




## AL ~ ENGAGED LIVING PROGRAMS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>CALENDAR IS SUBJECT TO CHANGE</b></p> <p><i>Please refer to the AL Dining Room board for daily program changes.</i></p>	<p><u>June</u></p> <p><i>Birthstones: Pearl Flower: Rose Colors: Light Blue and White</i></p>	<p><u>June Birthdays</u></p> <p><i>Happy Birthday Corinne Frassa 6/06 Doris M. Woodring 6/09 James Whitmarsh 6/13</i></p>		<p><b>1</b></p> <p>10:00 Cardio Boost-A 10:45 Wellness Info-A 11:00 Cook with Donna-A 11:00 Episcopal Service-CH 2:15 Puzzle Time-A <b>3:30 Singing with Friends -NC</b></p>	<p><b>2</b></p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead 11:00 Dinning Committee 2:15 National Doughnut Day-S 4:00 TGIF Gathering-GR 6:30 Game Night – GR</p>	<p><b>3</b></p> <p>10:45 Exercise-NC 2:00 Bingo-NC 3:30 Movie Matinee-H <b>7:00 Westminsterals PR</b></p> 
<p><b>4</b></p> <p>10:30 Catholic Communion- CH 4:00 Chapel Service-CH</p>	<p><b>5</b></p> <p>10:00 Stretcherexercise-A 10:30 Catholic Mass-CH 10:45 Good News-A 11:00 World Ocean Day-S <b>1:30 Scenic Ride</b> 4:00 Enjoy &amp; Relax-GR</p>	<p><b>6</b></p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Kangaroo Words-A 2:00 Art Video-H 3:00 Tea Time-A 4:00 Show &amp; Share-A</p>	<p><b>7</b></p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Treasured Hymns-A 2:15 Current Events-S 4:00 Drinks &amp; Music-GR 6:45 Game Night-GR <b>7:30 Mount Vermont Flute Quartet-PR</b></p>	<p><b>8</b></p> <p><b>8:00 Men's Breakfast-PR</b> 10:00 Cardio Boost-A 10:45 Wellness Info-A 11:00 Cook with Donna-A 11:00 Episcopal Service-CH 2:15 Kings Corner-GR <b>3:30 Singing with Friends -NC</b> <b>4:00 Healthcare Roundtable-PR</b></p>	<p><b>9</b></p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead 11:00 African-American Music Appreciation <b>2:00 Ms. Wooding's 107<sup>th</sup> Birthday!-PR</b> 2:15 Interesting Facts About the Ocean-S 4:00 TGIF Gathering-GR</p>	<p><b>10</b></p> <p>10:30 Exercise-A 11:15 Fun with Words A 2:00 Bingo-A 4:00 Movie Matinee-H <b>7:00 Westminster Chimers and Bells PR</b></p>
<p><b>11</b></p> <p>10:30 Catholic Communion-CH 4:00 Chapel Service-CH</p>	<p><b>12</b></p> <p>10:00 Stretcherexercise-A 10:45 Good News-A 11:00 Spa Cart-GR 2:15 Coaster Project-A 4:00 Enjoy the Golden Songs-GR</p>	<p><b>13</b></p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Trivia-A 2:00 Art Class-A 3:00 Tea Time-A 4:00 Roll Pennies-A <b>7:30 Celebration of Singers-PR</b></p>	<p><b>14</b></p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Flag Day-S 2:15 Current Events-S 4:00 Relaxation Time-GR 6:45 Game Night-GR</p>	<p><b>15</b></p> <p>10:00 Cardio Boost-A 10:45 Wellness Info-A <b>11:00 Resident Council-A</b> 11:00 Episcopal Service-CH 2:15 Let's Make a Snack-A <b>3:30 Singing with Friends -NC</b></p>	<p><b>16</b></p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead 11:00 Garden Club- <b>12:00 Father's Day Cookout</b> 2:15 Father's Day!-S 4:00 TGIF Gathering-GR 6:30 Game Night – GR 7:00 Kitchen Band-PR</p>	<p><b>17</b></p> <p>10:45 Exercise-NC <b>2:30 Birthday Social -NC</b> <b>4:00 Kitchen Band PR</b></p> 

<p>18</p> <p>10:30 Catholic Communion-CH 4:00 Chapel Service-CH</p> 	<p>19</p> <p>10:00 Stretcherexercise-A 10:45 Good News-A 11:00 Father's Day around the World-S <b>1:30 Scenic Ride with Milkshakes</b> 4:00 Music of Our Times -GR</p>	<p>20</p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Kangaroo Words-A 2:00 Art Class-H 3:00 Tea Time-A 4:00 Chicken Soup for The Soul-A</p>	<p>21</p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A <b>11:00 am to 3:00 pm Courtyard Games, Cookout, Ice Cream Social And FUN!!!</b> 4:00 Relax to the Sound of Music-GR 6:45 Game Night-GR</p>	<p>22</p> <p>10:00 Cardio Boost-A 10:45 Wellness Info.-A 11:00 Cook with Donna-A 11:00 Episcopal Service-CH <b>2:30 Singing with Friends -NC</b> <b>3:30 Executive Director Roundtable-PR</b> 4:00 Chicken Soup for the Soul-GR</p>	<p>23</p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead -A 11:00 World Ugliest Dog Contest-S 2:15 Current Events-S 4:00 TGIF Gathering-GR</p>	<p>24</p> <p>10:30 Exercise-A 11:15 Fun with Words A 2:00 Bingo-A 4:00 Movie Matinee-H</p> 
<p>25</p> <p>10:30 Catholic Communion- CH 4:00 Chapel Service-CH</p>	<p>26</p> <p>10:00 Stretcherexercise-A 10:45 Good News-A 11:00 National Forgiveness Day-S <b>1:30 Harmony Heritage Singers-PR</b> 4:00 Card Games</p>	<p>27</p> <p>10:00 Cardio Boost-A 10:45 Day in History-A 11:00 Kangaroo Words-A 2:00 Art Class-A 3:00 Tea Time-A 4:00 Show &amp; Share-A</p>	<p>28</p> <p>10:00 Weight Exercise-A 10:30 Rosary Group-CH 10:45 Good News-A 11:00 Spa Cart-GR 2:15 Current Events-S <b>4:00 Jazz Duo-DN</b> 6:45 Game Night-GR</p>	<p>29</p> <p>10:00 Cardio Boost-A 10:45 Wellness Info-A 11:00 Cook with Donna- A 11:00 Episcopal Service-CH <b>3:30 Singing with Friends -NC</b></p>	<p>30</p> <p>10:00 Weight Exercise-A 10:45 The Weekend Ahead -A 11:00 Military Trivia-S 2:15 What Am I?-S 4:00 TGIF Gathering-GR</p>	
				<p><b>Meal Times</b></p> <p>Breakfast 8:30 Lunch 12:30 Dinner 5:30</p>	<p><b>Activities/Events off AL</b></p> <p>CH-Chapel HR-Harbor Room PR-Potomac Room ML-Main Lobby NC-Nursing Center P-Health Center Patio MDR-Main Dining Room RS-Resident Services</p>	<p><b>AL Activity Locations:</b></p> <p>A-Atrium D-Den DR- AL Dining Room FDR-Family Dining G-Great Room GR-Game Room H-Hearth S-Study</p>

If you have any questions or concerns please contact The Life Enrichment Office: 703-496-3464.