







# Essentials



## June

## 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Birthday!  <b>Mary K. 06/01</b>  <b>Linda P. 06/02</b>  <b>Bob W. 06/09</b>  <b>Mary H. 06/05</b>  <b>Pat L. 06/12</b>  <b>Ruth R. 06/19</b>  <b>Audrey G. 06/21</b></p> 		<p>1            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am Monthly Gazette and Newsletter – A&amp;C            1:00pm Walking Club- FR            1:15pm Spelling Bee            2:30pm Art Appreciation - DR            4:00pm Happy Hour            6:15pm Movie Night- TR</p>	<p>2            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am Famous Italians            1:00pm Walking Club- FR            1:15pm Virtual Tour of Italy            2:30pm Root beer Floats            3:30pm Monument Trivia            6:15pm Movie Night- TR</p>	<p>3            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am One on One            1:00pm Walking Club- FR            1:15pm            2:30pm Free Bingo - DR            4:00pm Happy Hour            6:15pm Movie Night- TR</p>	<p>4            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am Cat Visit with Jack the Cat – A&amp;C            1:00pm Walking Club- FR            1:15pm “The Queens Gambit” Episode 1            2:30pm Doughnut Day – Balcony            3:30pm Who Am I: Joseph Pulitzer            6:15pm Movie Night- TR</p> 	<p>5            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am Butterfly Facts - BIS            1:00pm Walking Club- FR            1:15pm Butterfly folding craft – A&amp;C            2:30pm Lets Find Out - DR            4:00pm Happy Hour            6:15pm Movie Night- TR</p>
<p>6            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am History TV - TR            1:00pm Walking Club- FR            1:15pm Cranium Crunches- A&amp;C            2:30pm Armchair Travel – North and South Dakota            4:00pm Rose Hand Scrub Making – A&amp;C            6:15pm Movie Night- TR</p>	<p>7            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am Wheel of Fortune- Bis            1:00pm Walking Club- FR            1:15pm Replay Matinee- TR            2:30pm I Scream, You Scream, We all scream for chocolate (ice cream)!            3:30pm News Currents - TR            6:15pm Movie Night- TR</p> 	<p>8            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am Word Games – A&amp;C            1:00pm Walking Club- FR            1:15pm Fish Charm Craft – A&amp;C            2:30pm Music Appreciation - DR            4:00pm Happy Hour            6:15pm Movie Night- TR</p>	<p>9            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am Cranium Crunches- A&amp;C            1:00pm Walking Club- FR            1:15pm All about Cole Porter – A&amp;C            2:30pm Root beer Floats            3:30pm Duck Hunting – A&amp;C            6:15pm Movie Night- TR</p>	<p>10            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am One on One            1:00pm Walking Club- FR            1:15pm All about Judy Garland – A&amp;C            2:30pm Free Bingo - DR            4:00pm Happy Hour            6:15pm Movie Night: JUDY</p>	<p>11            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am Who Am I?            1:00pm Walking Club- FR            1:15pm “The Queens Gambit” Episode 2            2:30pm Cooking Demo - BIS            3:30pm Toe Tappers A&amp;C            6:15pm Movie Night- TR</p>	<p>12            9:00am Coffee Chat- Bistro            10:00am Group Exercise- TR            11:00am Language of Roses - BIS            1:00pm Walking Club- FR            1:15pm Paper Roses – A&amp;C            2:30pm Lets Find Out - DR            4:00pm Happy Hour            6:15pm Movie Night- TR</p> 

