

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Activity Room Locations: MDR Main Dining Room WL West Lounge FL Fireside Lounge CY Courtyard

# June 2024

Fit for life. Exercising to find your Focus, Strength & Balance. Positive Energy brings in the Light.



<p><b>2</b></p> <p><b>10:00 Coffee &amp; Tea Social - MDR</b> 10:30 Remember When? - MDR 11:00 Silly Beaded Snakes - MDR <b>1:30 Prayer Slips with Joe - MDR</b> 2:00 Afternoon Cinema - WL 2:30 Chewing the Fat - MDR 3:30 Movie Review - WL</p>	<p><b>3</b></p> <p><b>10:00 Strolling Hydration Station</b> 10:15 Balance Trainer w/Balls - CY 10:45 Lucky Dice Rollers - WL 11:00 Mathematical Monday - CY 11:15 Word Games - WL 2:00 Reminiscing Trains Rides to the Big Apple: New Jersey Transit - MDR 2:15 Summer Songs Sing Along - WL 2:45 Balloon Volleyball - WL 3:15 Manicure Monday - FL 6:15 Tissue Popsicles Crafts - MDR</p>	<p><b>4</b></p> <p>10:00 Stretching for Flexibility - MDR 10:15 Weather Daily Forecast - WL 10:30 June Trivia - MDR 10:45 Pitching and Catching - WL 11:00 Sing, Sing, Sing! - MDR 11:15 Bowling - WL <b>2:00 Community BINGO - MDR</b> 2:15 Dot Painting - WL 2:45 Sun Catchers Craft - WL 3:15 Fingerprint Tree Burlap Bags - MDR 3:45 Donna's Book Club - MDR</p>	<p><b>5</b></p> <p>10:00 Complete Chair Workout -MDR 10:15 Move to the Groove - WL <b>10:30 Rosary w/ OLG, Gerry - MDR</b> 10:45 Wacky Words - WL 11:15 Aqua Art - WL <b>2:00 Ent. Ambiance the Duo - MDR</b> 2:45 Sponge Painting - WL <b>3:00 PA Nursing Facility Transition Educational Class - MDR</b> 3:15 News Staying Current - WL 6:15 Ceramic Sun Craft, - MDR</p>	<p><b>6</b></p> <p>10:00 Flex &amp; Tone for Strength - MDR 10:15 Building Strength - WL 10:30 Hollywood Movie Stars - MDR 10:45 Herald Newspaper Stories - WL 11:00 Zodiac Signs - MDR 11:15 Foam Art - WL <b>2:00 Community BINGO - MDR</b> 2:15 Sea Shore Shells - WL 2:45 Sorting and Folding - WL 3:15 Ceramic Sun Craft, Part 2 - MDR 3:45 Donna's Book Club - MDR</p>	<p><b>7</b></p> <p>10:00 Complete Chair Workout - CY 10:15 Lucky Dice Rollers - WL 10:30 The Chakra Garden - CY 10:45 Invite Me to Help - WL 11:15 Foam Art - WL <b>2:00 Guitar w/Scott Samuels - MDR</b> 2:15 Laugh with Me - WL 2:45 Ball Toss - WL 3:15 Sassy Nails - FL <b>4:00 Sabbath Service - MDR</b> 6:15 Mahjong Tile Game - MDR</p>	<p><b>8</b></p> <p>10:00 Garden Club - MDR Topic: "Importance of Watering" 10:30 Courtyard Checkers - CY <b>11:15 Discussion: "Importance of Sunscreen" - CY</b> 1:00 Saturday Matinee'- WL <b>2:00 Community BINGO - MDR</b> 3:15 Basketball Hoops - WL</p>
<p><b>9</b></p> <p><b>10:00 Coffee &amp; Tea Social - MDR</b> 10:30 Fun with Words - MDR 11:00 Bowling - MDR <b>1:30 Bible Study Joan Marie MDR</b> 2:00 Afternoon Cinema - WL 2:30 Well Known Old Sayings: Complete the Sentences - MDR 3:00 Movie Review - WL</p>	<p><b>10</b></p> <p><b>10:00 Strolling Hydration Station</b> 10:15 Energizing Exercises - CY 10:30 Bowling - WL 10:45 Word Games - WL 11:00 Mathematical Monday - CY 11:15 Mobile Library - WL <b>2:00 Founding Fathers History With Pat Patrizio - MDR</b> 2:15 The Songbirds Sing Along - WL 3:15 Manicure Monday - FL 6:15 Night Owl Crafts - MDR</p>	<p><b>11</b></p> <p>10:00 Strength &amp; Focus - MDR 10:15 What is It? - WL 10:30 Old Sayings - WL 10:45 Batting a Balloon - WL <b>1:30 Food Committee Meeting - MDR</b> <b>2:00 Community BINGO - MDR</b> <b>2:30 