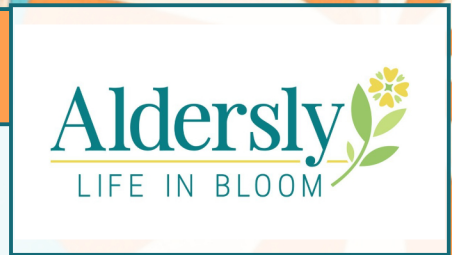


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ALDERSLY Senior Community Independent Living June Activity Calendar	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:30am Fresh Flower Arrangements Class (SAR) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 2:00pm Exercise with Andrew (HH) 2:30pm Mah Jongg (SAR) 5:00pm Aldersly Resident Survey Launch Event Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:00am Guided Outdoor Walks w/ Andrew 11:00am Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Library Shuttle 1:30pm Rummikub (3FL) 4:15pm Bingo! (HH) 5:45pm Dinner (MDR) 7:00pm Tuesday Cinema (CMPR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 9:30am "The Chosen" viewing gathering (Cafe) 10:00am Bocce (BBL) 11:00am Tech Time w/ Andrew 12:00pm Lunch (MDR) 2:00pm Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30pm Sing w/ Gerry (HH) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 11:00am Monthly Activity Forum (HH) 12:00pm Lunch (MDR) 1:30pm Art Class w/ Katya (3FL) 1:30pm Fitness Shuttle- JCC/YMCA 3:00pm Stretch & Breathe w/ Amy Exercise Class (HH) 5:45pm Dinner (MDR) 7:00pm Thursday Cinema (CMPR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 9:30am Catholic Communion Service St. Raphael's Church (HH) 10:00am Andrew's Community Corner (Open Office Hours) 10:00am Bocce/ CornHole (3FL) 10:00am Friday 5-Mile Shopping 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Friday Afternoon Shopping Run (NORTHGATE MALL) 2:00pm Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00pm Happy Hour (MDR) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 11:00am Rhythm & Balance w/ Torri (HH) 12:00pm Lunch (MDR) 1:30pm Bridge (3FL) 2:30pm Ping Pong on the Weekend (HH) 5:45pm Dinner (MDR)
	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00pm Lunch (MDR) 2:30pm Ping Pong on the Weekend (HH) 3:00pm Mah Jongg Beginners Class Taught by Sara Brewster (SAR) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:30am Fresh Flower Arrangements Class (SAR) 11:00am Rosie The Riveter Museum Outing 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 2:00pm Exercise with Andrew (HH) 2:30pm Mah Jongg (SAR) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 9:30am "The Chosen" viewing gathering (Cafe) 10:00am Bocce (BBL) 11:00am Tech Time w/ Andrew 12:00pm Lunch (MDR) 1:00pm Chef Chat (MDR) 2:00pm Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30pm Sing w/ Gerry (HH) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:30am SilverTech Consulting Presents iPhone Tricks & Tips (HH) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 3:00pm Stretch & Breathe w/ Amy Exercise Class (HH) 5:45pm Dinner (MDR) 7:00pm Thursday Cinema (CMPR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:00am Andrew's Community Corner (Open Office Hours) 10:00am Bocce/ CornHole (3FL) 10:00am Friday 5-Mile Shopping 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Friday Afternoon Shopping Run (TARGET) 2:00pm Stand Up and Get Fit w/ Toni Dee Exercise Class (HH) 5:00pm Happy Hour (MDR) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 11:00am Rhythm & Balance w/ Torri (HH) 12:00pm Lunch (MDR) 1:30pm Bridge (3FL) 2:30pm Ping Pong on the Weekend (HH) 5:45pm Dinner (MDR)
	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00pm Lunch (MDR) 2:30pm Ping Pong on the Weekend (HH) 3:00pm Mah Jongg Beginners Class Taught by Sara Brewster (SAR) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:30am Fresh Flower Arrangements Class (SAR) 11:30am Picnic Outing Lake Lagunitas 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 2:00pm Exercise with Andrew (HH) 2:30pm Mah Jongg (SAR) 5:00pm Happy Hour (MDR) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:00am Guided Outdoor Walks w/ Andrew 11:00am Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00pm Lunch (MDR) 1:15pm Laura Shefler