - Theater</p>		

June 2026
 Independent Living

