

JUNE

2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Morning Meditation Move to the Music Music Trivia Calendar Review	2 Morning Meditation Calisthenics Arts and Crafts	3 Morning Meditation Move Your Body Animal Trivia	4 Morning Meditation Seated Exercises Memory	5 Morning Meditation Move Your Body Jeopardy Trivia
8 Morning Meditation Exercise Bowling	9 Morning Meditation Move Your Body What am I? Arts and Crafts	10 Morning Meditation Move our Arms Word Game	11 Morning Meditation Seated Calisthenics Higher or Lower	12 Morning Meditation Move Your Body Afternoon Movie
15 Morning Meditation Music Trivia All About Music	16 Morning Meditation Chair Yoga Comedy Trivia Painting with Brian	17 Morning Meditation Chair exercise Small Talk	18 Morning Meditation Morning Stretches Move to the Music	19 Juneteenth! National Independence Day! ADS is closed
22 Morning Meditation Exercise Menu Planning	23 Morning Meditation Weightlifting Sorting Colors	24 Morning Meditation Arms in motion Ring Toss	25 Morning Meditation Chair Exercise Player's Choice	26 Morning Meditation Seated Calisthenics Arts and Crafts
29 Morning Meditation Exercise Ice Cream Social Color Club	30 Morning Meditation Legs in Motion Random Trivia			

Everyday Schedule

9:00-9:45: Meet and Greet, Current Events, Coffee Club

10:00: Scheduled Morning Activities

11:30-12:00: Break for Lunch

1:00: Scheduled Afternoon Activities.

1:30-2:00: Afternoon Snacks

2:00: Participant Choice, Small Talk, Departure Time

“Menu Planning” on the last Monday of the month