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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 Drive  Chesterfield, VA 23832  804-621-4209 • www.ascendhealthar.com | | |  |  | **1**  10:00 Morning Greetings  10:30 Morning Strolls  11:00 Word Puzzles  11:30 Wii Games  1:30 Up 2 You  3:00 Big Pin Bowling  3:30 Movie Matinee | **2** |
| **3** | **6**  10:00 Morning Greetings  10:30 Sit & Get Fit  11:00 Current Events  11:30 Corn Hole  1:30 UNO  2:00 Music Therapy  3:00 Volleyballoon  3:30 Quarter Poverty | **4**  10:00 Weekend Catch-Up  10:30 Hot Potato  11:00 Fill in the Blank  11:30 Arts & Crafts  1:30 Chair Aerobics  2:00 Tuesday Smoothies  3:00 Essential Oil Hand  Massages  3:30 Evening News | **5**  10:00 Current Events  10:30 Chair Aerobics  11:30 Who Am I?  1:00 Big Pin Bowling  1:30 Word Puzzles  2:00 Dominos  2:30 Up 2 You  3:30 Outdoor Strolls | **6**  10:00 Bible & Hymn  10:30 Weight Training  11:00 Bingo  11:30 Puzzle Time  1:30 **D-DAY Dancing &**  **Donuts**  2:00 Arts & Crafts  2:30 Wii Games  3:00 Aromatherapy | **7**  A picture containing dessert  Description automatically generated10:00 Morning Greetings  10:30 Balance Group  11:00 Dance-A-Long  11:30 Word Puzzles  1:30 Walking Group  2:00 **Chocolate Ice**  **Cream & A Movie** | **8** |
| **9** | **10**  10:00 Morning Greetings  A glass of orange juice  Description automatically generated10:30 Stretch-It Monday  11:00 Volleyballoon  11:30 Hymn Sing  1:30 Planting Seeds  2:00 Tea Tasting  3:00 Snack & Chat  3:30 Music Therapy | **11**  10:00 Weight Training  10:30 Scrabble  11:00 Chair Badminton  11:30 Arts & Crafts  1:30 High Tea Party  2:00 Bingo  3:00 Snack & Chat  3:30 Bible Talk | **12**  10:00 Current Events  10:30 Chair Aerobics  11:00 Tablet Games  11:30 Who Am I?  1:30 Scrapbooking  2:00 Movie Matinee  3:30 Ornament Painting | **13**  10:00 Exercising w/ Bands  10:30 Dominos  11:00 Big Pin Bowling  11:30 Sit & Get Fit  1:30 Thursday Smoothie  2:00 Wii Bowling  3:00 2 Card Bingo  3:30 4 of a Kind Cards | **14**  10:00 Mental Aerobics  10:30 Hot Potato  11:00 Walking Club  11:30 Velcrow Toss  1:30 Bingo  2:00 Dancing & Donuts  3:30 Father’s Day | **15** |
| **A close up of a sign  Description automatically generated16** | **17**  10:00 Mental Aerobics  10:30 Karaoke  11:00 Putt-Putt  11:30 Arts & Crafts  1:30 Up 2 You  2:00 Finish the Phrase  2:30 Jeopardy  3:00 Snack & Chat  3:30 Monday Trivia | **18**  10:00 Morning Greetings  10:30 Exercising w/ Bands  11:00 Hot Potato  11:30 Tablet Games  1:30 Volleyballoon  2:00 Charades  2:30 Arts & Crafts  3:30 Bingo | **19**  10:00 Move-It Wednesday  10:30 Sing-Along  11:00 **FIELD TRIP:**  **Farmer’s Market**  2:00 Snack & Music  Social  3:00 Up 2 You  3:30 Would U Rather | **20**  A picture containing cup, table, indoor, glass  Description automatically generated10:00 Current Events  10:30 Walking Group  11:00 Cards of Any Kind  11:30 Chair Badminton  1:30 Essential Oil Hand  Massages  2:00 **Milkshake Day**  3:00 Charades  3:30 Memory Lane | **21**  10:00 Morning Greetings  10:30 Sit & Get Fit  11:00 Wii Bowling  1:30 Movie Matinee  2:00 Hymn Sing  2:30 Balance Group  3:00 Snack & Chat  3:30 Music Jeopardy | **22** |
| **23** | **24**  10:00 Morning Greetings  11:00 Balance Group  11:30 Cards of Any Kind  1:00 Family Feud  2:00 Monday Stretch  3:00 Snack & Chat  3:30 Word Puzzle | **25**  10:00 Sittercise  10:30 Wii Games  11:00 Bingo  11:30 Hot Potato  1:30 Fill in the Blank  2:00 Volleyballoon  2:3 Tablet Games  3:00 Snack & Chat  3:30 Arts & Crafts | **26**  10:00 Bible & Hymn  10:30 Oldies Choreo  11:00 Big Pin Bowling  11:30 Music Therapy  1:30 Putt-Putt  2:00  2:30 CASINO  3:00 Snack & Chat  3:30 Music Trivia | **27**  10:00 Mental Aerobics  10:30 Chair Yoga  11:00 KAROKE  11:30 Water Colors  1:30 Corn Hole  2:00 Dominos  2:30 Afternoon Stretch  3:00 Dominos  3:30 Pottery | **28**  10:00 Morning Greetings  10:30 Current Events  11:00 Sing-Along  11:30 Cards  1:30 Arts & Crafts  2:00 Movie Matinee  3:30 Friday Trivia | **29** |