

## Daily Activities

### Monday

Library & Computer Lab 9:00am-1:00 pm

Tech Support 11:00am – 1:00pm

Lunch 11:30am – 12:30pm

Qigong 2:00-3:00pm

Ping Pong 3:00-4:00pm

### Tuesday

Library & Computer Lab 9:00am-1:00 pm

Lunch 11:30am – 12:30pm

Mahjong 1:00-3:30pm

Bingo 1:30-3:30pm

Ping Pong 3:00-4:00pm

### Wednesday

Library & Computer Lab 9:00am-1:00 pm

Qigong 9:30-10:30am

Lunch 11:30am – 12:30pm

Cribbage 1:00-3:00pm

Intermediate Line Dancing 2:15-4:00pm

### Thursday

Library & Computer Lab 9:00am-1:00 pm

Lunch 11:30am – 12:30pm

Martial Arts For Seniors 2:15-3:15pm  
(classes start June 20<sup>th</sup>)

### Friday

Library & Computer Lab 9:00am-1:00pm

Qigong & Sun Style Tai Chi 10:00-11:00am

Falun Dafa Yoga (bring yoga mat) 11:30-12:30PM

Board/Card Games 1:00-3:30pm

## June Activities

June 13<sup>th</sup> Father's Day Lunch 11:30-12:30pm

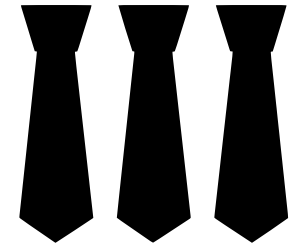
June 13<sup>th</sup> Caregiver Support Group  
9:30am-11:30am

June 19<sup>th</sup> Commodities Distribution  
10:00-11:30am

June 25<sup>th</sup> Stamp Club 6-9pm

June 27<sup>th</sup> Caregiver Support Group  
9:30-11:30am

June 27<sup>th</sup> Birthday Celebration  
11:30am-12:30pm



Happy Father's Day

Mon	Tues	Wed	Thurs
3 Meat Loaf w/ Gravy	4 Split Pea Soup	5 Green Chile Egg Bake	6 Chicken Parmesan
10 Creamy Chicken & Veggies	11 Hot Roast Beef Sandwich	12 Cheese Tortellini	13 Fish w/ Sundried Tomato Pesto
17 Chicken w/ Fire Roasted Tomato	18 Mac & Cheese	19 Chile Verde Tacos	20 Spinach Lasagna
24 Spaghetti w/ Meatballs	25 ½ Chicken Sandwich & Broccoli Soup	26 Lemon Herb Fish	27 Chicken Fried Steak