Making Jar Butter &amp; Shavuot-MDR</b> 2:45 Waves of Meditation - WL <b>3:00 Craft Fair - FL</b> 3:15 History of Shavuot - WL <i>Shavuot Begins</i></p>	<p><b>12</b></p> <p>10:00 Group Fitness - MDR 10:15 Rhythm &amp; Movement - WL 10:30 Rosary &amp; Chronicle - MDR 10:45 Sensory Mindfulness Game - WL 11:15 Musical Instruments - WL <b>2:00 Resident Council - MDR</b> 2:15 Awaken Your Senses - WL 2:45 Mobile Library - WL <b>3:00 No Bake Tasting - MDR</b> 3:30 Beach Trivia - MDR 6:15 Ceramic Sun, Part 3 - MDR</p>	<p><b>13</b></p> <p>10:00 Balance in Exercising - MDR 10:15 Wellness in Motion - WL 10:30 All About Giraffes 10:45 Herald Newspaper Stories - WL 11:15 Collage Art - WL <b>2:00 Community BINGO - MDR</b> 2:15 Hearing the Ocean Waves - WL 2:45 Bubble Wrap Painting - WL 3:15 Foam Art - WL 3:30 Balloon Toss - MDR 3:45 Donna's Book Club - MDR</p>	<p><b>14</b></p> <p><b>9:45 Strolling Pet Therapy, Tucker</b> <b>10:00 Nayaz Variety Mobile Store, FL</b> 10:15 Building Strength - WL 10:45 Give Me Compliments - WL 11:00 Red, White &amp; Blue Poems - <b>MDR</b> <b>2:00 Flag Day w/Pat Patrizio - MDR</b> 2:15 Listen to Me - WL 3:15 Sassy Nails - FL <b>4:00 Sabbath Service - MDR</b> 6:15 Mahjong Tile Game - MDR <i>Flag Day (US)</i></p>	<p><b>15</b></p> <p>10:00 Garden Club - CY Topic: "Staking Plants" 10:30 Courtyard Checkers - CY <b>11:15 Papier-Mache' Solor System Group Craft - MDR</b> 1:00 Saturday Matinee'- WL <b>2:00 Community BINGO - MDR</b> 3:15 Fabric Landscapes - WL</p>
<p><b>16</b></p> <p><b>10:00 Fathers' Day Coffee-MDR</b> <b>10:30 Dads' Day Car Races - MDR</b> 11:00 Golf Ball Monsters - MDR <b>1:30 Prayer Slips with Joe - MDR</b> 2:00 Afternoon Cinema - WL 2:30 Golf Balls, Part 2 - MDR 3:30 Movie Review - WL <i>Father's Day</i></p>	<p><b>17</b></p> <p><b>10:00 Strolling Hydration Station</b> 10:15 Balance Trainer w/Balls - CY 10:30 Trains Amtrack - CY 10:45 Word Games - WL 11:00 Mathematical Monday - MDR <b>2:00 Juneteenth Celebration of African Songs &amp; Stories, with Carol Deavor - MDR</b> 2:15 On the Way to Cape May - WL 3:15 Manicure Monday - FL 6:15 Butterfly in Plastic Bottle - MDR</p>	<p><b>18</b></p> <p>10:00 Stretching for Flexibility-MDR 10:15 Building Strength - WL 10:30 Working with Letters - WL 10:45 Occupations &amp; Weather - WL 11:00 Sing, Sing, Sing! - MDR 11:15 Occupational Guest - WL <b>2:00 Community BINGO - MDR</b> 2:15 Dot Painting - WL 2:45 Beach Day Meditation - WL 3:15 Seagull Craft - FL 3:45 Donna's Book Club - MDR</p>	<p><b>19</b></p> <p>10:00 Group Fitness - MDR 10:15 Roll the Dice &amp; Exercise-WL 10:30 Rosary &amp; Chronicle - MDR 10:45 Sensory Mindfulness Game - WL <b>2:00 Guitar w/Lisa Bouchelle-MDR</b> 2:15 Aqua Paint - WL 2:45 News Staying Current - WL 3:15 Old Sayings - MDR 3:30 Collage Art - WL 6:15 Ceramic Sun, Part 4 - MDR <i>Juneteenth</i></p>	<p><b>20</b></p> <p>10:00 Balance in Exercising - MDR 10:15 Wellness in Motion - WL 10:30 Name That Tune? - MDR 10:45 Herald Newspaper Stories - WL 11:00 Zodiac Signs - MDR <b>2:00 OLG Communion Mass - MDR</b> 2:15 Lace Rubbing - WL <b>2:30 Community BINGO - MDR</b> 2:45 Sorting and Folding - WL 3:45 Donna's Book Club - MDR <i>Summer Begins</i></p>	<p><b>21</b></p> <p>10:00 Complete Chair Workout -CY 10:15 Lucky Dice Rollers - WL 10:30 Basketball Hoops - CY 10:45 Let Me Teach You - WL 11:15 Collage Art - WL <b>2:00 Summer Trivia &amp; Ice Cream - MDR</b> 2:15 Acknowledge Me - WL 2:45 Balloon Toss - WL 3:15 Sassy Nails - FL <b>4:00 Sabbath Service - MDR</b> 6:15 Mahjong Tile Game - MDR</p>	<p><b>22</b></p> <p>10:00 Garden Club - CY Topic: "Pruning" 10:30 Courtyard Checkers - CY <b>11:15 Papier-Mache' Part 2 Solor System Group Craft - MDR</b> 1:00 Saturday Matinee'- WL <b>2:00 Community BINGO - MDR</b> 3:00 Creating a Bird Sanctuary - CY</p>
