

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
				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