

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	<b>9:00 Women's Billiards (GR) 1</b> <b>10:15 Dance/ Vickie Oates (MR)</b> <b>2:00 Ping Pong/ Cornhole (MR)</b> <b>3:00 Bingo (GR)</b> <b>3:30 Board Games (GR)</b> <b>4:45 Cocktails &amp; Conversations (A)</b>	<b>9:00 Audiology Associates (L) 2</b> <b>9:00 Men's Coffee (SS)</b> <b>10:00 Grocery Trip/ Publix</b> <b>2:00 Lecture/ Mackenzie Miller (MR)</b> <b>3:00 Knit Time (A)</b> <b>3:00 Whist Card Games (GR)</b> <b>7:15 Music/ Marc Anthony &amp; Brian Lewis (MR)</b>	<b>9:00 Women's Billiards (GR) 3</b> <b>10:30 Catholic Communion (L)</b> <b>3:00 Bingo (GR)</b> <b>3:30 Board Games (GR)</b> <b>3:30 Mah-Jongg (GR)</b>	<b>9:30 Women's Coffee (SS) 4</b> <b>12:30 Music for Seniors Presents Soul Vibes</b> <b>3:00 Trivia: The Potters (MR)</b>	<b>9:00 Women's Billiards (GR) 5</b> <b>10:30 Lunch Bunch: Riverview Restaurant Ashland City</b> <b>2:00 Bible Study (GR)</b> <b>4:30 Shabbat Service</b>	<b>7:30 Ping Pong (MR) 6</b> <b>8:00 Men's Billiards (GR)</b> <b>4:00 Bocce Ball &amp; BYOB</b>		
<b>7</b>	<b>9:00 Women's Billiards (GR) 8</b> <b>10:15 Dance/ Vickie Oates (MR)</b> <b>3:00 Bingo (GR)</b> <b>3:30 Board Games (GR)</b> <b>4:45 Cocktails &amp; Conversations (A)</b> <b>7:15 Music/ Trio Zenia (MR)</b>	<b>9:00 Men's Coffee (SS) 9</b> <b>10:00 Grocery Trip/ Kroger</b> <b>1:00 Key Fob Talk with Sara &amp; Gracie (MR)</b> <b>2:00 Music/ Ben (A)</b> <b>3:00 Knit Time (A)</b> <b>3:00 Whist Card Games (GR)</b>	<b>9:00 Women's Billiards (GR) 10</b> <b>10:30 Catholic Communion (L)</b> <b>3:00 Bingo (GR)</b> <b>3:30 Board Games (GR)</b> <b>3:30 Mah-Jongg (GR)</b>	<b>9:30 Women's Coffee (SS) 11</b> <b>1:00 Friends Treat Truck</b>	<b>9:00 Women's Billiards (GR) 12</b> <b>10:15 River Boat Cruise</b> <b>2:00 Bible Study (GR)</b>	<b>7:30 Ping Pong (MR) 13</b> <b>8:00 Men's Billiards (GR)</b> <b>4:00 Bocce Ball &amp; BYOB</b>		
<b>14</b>	<b>9:00 Women's Billiards (GR) 15</b> <b>10:15 Dance/ Vickie Oates (MR)</b> <b>3:00 Bingo (GR)</b> <b>3:30 Board Games (GR)</b> <b>4:45 Cocktails &amp; Conversations (A)</b>	<b>9:00 Men's Coffee (SS) 16</b> <b>10:00 Grocery Trip/ Publix</b> <b>2:00 Music/ Amelia Ransom (MR)</b> <b>3:00 Knit Time (A)</b> <b>3:00 Whist Card Games (GR)</b>	<b>9:00 Women's Billiards (GR) 17</b> <b>10:30 Catholic Communion (L)</b> <b>3:00 Bingo (GR)</b> <b>3:30 Board Games (GR)</b> <b>3:30 Mah-Jongg (GR)</b> <b>3:30 St. George's Communion (L)</b>	<b>9:30 Women's Coffee (SS) 18</b> <b>10:30 Prime Time Speaker Series at St. George's</b> <b>5:00 Black Tie Party with music by Russell Davis (DR)</b>	<b>9:00 Women's Billiards (GR) 19</b> <b>2:00 Bible Study (GR)</b>	<b>7:30 Ping Pong (MR) 20</b> <b>8:00 Men's Billiards (GR)</b> <b>4:00 Bocce Ball &amp; BYOB</b>		
