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| **Save the Dates***for this month’s special Center events:**A picture containing clipart  Description automatically generated***Thursday, June 6th** Come enjoy a time of reflection for D-DAY.**Friday, June 7th**Join us for National Chocolate Ice Cream Day. We will partake in ice cream & a movie. FUN!!**Monday, June 10th**It’s National Ice Tea Day! We are hosting a High Tea Party **Thursday, June 20th**The Center will celebrate National Vanilla Milkshake Day with milkshakes for the taking.**YOUR STAFF****PHONYA LEWIS** – OWNER/DIRECTOR**CINDY JONES** – ASSISTANT DIRECTOR**CAREGIVER** – JACKIE HILL**CAREGIVER** – LILLIE DRAPER | **JUNE 2019** |
| **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
| 6421 Chesterfield Meadows DriveChesterfield, VA 23832804-621-4209 • www.ascendhealthar.com |  |  | **1**10:00 Morning Greetings10:30 Morning Strolls11:00 Word Puzzles11:30 Wii Games1:30 Up 2 You3:00 Big Pin Bowling3:30 Movie Matinee | **2** |
| **3** | **6**10:00 Morning Greetings10:30 Sit & Get Fit11:00 Current Events11:30 Corn Hole1:30 UNO2:00 Music Therapy3:00 Volleyballoon3:30 Quarter Poverty  | **4**10:00 Weekend Catch-Up 10:30 Hot Potato11:00 Fill in the Blank11:30 Arts & Crafts1:30 Chair Aerobics2:00 Tuesday Smoothies3:00 Essential Oil Hand Massages3:30 Evening News | **5**10:00 Current Events10:30 Chair Aerobics11:30 Who Am I?1:00 Big Pin Bowling1:30 Word Puzzles2:00 Dominos 2:30 Up 2 You3:30 Outdoor Strolls | **6**10:00 Bible & Hymn10:30 Weight Training11:00 Bingo11:30 Puzzle Time1:30 **D-DAY Dancing &** **Donuts**2:00 Arts & Crafts2:30 Wii Games3:00 Aromatherapy  | **7**A picture containing dessert  Description automatically generated10:00 Morning Greetings10:30 Balance Group11:00 Dance-A-Long11:30 Word Puzzles1:30 Walking Group2:00 **Chocolate Ice** **Cream & A Movie** | **8**  |
| **9** | **10**10:00 Morning GreetingsA glass of orange juice  Description automatically generated10:30 Stretch-It Monday11:00 Volleyballoon11:30 Hymn Sing1:30 Planting Seeds2:00 Tea Tasting3:00 Snack & Chat3:30 Music Therapy | **11**10:00 Weight Training10:30 Scrabble11:00 Chair Badminton11:30 Arts & Crafts1:30 High Tea Party2:00 Bingo3:00 Snack & Chat3:30 Bible Talk | **12**10:00 Current Events10:30 Chair Aerobics11:00 Tablet Games11:30 Who Am I?1:30 Scrapbooking2:00 Movie Matinee3:30 Ornament Painting | **13**10:00 Exercising w/ Bands10:30 Dominos11:00 Big Pin Bowling11:30 Sit & Get Fit1:30 Thursday Smoothie2:00 Wii Bowling3:00 2 Card Bingo3:30 4 of a Kind Cards | **14**10:00 Mental Aerobics10:30 Hot Potato11:00 Walking Club11:30 Velcrow Toss1:30 Bingo2:00 Dancing & Donuts 3:30 Father’s Day  | **15** |
| **A close up of a sign  Description automatically generated16** | **17**10:00 Mental Aerobics10:30 Karaoke11:00 Putt-Putt11:30 Arts & Crafts1:30 Up 2 You2:00 Finish the Phrase2:30 Jeopardy3:00 Snack & Chat3:30 Monday Trivia | **18**10:00 Morning Greetings10:30 Exercising w/ Bands11:00 Hot Potato11:30 Tablet Games1:30 Volleyballoon2:00 Charades2:30 Arts & Crafts3:30 Bingo | **19**10:00 Move-It Wednesday10:30 Sing-Along11:00 **FIELD TRIP:** **Farmer’s Market**2:00 Snack & Music  Social3:00 Up 2 You3:30 Would U Rather | **20**A picture containing cup, table, indoor, glass  Description automatically generated10:00 Current Events10:30 Walking Group11:00 Cards of Any Kind11:30 Chair Badminton1:30 Essential Oil Hand Massages2:00 **Milkshake Day**3:00 Charades3:30 Memory Lane | **21**10:00 Morning Greetings10:30 Sit & Get Fit11:00 Wii Bowling1:30 Movie Matinee2:00 Hymn Sing2:30 Balance Group3:00 Snack & Chat3:30 Music Jeopardy | **22** |
| **23** |  **24**10:00 Morning Greetings11:00 Balance Group11:30 Cards of Any Kind1:00 Family Feud2:00 Monday Stretch3:00 Snack & Chat3:30 Word Puzzle | **25**10:00 Sittercise10:30 Wii Games11:00 Bingo11:30 Hot Potato1:30 Fill in the Blank2:00 Volleyballoon2:3 Tablet Games3:00 Snack & Chat3:30 Arts & Crafts | **26**10:00 Bible & Hymn10:30 Oldies Choreo11:00 Big Pin Bowling11:30 Music Therapy1:30 Putt-Putt2:00 2:30 CASINO3:00 Snack & Chat3:30 Music Trivia | **27**10:00 Mental Aerobics10:30 Chair Yoga11:00 KAROKE11:30 Water Colors1:30 Corn Hole2:00 Dominos2:30 Afternoon Stretch3:00 Dominos3:30 Pottery | **28**10:00 Morning Greetings10:30 Current Events11:00 Sing-Along11:30 Cards1:30 Arts & Crafts2:00 Movie Matinee3:30 Friday Trivia | **29** |