

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

June 2022
Happy Seniors Month!!

5 6 7 8 9 10 11

3:30 Church Service with Chaplain Alan (MPR)

9:30 Giant Cross Word (CR)
10:30 Java Music (EDR)
1:30 Celebrating Seniors Social (EDR)
3:00 Beach Ball Fun (MPR)
4:00 Outdoor Strolls

9:30 Discussion Group (EDR)
10:30 Yahtzee (CR)
1:30 Creative Painting (CR)
3:00 Chair Yoga (EDR)

9:30 Balance & Tone Exercise (MPR)
10:30 Hymn Sing (MPR)
2:00 Music with Jim Young (MPR)

9:30 Balloon Badminton (MPR)
10:30 Town Hall Meeting (MPR)
2:00 BINGO! (EDR)
4:00 Muscle Relaxation (3rd floor den)

9:30 Tennis toss
10:30 Trivia
2:00 Fall Prevention (EDR)

9:30 Drum Jam (MPR)
1:30 Jeopardy (EDR)
3:00 Laughter Yoga (MPR)

Shavuot Begins

3:30 Church Service with Chaplain Alan (MPR)

10:30 Chair Exercise with Anne
1:30-2:30 Open Swim
3:00 Beach Ball Fun (MPR)
4:00 Outdoor Strolls

9:30 Shuffleboard (CR)
1:30 Short Stories(3rd floor den)
3:00 Tai Chi (EDR)
3:30 Piano Time with Austin (MPR)

9:30 Balance & Tone Exercise (MPR)
10:30 Hymn Sing (MPR)
12:00 BBQ Lunch * Sign-up required**
3:00 Flower Arranging (MPR)

9:30 Balloon Badminton (MPR)
10:30 Men's Group (CR)
2:00 BINGO! (EDR)
5:00 6th Floor Dinner

9:30 Muscle strengthening with Sydney (CR)
10:30 Strawberry haul (CR)
1:30 Father's Day Strawberry Social (EDR)
3:00 Men's group Fun & Games tournament

Flag Day (US)

Happy Father's Day!
3:30 Church Service with Chaplain Alan (MPR)

KMW Clothing (1pm-4pm)
9:30 Matching Game (CR)
10:30 Parachute (MPR)
3:00 Balloon Badminton (Gym)
4:00 Outdoor Strolls

9:30 Crokinole (CR)
10:30 Yahtzee (CR)
1:30 Brain Training(CR)
3:00 Chair Yoga (EDR)
3:30 Piano Time with Austin (MPR)

9:30 Balance & Tone Exercise (MPR)
10:30 Hymn Sing (MPR)
2:30 Music with Traci Kennedy (MPR)

9:30 Beach Ball Fun (MPR)
10:30 Bible Study(CR)
2:00 Pink Social (MPR)
4:00 Muscle Relaxation (3rd floor den)

9:30 Tennis Toss
10:30 Speaker Series (EDR)
1:30 Outdoor strolls (FF)
2:00 Fall Prevention (EDR)

Father's Day Juneteenth

Summer Begins

10:30- Chair exercise with Anne
2:30 Beach Ball Fun (MPR)
4:00 Outdoor Strolls

9:30 Bean Bag Toss (CR)
10:30 Yahtzee (CR)
1:30 Poetry Reading (EDR)
3:00 Tai Chi (EDR)

9:30 Balance & Tone Exercise (MPR)
12:00 BBQ Lunch * Sign-up required**
3:00 Short Stories (MPR)

9:30 Balloon Badminton (MPR)
2:00 BINGO! (EDR)
4:00 Muscle Relaxation (3rd floor den)



Pool Schedule ~ June

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|------------------------------|------------------------------|-----------|---|--|-------------------------------|
| Pool Info Session ~ come on down to talk with Sydney to learn how you can feel comfortable in our 91 °F Therapy Pool. | | | 1. | 2. 6:00pm Aquafit 7:00pm Open Swim | 3. 3:00pm Pool Info Session | 4. |
| 5. | 6. 3:15pm Aquaworship | 7. 3:00pm Aquafit | 8. | 9. 6:00pm Aquafit 7:00pm Open Swim | 10. | 11. 10:30am Aquafit |
| 12. | 13. | 14. 3:00pm Aquafit | 15. | 16. 6:30pm Aquafit | 17. 3:00pm Pool Info Session | 18. |
| 19. | 20. 3:15pm Aquaworship | 21. 3:00pm Aquafit | 22. | 23. 6:00pm Aquafit 7:00pm Open Swim | 24. 1:30pm Aquafit | 25. |
| 26. | 27. 1:30 Open Swim | 28. 3:00pm Aquafit | 29. | 30, | | |

Pre-Registration is required to participate in Aquafit, Open Swims, Water Walking or Ai Chi.
 Please email recreation@parkwoodmh.com or call x 275 to reserve your spot.
 A staff member will call or email you to confirm your registration
 Spaces are limited so register early.

Monthly Activity Calendar ~June 2022

