

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2022

Celebrating the Arts & Hobbies this month!

	<p>10 Exercise 1 10:30 Coffee Club & Chronicles 11 What More Do You Know 1:30 Art Expression: Watercolor Wildlife Painting 2:30 Teach/Learn A New Language 4 Horseshoe Pitching 6 Game Night (resident led)</p>	<p>10 Beginner Pilates 2 10:30 Activity Planning Committee Meeting 11 Resident Council Meeting 1:30 Outing: Scenic Ride (Sign up by 9 am on 2nd fl theatre) 2:30 Mandalas & Mood Music 4 Roll & Stroll (meet in the lobby)</p>	<p>10 Drumming Exercise 3 10:30 Morning Mindfulness 11 Name 5 1:30 Karaoke Open Mic (theatre) 2:30 June Birthday Social (3rd fl. Dining Room) 4 Mexican Train Dominoes (resident led)</p>	<p>10:30 Stretch & Flex 4 11 Biscotti, Brew (java) and What Would You Do 1:30 Formicarium Facts and Fun & Puzzles by The Ton Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>		
<p>10:30 Sit & Be Fit 5 11 Chicken Soup for The Soul 11:30 Hymn Sing 1:30 What Did They Say & Weather Prophecies Day Coming to You (1st, 2nd & 3rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)</p>	<p>10 Easy Cardio Exercise 6 10:30 Name That Singer 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3 Wordle with A Twist (theatre) 4 <i>Making Strides</i> Walking Challenge (meet in lobby)</p>	<p>10 Stretch & Flex 7 10:30 Antique Roadshow Guessing Game 11 Feel Good Stories 1:30 Jewelry Making: Custom Beaded Bracelets 2:30 Wine & Cheese Social (café) 4 Washers Toss</p>	<p>10 Exercise 8 10:30 Coffee Club & Chronicles 11 Pray the Rosary (theatre) 11:45 Patio Picnic-1st Floor Residents 1:30 Masterpiece on the Move: Acrylic Flower Spoon Painting 2:30 Concentration Challenge 4 Frisbee Can Slam 6 Game Night (resident led)</p>	<p>9:15 Outing: Mercer Museum (special tour of the Museum's first floor) (Sign up by noon the day prior on 2nd fl theatre) 10 Bible Study w/ Penny (1st fl lounge) 10:30 Planet Earth (theatre) 1:30 Baseball Cap Facts & Fun 2:30 Sing Along Songs 4 Wii Sports (theatre) 6 Bee Sweet Bingo!</p>	<p>10 Easy Cardio Workout 10 10:30 All About June 11 Finishing Lines 1:30 Relax & Rejuvenate: Guided Imagery (theatre) 2:30 Create Your Own Super Sundae Bar Social (café) 4 Mexican Train Dominoes (resident led)</p>	<p>10:30 Light Weights 11 Exercise 11 Creative Crafting: Suncatchers 1:30 The Vince Lombardi You May Not Have Known & ET Phone Home Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>
<p>10:30 Chair Yoga 12 11 Make & Take: Muddy Buddies 11:30 All That Jazz 1:30 Well, Golly! & A Visit to Raleigh Coming to You (1st, 2nd & 3rd fls) 2 Bible Baptist Church Service (1st fl. lounge) 6 Movie Night (theatre)</p>	<p>10 Chair Tai Chi 13 10:30 Picture This 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3 Bop Til You Drop Dance Party! 4 St. Agnes Mass (1st fl. lounge)</p>	<p>10 Stretch & Flex 14 10:30 Fascinating Facts About Betsy Ross 11 Blackjack 21 1:30 Show & Share Your Hobby Creations & Collections 2:30 Manicures, Music & Hand Massages 4 Darts Game (1st fl. lounge) 6 I Love the USA Jingo <i>Flag Day</i></p>	<p>10 Exercise 15 10:30 Coffee Club & Chronicles 11 Cruise Alaska (theatre) 11:45 Patio Picnic-2nd Floor Residents 1:30 DIY: Wall Art Scrapbook Paper Tree Design 2:30 Apples to Apples 4 Bean Bag Bullseye 6 Game Night (resident led)</p>	<p>10 Bible Study w/ Penny (1st fl lounge) 10:30 Target Practice 11 Roll & Stroll (meet in lobby) 1:30 Outing: Hickory Stick Ice Cream Shop (Sign up by 9 am on 2nd fl theatre) 2 Velvet Designs & Music from The Times (50's) 4 Scents & Sounds that Relax & Soothe (theatre)</p>	<p>10 Move to The Music 17 10:30 Putting Devotions in Motion 11 Daffy Definitions 1:30 Karaoke Open Mic (theatre) 2:30 Chef's Demo & Taste Social (3rd fl. Dining Room) 4 Mexican Train Dominoes (resident led)</p>	<p>10:30 Stretch & Flex 18 11 Gift Basket Bingo 1:30 Who Is Sir Paul, The Knight & Westminster Dogs Done Right! Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>