Art Talk (SAR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Library Shuttle 1:30pm Rummikub (3FL) 4:15pm Bingo! (HH) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 9:30am "The Chosen" viewing gathering (Cafe) 10:00am Bocce (BBL) 11:00am Book Club (3FL) 12:00pm Lunch (MDR) 12:00pm Mike Sharkey's Captain Tables Lunch (BR) 2:00pm Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30pm Sing w/ Gerry (HH) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 11:00am Coffee w/ Mike & Friends (HH) 12:00pm Lunch (MDR) 1:30pm Art Class w/ Katya (3FL) 1:30pm Fitness Shuttle- JCC/YMCA 3:00pm Stretch & Breathe w/ Amy Exercise Class (HH) 4:00pm A Musical Afternoon w/ Ian Scarfe (HH) 5:45pm Dinner (MDR) 7:00pm Thursday Cinema (CMPR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 11:00am Rhythm & Balance w/ Torri (HH) 12:00pm Lunch (MDR) 1:30pm Bridge (3FL) 2:30pm Ping Pong on the Weekend (HH) 5:45pm Dinner (MDR)
	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00pm Father's Day Lunch (RSVP REQUIRED) (MDR) 2:30pm Our Art Club (HH) 2:30pm Ping Pong on the Weekend (HH) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:30am Fresh Flower Arrangements Class (SAR) 11:45am Lunch Outing : Bar Bocce Sausalito 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 2:00pm Exercise with Andrew (HH) 2:30pm Mah Jongg (SAR) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:00am Guided Outdoor Walks w/ Andrew 11:00am Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Rummikub (3FL) 2:30pm Shuffle Board Social (Cafe) 4:45pm Happy Hour on the Roof Top (Themed) (RT) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 9:30am "The Chosen" viewing gathering (Cafe) 10:00am Bocce (BBL) 11:00am Tech Time w/ Andrew 12:00pm Lunch (MDR) 2:00pm Toni Dee Senior Fitness & Care Exercise Class (HH) 3:30pm Sing w/ Gerry (HH) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 11:00am Buddy Program (New Move In Initiative) (SAR) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 2:00pm Gustavo Romero Piano Performance (HH) 3:00pm Stretch & Breathe w/ Amy Exercise Class (HH) 5:45pm Dinner (MDR) 7:00pm Thursday Cinema (CMPR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 11:00am Rhythm & Balance w/ Torri (HH) 12:00pm Lunch (MDR) 1:30pm Bridge (3FL) 2:30pm Ping Pong on the Weekend (HH) 5:45pm Dinner (MDR)
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	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:30am Toni Dee Senior Fitness & Care Exercise Class (HH) 12:00pm Lunch (MDR) 2:30pm Ping Pong on the Weekend (HH) 3:00pm Mah Jongg Beginners Class Taught by Sara Brewster (SAR) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:30am Fresh Flower Arrangements Class (SAR) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 2:00pm Exercise with Andrew (HH) 2:30pm Mah Jongg (SAR) 5:00pm Happy Hour (MDR) 5:45pm Dinner (MDR) 	<ul style="list-style-type: none"> 8:00am Breakfast (MDR) 10:00am Guided Outdoor Walks w/ Andrew 11:00am Balance & Rhythm w/ Brigid Exercise Class (HH) 12:00pm Lunch (MDR) 1:30pm Fitness Shuttle- JCC/YMCA 1:30pm Rummikub (3FL) 4:15pm Bingo! (HH) 5:45pm Dinner (MDR) 			



- ### Activity Types
- Arts and Crafts
 - Emotional
 - Entertainment
 - Intellectual
 - Outing
 - Physical
 - Presentation
 - Social
 - Spiritual

- ### Locations
- MDR = Main Dining Room
 - HH = Hendrix Hall
 - 3FL = 3 Floor Lounge
 - Cafe = Cafe
 - BR = Board Room
 - SAR = Skagen Activity Room
 - RT = Roof Top
 - MSS = Mission Street Sidewalk
 - ALRA = Assisted Living Rec Area
 - MCRA = Memory Care Rec Area
 - ECA = Extended Care Area
 - BBL = Bocce Ball Lawn
 - AL = Assisted Living
 - MC = Memory Care
 - EC = Extended Care
 - CMPR = Cafe Multi Purpose Room

Happy Birthday!

June RESIDENT BIRTHDAYS!

John Thompson	MC 6/1
Peggy Wilson	MC 6/5
Babz Von Dallowitz	IL 6/20
Jeanette Fleig	IL 6/22
Penny Wells	IL 6/25
Cynthia Fleig	IL 6/30
Marjorie Donalds	MC 6/30