



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<sup>1</sup> 9:30 Technology Hour 10:00 Seated Dance Workout 10:30 Jeopardy 11:00 Family Fued 1:15 BINGO 2:30 Framed Puzzles DIY <b>NATIONAL GAME SHOW DAY</b>	<sup>2</sup> 9:15 YMCA 10:00 Flexibility 10:30 Fruit Tasting 1:00 Absentee Voting 1:15 Errands 2:00 Ice Cream Truck 2:30 Squirt Gun Painting	<sup>3</sup> 10:00 Strength Training 10:30 Fuzzy Posters 10:45 Church 11:00 Target Practice 1:15 BINGO 2:45 Pizza Pan Signs DIY	<sup>4</sup> 9:15 YMCA 10:00 Chair Yoga 10:30 Guess That Song 11:00 Kindness Rocks 1:00 Richard Music 1:15 Hobby Lobby	<sup>5</sup> 10:00 Tai Chi 10:30 Bells 11:30 Popham Beach Picnic and Visit 4:30 Weekly Raffle Drawing <b>NATIONAL DONUT DAY</b>	<sup>6</sup> 10:00 Strength Training 10:30 Rummikub 11:00 Cribbage 1:15 BINGO 2:45 Trinket Trays DIY	
<sup>7</sup> SALON OPEN 10:00 Tai Chi 10:30 Mug Club 11:00 Arm Chair Travel 1:15 Crafting Hour 2:30 Night lights DIY	<sup>8</sup> 10:00 Drumming Excercise 10:30 Trivia 11:00 Bumble Bees DIY 1:15 BINGO 2:45 Twine Vases DIY	<sup>9</sup> 9:15 YMCA 10:00 Flexibility 10:30 Headbandz 11:00 Knitting/Crochet Group 1:00 -4:00 Hearing Clinic 1:15 Plant Propagation 2:00 Ice Cream Truck 3:00 Cottage Meeting	<sup>10</sup> 10:00 Strength Training 10:30 Foil Art 10:45 Church 11:00 Iced Tea on the Deck 1:15 BINGO 2:45 Welcome Mixer <b>NATIONAL ICED TEA DAY</b>	<sup>11</sup> 9:15 YMCA 10:00 Chair Yoga 10:30 Make your own Lip Gloss 1:15 Target 3:30 Bubbles and Beverages on the Deck	<sup>12</sup> 10:00 Tai Chi 10:30 Bells 11:00 Adult Coloring 1:15 Walking Group 2:30 Axe Throwing 4:30 Weekly Raffle Drawing <b>NATIONAL MOVIE NIGHT</b>	<sup>13</sup> 10:00 Strength Training 10:30 Sea Creature Art DIY 11:00 Sea Monkeys 1:15 BINGO 2:45 Tie Dye Hats	
<sup>14</sup> 10:00 Tai Chi 10:30 Mug Club 11:00 Paper Town DIY 1:15 Crafting Hour 2:30 Paint Stick Flags DIY <b>FLAG DAY</b>	<sup>15</sup> 10:00 Seated Dance Workout 10:30 Mad Libs 11:00 Solar Ovens 1:15 BINGO 3:00 Wind Chimes DIY	<sup>16</sup> 9:15 YMCA 10:00 Flexibility 10:30 Travis Talks 1:00 Keegan's Pipe Cleaner Workshop 1:15 Errands 2:00 Ice Cream Truck 2:45 Beat the Heat with just your feet	<sup>17</sup> 10:00 Strength Training 10:30 Mini Golf 10:45 Church 11:00 Diamond Art 1:15 BINGO 2:45 Trinket Boxes DIY	<sup>18</sup> 9:15 YMCA 10:00 Chair Yoga 10:30 Carlye Talks 11:00 Journaling 11:30 Jade Lotus 1:35 Red Sox Vs. Blue Jays @ Fenway Viewing 2:00 Air Dry Clay	<sup>19</sup> 10:00 Tai Chi 10:30 Bells 11:00 Lego Build 1:15 Yard Pong 2:00 Jin Shin Workshop 4:30 Weekly Raffle Drawing	<sup>20</sup> 10:00 Strength Training 10:30 Dazzle Pens and DIY Pens 1:15 BINGO 2:45 Viewing of Remarkably Bright Creatures	
<sup>21</sup> SALON OPEN 10:00 Tai Chi 10:30 Mug Club 11:00 Cheerios Bird Feeders 1:15 Crafting Hour 2:45 Second Chance <b>FIRST DAY OF SUMMER! FATHER'S DAY</b>	<sup>22</sup> 10:00 Drumming Excercise 10:30 Tic Tac Throw 11:00 Stress Relief Stones 12:00 VR With Nate 1:15 BINGO 2:45 Custom Cutting Board DIY	<sup>23</sup> 9:15 YMCA 10:00 Flexibility 10:30 Autction 1:00 Resident Meeting 2:00 Ice Cream Truck 2:45 Gnome Signs DIY	<sup>24</sup> 10:00 Strength Training 10:30 Summer Sticker Scenes 10:45 Church 11:00 Skee-Ball 1:15 BINGO 2:45 Felt Buddies DIY	<sup>25</sup> 9:15 YMCA 10:00 Chair Yoga 10:30 Make your Own Perfume 1:15 Renys 3:30 Bomb Pops on the Deck! <b>NATIONAL BOMB POP DAY</b>	<sup>26</sup> 10:00 Tai Chi 10:30 Bells 11:00 Charades 1:15 Water Gun Cup Races 2:00 Acrylic Keychains DIY 3:00 Happy Hour 4:30 Weekly Raffle Drawing	<sup>27</sup> 10:00 Strength Training 10:30 Scenic Bus Ride 1:15 BINGO 2:45 Paint and Sip 3:00 Bedazzled Sunglassed DIY <b>NATIONAL SUNGLASSES DAY</b>	
<sup>28</sup> 10:00 Tai Chi 10:30 Mug Club 11:00 Shuffle Board 1:15 Crafting Hour 2:30 Card Making DIY	<sup>29</sup> 10:00 Seated Dance Workout 10:30 Book Club 11:00 Charm Bracelets DIY 1:15 BINGO 2:45 Vintage Ring Holder DIY	<sup>30</sup> 9:15 YMCA 10:00 Flexibility 10:30 Disc Golf 11:00 Sun Print Art 1:15 Errands 2:00 Ice Cream Truck 3:00 Squirt Gun Fight!!	<p>hello</p> <p><b>SUMMER</b></p>				

