



Gladstone Seniors Residents

JUNE 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<h1>SUMMER</h1>			1 9:30 am Brain Gym/ Fun and Fitness 10:30 Lutheran Church 2:00 pm Scenic Walk	2 9:30 am Chair Yoga/Fun and Fitness 2:00pm Walk to the Park	3 Happy Birthday Laurie M.
4	5 9:30 am Chair Yoga/Fun and Fitness 2:00 Daisy Craft	6 9:30 am Chair Yoga/Fun and Fitness 2:00 pm Whist/ Card games	7 9:30 am Chair Yoga/Fun and Fitness 11am Rosary 2pm Bingo	8 9:30 am Brain Gym/ Fun and Fitness 10:30 Church 12:00 pm Corn dog lunch Outside 2:00 pm	9 9:30 am Chair Yoga/Fun and Fitness 2:00 pm Scenic Walk Happy Birthday Alfred E.	
11 	12 9:30 am Chair Yoga/Fun and Fitness 2:00pm Cheryl and Nova	13 9:30 am Brain Gym/ Fun and Fitness 2:00 pm Whist/ Card games	14 9:30 am Chair Yoga/Fun and Fitness 11am Rosary 2pm Card Bingo	15 9:30 am Brain Gym/ Fun and Fitness 10:30 Church 11am VitaminB12 shots 2:00 pm Shelby & Hunter	16 9:30 am Chair Yoga/Fun and Fitness 2:00 pm Water balloon target outside	17
18 	19 9:30 am Chair Yoga/Fun and Fitness 2:00pm Sing-a-long with Pearl	20 9:30 am Brain Gym/ Fun and Fitness 2:00 pm Whist/ Card games	21 First day of Summer 9:30 am Chair Yoga/Fun and Fitness 11am Rosary 2pm Bingo	22 9:30 am Brain Gym/ Fun and Fitness 10:30 Church 12PM Hamburger Lunch Outside 2pm Popcorn & movie	23 9:30 am Chair Yoga/Fun and Fitness 10:00 am BP/WTclinic 2:00 pm Ice Cream Cones outside	24 
25	26 9:30 am Chair Yoga/Fun and Fitness 2:00 pm Scenic Walk	27 9:30 am Brain Gym 2:00 pm Birthday Party with Don & Russ .	28 9:30 am Chair Yoga/Fun and Fitness 11am Rosary 2pm Card Bingo	29 9:30 am Brain Gym/ Fun and Fitness 10:30 Church 2:00pm Freezes outside with Trivia	30 9:30 am Chair Yoga/Fun and Fitness 10:00 am BP/WTclinic 2:00 pm Social Tea	