<p><b>23</b></p> <p><b>10:00 Coffee &amp; Tea Social - MDR</b> 10:30 Weather Reporting - MDR 11:00 Beach Painting - MDR <b>1:30 Bible Study Joan Marie -MDR</b> 2:00 Afternoon Cinema - WL 2:30 Beach Painting w/Shells - MDR 3:30 Movie Review - WL</p>	<p><b>24</b></p> <p><b>10:00 Strolling Hydration Station</b> 10:15 Energizing Exercises - CY 10:45 Balloon Toss - CY 10:45 Word Games - WL 11:00 Mathematical Monday - MDR 11:15 Balloon Toss - WL <b>2:00 Afternoon Teatime - MDR</b> 2:15 The Songbirds Sing Along - WL 2:45 Basketball Hoops - MDR 3:15 Manicure Monday - FL 6:15 Lighting Bug w/Glow Sticks - MDR</p>	<p><b>25</b></p> <p>10:00 Strength &amp; Focus - MDR 10:15 Who Is It? - WL 10:30 Old Sayings - WL 10:45 Farmer's Almanac - WL 11:00 Sing, Sing, Sing! - MDR 11:15 Aqua Paint - WL <b>2:00 Community BINGO - MDR</b> 2:15 Collage Art - WL 2:45 Ocean Mist Meditation - WL 3:15 Fun with Words - WL 3:45 Donna's Book Club - MDR</p>	<p><b>26</b></p> <p>10:00 Group Fitness - MDR 10:15 Rhythm &amp; Movement - WL 10:30 Rosary - MDR 10:45 Sensory Mindfulness Game - WL 11:15 Aqua Paint - WL <b>2:00 Strolling Pretzels - MDR</b> 2:15 Awaken Your Senses - WL 2:45 Felt Spring Bird Craft - WL <b>3:00 No Bake Tasting - MDR</b> 3:30 Shore Town Trivia - MDR 6:15 Open Craft - MDR</p>	<p><b>27</b></p> <p>10:00 Flex &amp; Tone for Strength -MDR 10:15 Building Strength - WL 10:30 Travelogue - MDR 10:45 Herald Newspaper Stories - WL 11:15 Patriotic Hedgehog - WL <b>2:00 Community BINGO - MDR</b> 2:15 Shelly Seashells Sing Along - WL 2:45 Texture Sponge Painting - WL 3:15 Foam Art - WL 3:30 Balloon Toss - MDR 3:45 Donna's Book Club - MDR</p>	<p><b>28</b></p> <p><b>9:45 Strolling Pet Therapy, Tucker</b> 10:15 Ask for My Opinion - WL 10:30 Corn Hole - CY 10:45 Vintage Photographs - WL <b>2:00 Nazariy Shykoryak Entertainer Junes' Birthday Celebration - MDR</b> 2:15 Encourage Me - WL 2:45 Patriotic Turtle - WL 3:15 Sassy Nails - FL <b>4:00 Sabbath Service - MDR</b> 6:15 Mahjong Tile Game - MDR</p>	<p><b>29</b></p> <p>10:00 Garden Club - CY Topic: "Harvesting" <b>10:30 Courtyard Checkers - CY</b> 11:00 Building Strength - WL 1:00 Saturday Matinee'- WL <b>2:00 Community BINGO - MDR</b> 3:15 Fabric Landscapes - WL</p>

**30**

**10:00 Coffee & Tea Social -MDR**  
10:30 Solor System Discussion - MDR  
11:00 Spin Drum Craft - MDR  
**1:30 Prayer Slips with Joe - MDR & Communion Service**  
2:00 Afternoon Cinema - WL  
2:30 Spin Drum, Part 2 - MDR  
3:30 Movie Review - WL

*"A hero is an ordinary individual who finds the strength to preserve and endure in spite of overwhelming obstacles." - Christopher Reeves*

*"Smell the sea and feel the sky, let your soul and spirit fly" - Van Morrison*

*Focus on your strengths, not your weaknesses. Focus on your character, not your reputation. Focus on your blessings, not your misfortunes." - Roy T. Bennett*

*"The reason I exercise is for the quality of life I enjoy." - Kenneth H. Cooper*


