

JUNE 2018

Friendship Center 612-781-2052

Daily Schedule:
 9:30 Coffee & Welcome
 10:30 Group Activity
 11:30 Exercises

12:00 Lunch
 1:00 Afternoon Program
 2:00 Snack

| Monday | Tuesday | Wednesday | Thursday | Friday |
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|  |  |  |  | 1 10:30 Scattergories 11:15 Favorite Exercise 1:00 Bowling |
| 4 10:30 Wheel of Fortune 11:15 Dance and Movement 1:00 Ladder Ball | 5 10:30 Drumming 11:15 Thera Bands 1:00 BINGO | 6 10:30 Outburst 11:15 Exercise Balls 1:00 Golf | 7 Aquatics or 10:30 Horse Races 11:15 Exercise w/Gloria 1:00 Accordion w/ Joe | 8 10:30 Make ice cream 11:15 Favorite Exercise 1:00 World Ocean Day |
| 11 10:30 Drag and Brag Collections 11:15 Horseshoes 1:00 Pastel Art | 12 10:30 Board Games 11:15 Favorite Exercise 1:00 Bocce Ball | 13 10:30 Basket Ball 11:15 Exercise with Kay 1:00 Hobo Days | 14 Aquatics or 10:30 Dice Game 11:15 Exercise w/ Gloria 1:00 Flag Day | 15 10:30 Fishing Game 11:15 Exercise Balls 1:00 Tie Day |
| 18 10:30 Remembering Fathers 11:15 Balance Exercise 1:00 Spa Day Party | 19 10:30 Penny Ante 11:15 Balance Exercise 1:00 Baseball | 20 10:30 Jeopardy 11:15 Dance and Movement 1:00 Summer Solstice | 21 Aquatics or 10:30 World Music 11:15 Exercise with Gloria 1:00 Camping | 22 10:30 Stress Less Friday 11:15 Balance Exercise 1:00 Tree Art |
| 25 10:30 Monthly Meeting 11:15 Walk About 1:00 Bowling | 26 10:30 Monthly Meeting 11:15 Favorite Exercise 1:00 Prize Walk | 27 9:45 KAIROS Dance 1:00 Birthday Board | 28 Aquatics or 10:30 Monthly Meeting 11:15 Exercise with Gloria 1:00 Bocce Ball Celebration | 29 10:30 Monthly Meeting 11:15 Thera Bands 1:00 BINGO |