


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00am Move & Groove-DW 9:30am Morning News-DW <b>2:00pm Scenic Ride</b> 3:30pm Game Hour-DW	<b>2</b> 9:00am Ball Toss-DW <b>10:30am Gospel Sing-LR</b> 2:00pm Peaches & Everything Poetry-DW 3:15p Rhythm & Flow with Krista-DW 4:00pm Bible Study with Andrew-DW	<b>3</b> 9:00am Stretch & Sing-DW <b>11:00am Water Games-FP</b> 2:00pm Weekly Church Service with Gary-LR <b>3:00pm Vested in Christ Sing-along-LR</b>	<b>4</b> 9:00am Chair Yoga-DW 10:30am Backyard Games-P <b>2:00pm Spa Day-Nails &amp; more!-DW</b> 3:30p Refresh & Reminisce-DW	<b>5</b> 9:00am Musical Morning with Instruments <b>12:30p June Birthday Party</b> 3:30pm- Activity Cart-Weekend Fun Packet Handouts-Room to Room <b>4:00p Picture Bingo</b>	<b>6</b> <b>9:00am Morning Meditation-DW</b> 10:30am- Saturday Morning Follies_DW 3:30pm One on One Resident Choice Activities-Room to Room
<b>7</b> 11:15a Church Services w/Andrew-AC 3:00p Music with Paul Kidd-Living Room <b>6:00pm West Salem Baptist Church Choir</b>	<b>8</b> 9:00am Move & Groove-DW 9:30am- Morning Matinee-Classic Movie-DW <b>2:00pm Scenic Ride</b> 3:30pm Game Hour-DW	<b>9</b> 9:00am Noodle Ball-DW 10:30am Sing along-DW 2:00pm Story Reading Time-DW <b>4:00pm Bible Study with Andrew-DW</b>	<b>10</b> 9:00am Stretch & Sing-DW <b>1:00pm Cookie Bake-DW</b> <b>2:00pm Weekly Church Service with Gary-LR</b> 4:00pm Easy Arts and Crafts-DW	<b>11</b> 9:00am Stretch & Strength-DW 10:30am Bingo-DW <b>2:00pm Spa Days-Glamour Shots-DW</b> <b>3:00pm Resident Council-AC</b>	<b>12</b> 9:00am Outdoor Stroll and Nature Walk-DW <b>10:00a Allegro Music_-DW</b> 3:30pm- Activity Cart-Weekend Fun Packet Handouts-Room to Room 4:00p- Word Games-DW	<b>13</b> 9:00am Morning Meditation <b>10:30am-Saturday Morning Follies-DW</b> 3:30pm One on One Resident Choice Activities-Room to Room
<b>14</b> 11:15a Church Services w/Andrew-AC  <small>Flag Day (U.S.)</small>	<b>15</b> 9:00am Move & Groove-DW 9:30am Morning News-DW <b>2:00pm Scenic Ride</b> 3:30pm Game Hour-DW	<b>16</b> 9:00am Ball Toss-DW 10:30am Sing along-DW <b>2:00pm Peaches and Everything Poetry-DW</b> 3:15p Rhythm & Flow with Krista-DW 4:00pm Bible Study with Andrew-DW	<b>17</b> 9:00am Stretch & Sing-DW <b>10:30am Live Music with Amy Andrews-LR</b> <b>2:00pm Weekly Church Service with Gary-LR</b> <b>3:00pm-Vested in Christ Sing along-LR</b>	<b>18</b> 9:00am Chair Yoga-DW 10:30am-Bingo-DW 1:00pm Spa Day-Hair Flare-DW <b>2:30pm-Entertainer Guitarist and Vocalist Marc Baskind-LR</b> 3:30p Refresh & Reminisce DW	<b>19</b> <b>9:00am Musical Morning with Instruments</b> 10:30am Morning News 3:30pm- Activity Cart-Weekend Fun Packet-Handouts-Room to Room 4:00p-Picture Bingo  <small>Juneteenth</small>	<b>20</b> 9:00am Morning Meditation-DW 10:30am Saturday Morning Follies-DW <b>3:30pm One on One Resident Choice Activities-Room to Room</b>
<b>21</b> 11:15a Church Services w/Andrew-AC <b>1:30p-Father's Day Fun Day Social-PDR</b>  <small>Father's Day Summer Begins</small>	<b>22</b> 9:00am Move & Groove-DW 9:30am- Morning Matinee-Classic Comedy-DW <b>2:00pm Scenic Ride</b> 3:30pm Game Hour-DW	<b>23</b> 9:00am Noodle Ball-DW 10:30am Sing along-DW <b>2:00pm Story Reading Time-DW</b> 4:00pm Bible Study with Andrew-DW	<b>24</b> 9:00am Stretch & Sing-DW <b>1:00pm-Cupcake Bake-DW</b> <b>2:00pm Weekly Church Service with Gary-Wedding Vow Renewals and Memories-LR</b>	<b>25</b> 9:00am Stretch & Strength-DW <b>10:30am-Salem Church of Christ Sing-along LR</b> <b>2:00p Card Stamping with Lisa-AC</b> 3:30pm Spa Day-Hand Massage-DW	<b>26</b> 9:00am Outdoor Stroll and Nature Walk <b>10:30am Days Gone by - Reminiscing Hour</b> 3:30pm- Activity Cart-Weekend Fun Packet-Handouts-Room to Room 4:00pm -Word Games	<b>27</b> <b>9:00am Morning Meditation DW</b> 10:30am Saturday Morning Follies-DW 3:30pm One on One Resident Choice Activities-Room to Room
<b>28</b> KEY: DW-Dogwood LR-Living Room P-Patio AC-Activity Center PDR-Private Dining Room FP-Front Porch	<b>29</b> 9:00am Move & Groove-DW 9:30am Morning News-DW <b>2:00pm Scenic Ride</b> 3:30pm Game Hour-DW	<b>30</b> 9:00am Ball Toss-DW <b>10:00am Live Music with Keith Campbell-LR</b> 2:00pm Sing along-DW 3:15p Rythmn & Flow with Krista-DW 4:00pm Bible Study with Andrew-DW				

Friendship Salem Terrace \*1851 Harrogate Drive\* Salem, VA\*(540) 444-0343\* Please See Weekly Schedule for Any Additions or Updates\* **Activities Are Subject to Change** (Robin Ward, Program Director)  
**ALL ACTIVITIES RANGE FROM A HALF TO FULL HOUR Activity Leaders: Rachelle White, Katherine Bowles, Anna Gyarakı Director of Activities: Robin Ward**