

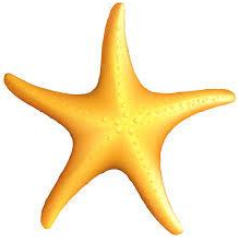
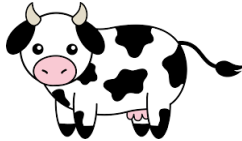

Monthly Event Calendar



Shelby York
 Activities Coordinator
 shelby@4seasonsseniorliving.com




Activities for June 2023 (3805 Gillespie Dr.)


| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|-----------|--|--|--|
|  | | | | <p>1. Feed the Calf. (10:00-11:00am)</p>  <p>Adult Coloring Club. (2:00-3:00pm)</p> <p><i>World Milk Day</i></p> | <p>2. <i>Movie Night</i> Youtube TV- 'Aquaman.' (2:00-4:00pm)</p>  | <p>3. <i>Coffee and Conversation</i> Table Talk 'What are you most proud of?' (10:00-11:00am)</p> <p>Book Club: <i>Short Stories.</i> (2:00-3:00pm)</p> |

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| <p>4. <u>Sunday Morning Shows:</u></p> <p>Youtube TV- 'The Masked Singer.' (10:00-11:00am)</p> <p>Browse Magazines. (2:00-3:00pm)</p> | <p>5. Music Group: Youtube- 'Ray Charles.' (10:00-11:00am)</p> <p><u>Poetry Club</u> 'My Grandma's House' Poems. (2:00-3:00pm)</p> | <p>6. Chair Yoga on Patio. (10:00-10:30am)</p> <p>Nature Pinch Pots. (10:30-11:30am)</p> <p>Candyland. (2:00-3:00pm)</p> | <p>7. Puzzle Time. (10:00-11:00am)</p> <p>Bible Study: <i>Women's Group.</i> (2:00-3:00pm)</p> | <p>8. 'Splash Down.' (10:00-11:00am)</p> <p><u>Baking Club</u> Sugar Cookies. (2:00-3:00pm)</p> | <p>9.</p> <p><i>Bingo Night</i> (2:00-3:00pm)</p>  | <p>10. Morning Meditation Youtube- '1 Hour Guided Meditation for Inner Peace and Calm/Mindful Movement.' (10:00-11:00am)</p> <p>Gentle Stretches. (2:00-3:00pm)</p> |
| <p>11. <u>Sunday Morning Shows:</u></p> <p>Youtube TV- 'The Young and the Restless.' (10:00-11:00am)</p> <p>Devotional. (2:00-3:00pm)</p> | <p>12. Music Group: Youtube- 'The Beatles.' (10:00-11:00am)</p> <p>Ubongo. (2:00-3:00pm)</p> | <p>13. Youtube TV- 'Sit and Be Fit.' (10:00-11:00am)</p> <p>Cover the Number: Dice Game. (2:00-3:00pm)</p> | <p>14. Qwirkle. (10:00-11:00am)</p> <p>Word Game Wednesday 'Picnic Checklist' Word Scramble. (2:00-3:00pm)</p> | <p>15. Arts & Crafts: Watermelon Coasters. (10:00-11:00am)</p> <p>Adult Coloring Club: Color by Number <i>Under the Sea.</i> (2:00-3:00pm)</p> | <p>16.</p> <p><i>Game Night</i> Sorry! (2:00-3:00pm)</p>  | <p>17. <i>Coffee and Conversation</i> Table Talk 'How do you think the world has changed since you were my age?' (10:00-11:00am)</p> <p>Book Club: <i>Short Stories.</i> (2:00-3:00pm)</p> |



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| <p>18. <u>Sunday Morning Shows:</u></p> <p>Youtube TV- 'Americas Got Talent.' (10:00-11:00am)</p> <p>Read the Paper. (2:00-3:00pm)</p> | <p>19. Music Group:</p> <p>Youtube- 'The Jackson 5.' (10:00-11:00am)</p> <p><u>Poetry Club</u></p> <p>'When Great Trees Fall.' (2:00-3:00pm)</p> | <p>20. Ball Toss with Staff. (10:00-10:30am)</p> <p>DIY Wind Chimes. (10:30-11:30am)</p> <p>Parcheesi. (2:00-3:00pm)</p> | <p>21. Matching Card Game. (10:00-11:00am)</p> <p>Bible Study: <i>Women's Group.</i> (2:00-3:00pm)</p> | <p>22.</p> <p>Group Activity: <i>Sunflower Poster.</i> (10:00-11:00am)</p> <p><u>Baking Club</u></p> <p>Homemade Pizza. (4:00-5:00pm)</p> | <p>23.</p> <p><i>Spa Day</i> Manicures (2:00-3:00pm)</p>  | <p>24. Morning Meditation</p> <p>Youtube- '1 Hour ASMR Guided Meditation For Anxiety & Healing.' (10:00-11:00am)</p> <p>Bird Watching in the Backyard. (2:00-3:00pm)</p> |
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| <p>25. <u>Sunday Morning Shows:</u></p> <p>Youtube TV- 'The Bold and the Beautiful.' (10:00-11:00am)</p> <p>Ice Cream Sunday Social. (2:00-3:00pm)</p> | <p>26. Music Group:</p> <p>Youtube- 'Sonny & Cher.' (10:00-11:00am)</p> <p>Sudoku. (2:00-3:00pm)</p> | <p>27. Chair-Robics: Pilates. (10:00-10:30am)</p> <p><i>Cool for the Summer</i></p> <p>Ice Cream in a Bag. (10:30-11:30am)</p> <p>Uno. (2:00-3:00pm)</p> | <p>28. Jigsaw Puzzle. (10:00-11:00am)</p> <p>Word Game Wednesday 'Let's Go Camping' Word Scramble. (2:00-3:00pm)</p> | <p>29.</p> <p>Camp 4 Seasons Day 1: 10:30am</p>  <p>ANGEL VALLEY HOSPICE LLC <i>Symbol of Passionate Care</i></p> | <p>30.</p> <p>Camp 4 Seasons Day 2: 10:30am</p>  <p>ANGEL VALLEY HOSPICE LLC <i>Symbol of Passionate Care</i></p> | |
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NEWSLETTER

June

| QUOTE OF THE MONTH: | FUN FACT: |
|--|--|
| <p>'June is the Gateway to Summer.' -Jean Nersey</p> | <ul style="list-style-type: none">• June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere.• June's birthstone is the pearl, the Moonstone and the Alexandrite.• The June birth flower is the Rose and the Honeysuckle. |

