

Week of June 1st – June 7th

Monday, June 1st

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| |
| Daily News and Weather Chat |
| Tree of Growth Art |
| Exercise Class and Velcro Darts Game |
| Coloring with Friends |

Tuesday, June 2nd

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| Morning Walk with friends |
| Play Bingo |
| Exercise Class and Bean Bag Toss |
| Calming Music |

Wednesday, June 3rd

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| Daily News and Weather |
| Rock Painting |
| Exercise Class and Go outside |
| Coloring with Friends |

Thursday, June 4th

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| Gratitude Circle |
| Play Bingo |
| Exercise and Outside and Music |
| Puzzles Corner |

Friday, June 5th

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| Soft Music |
| Morning Devotions |
| Exercise and Ball Toss |
| Relaxing Music |

Saturday, June 6th /Sunday June 7th

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| Mindful Breathing and Meditation | Coffee & Conversations |
| Movie | Church Streaming |
| Walk and talk | Sunshine & Smiles |
| Coloring Corner | Hand Massage |

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*

Week of June 8th- 14th

Monday June 8th

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| Gratitude Circle |
| Story Time |
| Exercise and go outside |
| Warm Tea and Calming Music |

Tuesday June 9th

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| Daily Affirmations |
| Play Bingo |
| Exercise and Velcro ball toss |
| Calming Music |

Wednesday June 10th

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| Daily Affirmations |
| Baking Club |
| Exercise Class and Velcro Catch Game |
| Color and connect |

Thursday June 11th

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| Mindful Breathing |
| Play Bingo |
| Exercise Class and Bean Bag toss Game |
| Hand Massages |

Friday June 12th

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| Daily News and Weather chat |
| Morning Devotions |
| Exercise Class and Balloon Game |
| Puzzle with Friends |

Saturday June 13th / Sunday June 14th

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| Mindful breathing | Daily Affirmations |
| Movie | Church Streaming |
| Walk and talk | Go outside |
| Relaxing Music | Warm Tea |

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*

Week of June 15th -21st

Monday June 15th

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| Morning Music |
| Sunshine Craft |
| Exercise and Balloon Volleyball |
| Puzzles and Friends |

Tuesday, June 16th

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| Prayer Circle |
| Play Bingo |
| Exercise and Outside Bean Bags |
| Watermelon Coloring |

Wednesday June 17th

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| Coffee/ Current Events |
| Spray Water bottle paint |
| Exercise and Balloon Game |
| Ice cream Coloring |

Thursday June 18th

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| Morning Affirmations |
| Manicures |
| Exercise and Ring Toss game |
| Relaxing Music |

Friday June 19th

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| Morning Gratitude Circle |
| Card Playing Club |
| Lemonade & Laughs |
| Hand Massage |

Saturday June 20th / Sunday June 21st

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| Mindful breathing | Daily Affirmations |
| Morning Stretch | Church Streaming |
| Walk and talk | Nature Time |
| Bird Coloring | Relaxing Music |

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*

Week of June 22nd- 28TH

Monday June 22nd

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| Daily News/ Weather |
| Make Popsicle Stick Flags |
| Exercise and Balloon Toss Game |
| Coloring |

Tuesday June 23rd

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| Daily Affirmations |
| Play Bingo |
| Exercise and Ring Toss Game |
| Hand Massage |

Wednesday June 24th

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| Daily News /Weather |
| Manicures |
| Exercise and Flower care Club |
| Coloring |

Thursday June 25th

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| Morning Affirmations |
| Play Bingo |
| Exercise and Bean Bag toss |
| Puzzles with Friends |

June Friday 26th

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| Morning Prayer Group |
| Card Playing Club |
| Exercise /Go Outside |
| Coloring |

Saturday June 27th /Sunday June 28th

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| Morning Affirmations | Morning Music |
| Music and Friends | Church Stream |
| Walk and talk | Walk and talk |
| Movie | Puzzle Time |

Morning Start Focus: *Gentle activation, orientation, and setting a positive tone.*

Midday Pulse Focus: *Energy, creativity, and social engagement.*

Afternoon Flow Focus: *Lighthearted engagement, creativity, and social fun.*

Evening Calm Focus: *Comfort, winding down, and emotional reassurance.*

 **Meaning-Full Days**