<p>13 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Sun Tea Making - Balcony 1:00pm Walking Club- FR 1:15pm Cranium Crunches 2:30pm Armchair Travel - Nebraska 4:00pm Tea Break and Coloring 6:15pm Movie Night- TR</p>	<p>14 Flag Day 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Wheel of Fortune - Bis 1:00pm Walking Club- FR 1:15pm Replay Matinee - TR 1:30pm Flag Craft and History – A&amp;C 3:30pm News Currents - TR 6:15pm Movie Night- TR</p> 	<p>15 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Word Games- A&amp;C 1:00pm Walking Club- FR 1:15pm Rose Coloring – A&amp;C 2:30pm Art Appreciation - DR 4:00pm Happy Hour 6:15pm Movie Night- TR</p>	<p>16 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Cranium Crunches- A&amp;C 1:00pm Walking Club- FR 1:15pm Movie Matinee - TR 2:30pm Root beer Floats 3:30pm Twister Trivia – A&amp;C 6:15pm Movie Night- TR</p>	<p>17 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am All about Earhart – A&amp;C 1:00pm Walking Club- FR 1:15pm Balloon Tennis – TR 2:30pm Free Bingo - DR 4:00pm Happy Hour 6:15pm Movie Night: Amelia - TR</p>	<p>18 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Who Am I? 1:00pm Walking Club- FR 1:15pm “The Queens Gambit” Episode 3 2:30pm Picnic and snacks - Patio 3:30pm Toe Tappers - A&amp;C 6:15pm Movie Night- TR</p>	<p>19 Juneteenth 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Cranium Crunches Cat Crossword 1:00pm Walking Club- FR 1:15pm Shirt and Tie Card Craft – A&amp;C 2:30pm Lets Find Out - DR 4:00pm Happy Hour 6:15pm Movie Night- TR</p>
<p>20 Father's Day 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Fathers Day Goodie Jar Stuffing – A&amp;C 1:00pm Walking Club- FR 1:15pm Cranium Crunches 2:30pm Armchair Travel – Iowa 4:00pm Coloring – A&amp;C 6:15pm Movie Night- TR</p> 	<p>21 Summer Solstice 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Wheel of Fortune - Bis 1:00pm Walking Club- FR 1:15pm Replay Matinee- TR 1:30pm Suncatcher Making – A&amp;C 3:30pm News Currents - TR 6:15pm Movie Night- TR</p>	<p>22 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Word Games 1:00pm Walking Club- FR 1:15pm Rainforest Facts – A&amp;C 2:30pm Music Appreciation - DR 4:00pm Happy Hour 6:15pm Movie Night: Little Women - TR</p>	<p>23 National Pink Day 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Think Pink – A&amp;C 1:00pm Walking Club- FR 1:15pm Movie Matinee: Grease 2:30pm Pink Floats 3:30pm Flamingo Ring Toss- Bis 6:15pm Movie Night- TR</p> 	<p>24 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am One on One 1:00pm Walking Club- FR 1:15pm Oh Aliens! Area 59 Facts 2:30pm Free Bingo - DR 4:00pm Happy Hour 6:15pm Movie Night- TR</p>	<p>25 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am What Am I: The Hope Diamond 1:00pm Walking Club- FR 1:15pm “The Queens Gambit” Episode 4 1:15pm Color Sensory Bags 2:30pm Cooking Demo - BIS 3:30pm Toe Tappers – A&amp;C 6:15pm Movie Night- TR</p>	<p>26 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Lets go camping! Virtual Camping trip -TR 1:00pm Walking Club- FR 1:15pm Smores break! - Patio 2:30pm Let Find Out - DR 4:00pm Happy Hour 6:15pm Movie Night- TR</p>
<p>27 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am 1:00pm Walking Club- FR 1:15pm Cranium Crunches – A&amp;C 2:30pm Armchair Travel – Minnesota 4:00pm Sunglass decorating – A&amp;C 6:15pm Movie Night- TR</p>	<p>28 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Wheel of Fortune - Bis 1:00pm Walking Club- FR 1:15pm Replay Matinee- TR 2:30pm Rogers Tunes – A&amp;C 3:30pm News Currents - TR 6:15pm Movie Night- TR</p>	<p>29 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Word Games - Bis 1:00pm Walking Club- FR 1:15pm Meet the CHAL Fish - LR 2:30pm Art Appreciation - DR 4:00pm Happy Hour 6:15pm Movie Night- TR</p>	<p>30 9:00am Coffee Chat- Bistro 10:00am Group Exercise- TR 11:00am Guess how many gobstoppers - BIS 1:00pm Walking Club- FR 1:15pm Willy Wonka Trivia – A&amp;C 2:30pm Root beer Floats 3:30pm Find the Golden Ticket – A&amp;C 6:15pm Movie Night- TR</p>			