<p>9:30 Father's Day Bagel Bar & Bacon Bites (café) 19 10 Stretch & Flex Exercise 11 Country Western Music Countdown 1:30 Famous Mac's & Fascinating Bible Facts Coming to You (1st, 2nd & 3rd fls) 2 Table Games (resident led) 6 Movie Night (theatre) <i>Father's Day</i></p>	<p>10 Easy Cardio Exercise 20 10:30 Ask Alexa 11 Q & A with The Garden Box Gurus (meet on back patio) 1:30 Bingo 3 A Musical Salute to Ed Sullivan's' Top Hits (theatre) 4 <i>Happy Laps</i> Walking Challenge (meet in lobby)</p>	<p>10 Stretch & Flex 21 10:30 That's Debatable 11 Smile! It's A Selfie Day Photo Shoot 1:30 Technology Tuesday 2:30 Residents vs Staff Cornhole Competition 4 Discovery Makes A Difference: Pet Blanket Making <i>Summer Begins</i></p>	<p>10 Exercise 22 10:30 Coffee Club & Chronicles 11 Champions of the Wild (theatre) 11:45 Patio Picnic-3rd Floor Residents 1:30 You Be the Judge- Art Pro's or Woes 2:30 Music Trivia & Tidbits 4 Floor Darts 6 Game Night (resident led)</p>	<p>10 Bible Study w/ Penny (1st fl lounge) 23 10:30 Crock Pot Cookery 11 Roll & Stroll (meet in lobby) 1:30 Outing: Gabe's (discount department store) (Sign up by 9 am on 2nd fl theatre) 2 Stress Less Color Designs 3:30 Wii Fun & Games (theatre) 4:30 Crock Pot Cuisine (café) 6 Hidden Meadows Chorus</p>	<p>10 Easy Cardio Workout 24 10:30 Triple Treat Trivia 11 A Rose Is A Rose 1:30 Relax & Rejuvenate: Guided Imagery (theatre) 2:30 Musical Entertainment By: Dick Lentz 4 Mexican Train Dominoes (resident led)</p>	<p>10:30 Light Weights 25 Exercise 11 Armchair Travel & Taste to Abu Dhabi 1:30 Getting to Know Meryl Streep & Going Under the Sea So Deep Coming to You (1st, 2nd & 3rd fls) 2:30 Saturday Afternoon Social (café) 6 Movie Night (theatre)</p>
<p>10:30 Chair Yoga 26 11 Amen Corner 11:30 Hymn Sing 1:30 Dairy Farm Day & What Did Pearl S. Buck Say Coming to You (1st, 2nd & 3rd fls) 2 Table Games (resident led) 6 Movie Night (theatre)</p>	<p>10 Exercise 27 10:30 Joe Name It 11 Garden Box Growers (meet on back patio) 1:30 Bingo 3 Broadway Backstage: The Music & Mayhem 4 <i>Your Pace or Mine</i> Walking Challenge (meet in lobby)</p>	<p>10 Stretch & Flex 28 10:30 Story Behind Local Hobbyist Turned Millionaire: Joyce Byers 11 Sound Bath Relaxation & Meditation (theatre) 1:30 Summer Vision "Boards" 2:30 Manicures, Music & Hand Massages 3:30 RC Racers (meet in lobby) 6 Porch Sitters, Sippers & Singers (front porch)</p>	<p>10 Exercise 29 10:30 Coffee Club & Chronicles 11 Ping Pong Table Toss 1:30 Art Expression: Sketch, Draw, Doodle & Design 2:30 This or That 4 Bocce Ball Game 6 Game Night (resident led)</p>	<p>10 Bible Study w/ Penny (1st fl lounge) 30 10:30 A Test of Survival 11 Roll & Stroll (meet in lobby) 1:30 Outing: Scenic Ride (Sign up by 9 am on 2nd fl theatre) 2 Mandalas & Mood Music 4 Scavenger Hunt: The Search for the Missing Art</p>	 <p>HIDDEN MEADOWS ON THE RIDGE By Discovery Senior Living</p>	 <p>CELEBRATIONS ACTIVITIES & EVENTS</p>

Please note: Outdoor activities are weather permitting and calendar is subject to change.

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