



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM - Strength and Balance (GF) 1:00PM - Move and Groove (GF) 3:30PM - ART ON WHEELS: Positive and Negative Space 4:00PM - The Four O'clock Chat</p>	<p>2</p> <p>10:00AM - Walking Group 12:30PM - Everleigh Talk 1:30PM - Restorative Yoga 3:00PM - Rummikub! (CH) 4:00PM-6:00PM - Thirsty Thursday</p>	<p>3</p> <p>8:30- 10:30AM - Breakfast 11:00AM - Tai Chi (GF) 12:00PM-3:00PM-Mahjong 2:00PM - Movie Matinee: Superman 4:00PM - The Four O'clock Chat</p>	<p>4</p> <p>3:00 PM-BINGO (CH)</p>
<p>5</p> <p>3:30PM - Move and Groove</p>	<p>6</p> <p>8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM- Strength and Balance (GF) 12:00PM-3PM - Mahjong 3:00PM- Hand and Foot 4:00PM - Spirituality Study 4:00PM -The Four O'clock Chat</p>	<p>7</p> <p>10:00AM - Walking Group 2:00PM-Movie Matinee: Spz 2:30PM - Spirituality Study 4:00PM- Left Right Center (CH) 4:00PM - The Four O'clock Chat 5:30PM - Bridge</p>	<p>8</p> <p>8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM - Strength and Balance (GF) 1:00PM - Move and Groove (GF) 4:00PM - The Four O'clock Chat</p>	<p>9</p> <p>10:00AM - Walking Group 12:30PM - Everleigh Talk 1:30PM - Restorative Yoga 3:00PM - Rummikub! (CH) 4:00PM-6:00PM - Thirsty Thursday /RVA Magic</p>	<p>10</p> <p>8:30- 10:30AM - Breakfast 11:00AM - Tai Chi (GF) 12:00PM-3:00PM-Mahjong 2:00PM - Movie Matinee: Long Riders 4:00PM - The Four O'clock Chat</p>	<p>11</p> <p>3:00 PM-BINGO (CH)</p>
<p>12</p> <p>3:30PM - Move and Groove</p>	<p>13</p> <p>8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM- Strength and Balance (GF) 12:00PM-3PM - Mahjong 3:00PM- Hand and Foot 4:00PM - Spirituality Study 4:00PM -The Four O'clock Chat</p>	<p>14</p> <p>10:00AM - Walking Group 2:00PM-Movie Matinee: Love Story 2:30PM - Spirituality Study 4:00PM- Left Right Center (CH) 4:00PM - The Four O'clock Chat 5:30PM - Bridge 4:00-6:00 PM - Name That Tune</p>	<p>15</p> <p>8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM - Strength and Balance (GF) 1:00PM - Move and Groove (GF) 3:30PM - ART ON WHEELS: Contour 4:00PM - The Four O'clock Chat</p>	<p>16</p> <p>10:00AM - Walking Group 12:30PM - Everleigh Talk 1:30PM - Restorative Yoga 3:00PM - Rummikub! (CH) 4:00PM-6:00PM - Thirsty Thursday</p>	<p>17</p> <p>8:30- 10:30AM - Breakfast 11:00AM - Tai Chi (GF) 12:00PM-3:00PM-Mahjong 2:00PM- Father's Day Cookout 2:00PM - Movie Matinee: Stand By Me 4:00PM - The Four O'clock Chat</p>	<p>18</p> <p>3:00 PM-BINGO (CH)</p>
<p>19</p> <p>3:30PM - Move and Groove</p> <p>Happy Father's Day</p>	<p>20</p> <p>8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM- Strength and Balance (GF) 12:00PM-3PM - Mahjong 3:00PM- Hand and Foot 4:00PM - Spirituality Study 4:00PM -The Four O'clock Chat</p>	<p>21</p> <p>10:00AM - Walking Group 2:00PM-Movie Matinee: King Kong 2:30PM - Spirituality Study 4:00PM- Left Right Center (CH) 4:00PM - The Four O'clock Chat 5:30PM - Bridge FANTABULOUS FOOD TRUCK</p>	<p>22</p> <p>8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM - Strength and Balance (GF) 2:00PM - Alzheimer and Brain Seminar 1:00PM - Move and Groove (GF) 4:00PM - The Four O'clock Chat</p>	<p>23</p> <p>10:00AM - Walking Group 12:30PM - Everleigh Talk 1:30PM - Restorative Yoga 3:00PM - Rummikub! (CH) 4:00PM-6:00PM - Thirsty Thursday</p>	<p>24</p> <p>8:30- 10:30AM - Breakfast 11:00AM - Tai Chi (GF) 12:00PM-3:00PM-Mahjong 2:00PM - Movie Matinee: The Color Of Money 4:00PM - The Four O'clock Chat</p>	<p>25</p> <p>3:00 PM-BINGO (CH)</p>
<p>26</p> <p>3:30PM - Move and Groove</p>	<p>27</p> <p>8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM- Strength and Balance (GF) 12:00PM-3PM - Mahjong 3:00PM- Hand and Foot 4:00PM - Spirituality Study 4:00PM -The Four O'clock Chat</p>	<p>28</p> <p>10:00AM - Walking Club 2:00PM-Movie Matinee: Foot Loose 2:30PM - Spirituality Study 4:00PM- Left Right Center (CH) 4:00PM - The Four O'clock Chat 5:30PM - Bridge</p>	<p>29</p> <p>8:30- 10:30AM - Breakfast 10:00AM - Chair Yoga (GF) 11:15AM - Strength and Balance (GF) 1:00PM - Move and Groove (GF) 4:00PM - The Four O'clock Chat</p>	<p>30</p> <p>10:00AM - Walking Group 12:30PM - Everleigh Talk 1:30PM - Restorative Yoga 3:00PM - Rummikub! (CH) 4:00PM-6:00PM - Thirsty Thursday</p>		<p>ALL PROGRAMS SUBJECT TO CHANGE!</p>