# Whats Going on This Month?

## This Month's Errand Trips

June 2<sup>nd</sup> at 1:15pm  
June 16<sup>th</sup> at 1:15 pm  
June 30<sup>th</sup> at 1:15pm

Remember to sign up  
downstairs with an  
activities staff member

All our DIY projects listed on the calendar can be found in Activities. Examples of this month's DIY are located on the counter with the dates they are scheduled for. Come check them out!

## This Month's Shopping Trips

June 4<sup>th</sup> Hobby Lobby  
June 11<sup>th</sup> Target  
June 25<sup>th</sup> Reny's

## Outings for May

June 5<sup>th</sup> at 11:30 Popham Beach Picnic  
June 27<sup>th</sup> at 10:30am Scenic Bus Ride  
June 18<sup>th</sup> at 11:30 Dine out at Jade Lotus

Live Performances: June 4<sup>th</sup> Richard Music at 1pm

Special Guests: June 19<sup>th</sup> at 2pm Margit Ahlin Jin Shin Workshop & Nate  
From Andwell for VR simulator

Join us for Bingo every Monday, Wednesday and Saturday at 1:15pm!

## New and exciting activities to check out:

June 2<sup>nd</sup>: Fruit tasting, come try some different fruits with us and pick your favorite. Absentee voting will take place at 1pm! Squirt Gun Painting on the lawn, come try a different technique that involves using squirt guns to create an abstract piece on canvas.

June 3<sup>rd</sup>: Target practice, come check your shoot ability with the nerf guns in activities. We will have multiple targets placed.

June 4<sup>th</sup>: Let's paint some kindness rocks and then take them to Popham Beach with us on Friday to spread some cheer.

June 7<sup>th</sup>: Hit the living room for an arm chair travel session, This month you choose where we visit!

June 9<sup>th</sup>: Knitting and crochet group, join us while we enjoy our favorite hobby and create something fun! Plant Propagation, There is a Demo down stairs of what we will be creating!

June 10<sup>th</sup>: Join us for Iced tea on the deck as we celebrate National Iced Tea Day! Welcome Mixer at 2:45 lets get to know our new community members!

June 11<sup>th</sup>: Bubbles and bevy's on the deck lets relax and enjoy the summer weather.

June 12<sup>th</sup>: Join us for a walking group as we take a stroll around our beautiful community. Followed by axe throwing on the Lawn (No they aren't real axes)

June 13<sup>th</sup>: We raised our Butterflies and they have moved on so now its time to try our hand at raising Sea Monkeys!

June 15<sup>th</sup>: Have you ever made Smore's in a box? Well we are going to teach you how as we create solar ovens.

June 16<sup>th</sup>: Beat the heat with just your feet! Meet us outback and take a dip in the pool to stay cool in this summer heat!

June 18<sup>th</sup>: We are welcoming a new guest Carlye! she will join us to talk about some important health related items, come say Hi! Then grab your Redsox gear and help us cheer them on as they play the Blue Jays!

June 19<sup>th</sup>: we will have another special guest come in and teach us the healing art of Jin Shin. The art of Jin Shin uses your bodies natural pressure points to aid symptoms.

June 22<sup>nd</sup>: Nate is coming back! Come join some Virtual Reality fun. Go Sky diving or visit a museum, the choice is yours!

June 23<sup>rd</sup>: Check out our auction. We have been collecting items to auction off, and we would love to have you (no money needed)

June 26<sup>th</sup>: Race against your neighbors as we try water gun cup racing. Winner gets all the bragging rights!

June 30<sup>th</sup>: SQUIRT GUN FIGHT! with this weather we need to stay cool, what better then doing it with a squirt gun fight. Maybe you can take on some of the staff as well!

**Still have questions about the schedule? Stop by activities and ask, we are always here to answer any questions!**