<b>11:15 Father's Day Brunch/ Music by John Mattick (DR) 21</b>	<b>9:00 Women's Billiards (GR) 22</b> <b>10:15 Dance/ Vickie Oates (MR)</b> <b>2:00 Ping Pong/ Cornhole (MR)</b> <b>3:00 Bingo (GR)</b> <b>3:30 Board Games (GR)</b> <b>4:45 Cocktails &amp; Conversations (A)</b>	<b>9:00 Men's Coffee (SS) 23</b> <b>10:00 Grocery Trip/ Kroger</b> <b>2:00 Ice Cream Social with Arosa (A)</b> <b>3:00 Knit Time (A)</b> <b>3:00 Whist Card Games (GR)</b>	<b>9:00 Women's Billiards (GR) 24</b> <b>10:30 Catholic Communion (L)</b> <b>2:00 Metro Parks Jessa/ Butterfly Talk (MR)</b> <b>3:00 Bingo (GR)</b> <b>3:30 Board Games (GR)</b> <b>3:30 Mah-Jongg (GR)</b>	<b>9:30 Women's Coffee (SS) 25</b> <b>10:00 Water Color Class with Artist Miranda (GR)</b> <b>3:00 Trivia: The Plummers (MR)</b> <b>7:15 Richland Troubadours (MR)</b>	<b>9:00 Women's Billiards (GR) 26</b> <b>2:00 Bible Study (GR)</b> <b>3:00 Book Club: Tom Potter (MR)</b>	<b>7:30 Ping Pong (MR) 27</b> <b>8:00 Men's Billiards (GR)</b> <b>4:00 Bocce Ball &amp; BYOB</b>		
<b>28</b>	<b>9:00 Women's Billiards (GR) 29</b> <b>10:15 Dance/ Vickie Oates (MR)</b> <b>2:00 Resident Council (MR)</b> <b>3:00 Bingo (GR)</b> <b>3:30 Board Games (GR)</b> <b>4:45 Cocktails &amp; Conversations (A)</b>	<b>9:00 Men's Coffee (SS) 30</b> <b>10:00 Grocery Trip/ Publix</b> <b>3:00 Knit Time (A)</b> <b>3:00 Whist Card Games (GR)</b> <b>5:30 Birthday Dinner (MR)</b>	<h1>June 2026</h1> <h2>Activity Calendar</h2>				<b>Abbreviation Key</b>  <b>GR= Game Room</b> <b>L= Lounge</b> <b>MR= Meeting Room</b> <b>DR= Dining Room</b>	<b>A= Atrium</b> <b>SS= Soda Shop</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	<b>8:30 Stretch (MR)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi (MR)</b> <b>10:00 Chair Cardio (L)</b> <b>10:15 Dance with Vickie (MR)</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b>	<b>8:00 Open Gym</b> <b>9:00 Mat Yoga (MR)</b> <b>10:00 Sit, Be Fit (MR)</b> <b>10:35 Get Fit (MR)</b> <b>11:00 Open Gym (G)</b> <b>12:30 Standing Tall (MR)</b> <b>1:00 Standing Tall (A) (MR)</b>	<b>8:00 Weight Management (GR)</b> <b>8:30 Stretch (MR)</b> <b>9:00 Gym Time (G)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi (MR)</b> <b>10:00 Weights &amp; Motion (G&amp;H)</b> <b>10:30 Weight Management</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b> <b>11:30 Chair Yoga (MR)</b> <b>12:00 Gym Time (G)</b> <b>1:00 Meditation (MR)</b>	<b>8:00 Open Gym (G)</b> <b>9:00 Mat Yoga (MR)</b> <b>10:00 Sit, Be Fit (MR)</b> <b>10:35 Get Fit (MR)</b> <b>11:00 Open Gym (G)</b> <b>12:30 Standing Tall (MR)</b> <b>1:00 Standing Tall (A) (MR)</b>	<b>8:30 Stretch (MR)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi with Rusty (MR)</b> <b>10:00 Line Dance Class (MR)</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b>			
7	<b>8:30 Stretch (MR)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi (MR)</b> <b>10:00 Chair Cardio (L)</b> <b>10:15 Dance with Vickie (MR)</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b>	<b>8:00 Open Gym</b> <b>9:00 Mat Yoga (MR)</b> <b>10:00 Sit, Be Fit (MR)</b> <b>10:35 Get Fit (MR)</b> <b>11:00 Open Gym (G)</b> <b>12:30 Standing Tall (MR)</b> <b>1:00 Standing Tall (A) (MR)</b>	<b>8:00 Weight Management (GR)</b> <b>8:30 Stretch (MR)</b> <b>9:00 Gym Time (G)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi (MR)</b> <b>10:00 Weights &amp; Motion (G&amp;H)</b> <b>10:30 Weight Management</b> <b>11:00 No Class (MR)</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b> <b>11:30 Chair Yoga (MR)</b> <b>12:00 Gym Time (G)</b> <b>1:00 Meditation (MR)</b>	<b>8:00 Open Gym (G)</b> <b>9:00 Mat Yoga (MR)</b> <b>10:00 Sit, Be Fit (MR)</b> <b>10:35 Get Fit (MR)</b> <b>11:00 Open Gym (G)</b> <b>12:30 Standing Tall (MR)</b> <b>1:00 Standing Tall (A) (MR)</b>	<b>8:30 Stretch (MR)</b> <b>9:00 Watercise (P)</b> <del><b>9:30 Tai Chi with Rusty (MR)</b></del> <b>10:00 Line Dance Class (MR)</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b>	13		
14	<b>8:30 Stretch (MR)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi (MR)</b> <b>10:00 Chair Cardio (L)</b> <b>10:15 Dance with Vickie (MR)</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b>	<b>8:00 Open Gym</b> <b>9:00 Mat Yoga (MR)</b> <b>10:00 Sit, Be Fit (MR)</b> <b>10:35 Get Fit (MR)</b> <b>11:00 Open Gym (G)</b> <b>12:30 Standing Tall (MR)</b> <b>1:00 Standing Tall (A) (MR)</b>	<b>8:00 Weight Management (GR)</b> <b>8:30 Stretch (MR)</b> <b>9:00 Gym Time (G)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi (MR)</b> <b>10:00 Weights &amp; Motion (G&amp;H)</b> <b>10:30 Weight Management</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b> <b>11:30 Chair Yoga (MR)</b> <b>12:00 Gym Time (G)</b> <b>1:00 Meditation (MR)</b>	<b>8:00 Open Gym (G)</b> <b>9:00 Mat Yoga (MR)</b> <b>10:00 Sit, Be Fit (MR)</b> <b>10:35 Get Fit (MR)</b> <b>11:00 Open Gym (G)</b> <b>12:30 Standing Tall (MR)</b> <b>1:00 Standing Tall (A) (MR)</b>	<b>8:30 Stretch (MR)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi with Rusty (MR)</b> <b>10:00 Line Dance Class (MR)</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b>	20		
21	<b>8:30 Stretch (MR)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi (MR)</b> <b>10:00 Chair Cardio (L)</b> <b>10:15 Dance with Vickie (MR)</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b>	<b>8:00 Open Gym</b> <b>9:00 Mat Yoga (MR)</b> <b>10:00 Sit, Be Fit (MR)</b> <b>10:35 Get Fit (MR)</b> <b>11:00 Open Gym (G)</b> <b>12:30 Standing Tall (MR)</b> <b>1:00 Standing Tall (A) (MR)</b>	<b>8:00 Weight Management (GR)</b> <b>8:30 Stretch (MR)</b> <b>9:00 Gym Time (G)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi (MR)</b> <b>10:00 Weights &amp; Motion (G&amp;H)</b> <b>10:30 Weight Management</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b> <b>11:30 Chair Yoga (MR)</b> <b>12:00 Gym Time (G)</b> <b>1:00 Meditation (MR)</b>	<b>8:00 Open Gym (G)</b> <b>9:00 Mat Yoga (MR)</b> <b>10:00 Sit, Be Fit (MR)</b> <b>10:35 Get Fit (MR)</b> <b>11:00 Open Gym (G)</b> <b>12:30 Standing Tall (MR)</b> <b>1:00 Standing Tall (A) (MR)</b>	<b>8:30 Stretch (MR)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi with Rusty (MR)</b> <b>10:00 Line Dance Class (MR)</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b>	27		
28	<b>8:30 Stretch (MR)</b> <b>9:00 Watercise (P)</b> <b>9:30 Tai Chi (MR)</b> <b>10:00 Chair Cardio (L)</b> <b>10:15 Dance with Vickie (MR)</b> <b>11:00 Strength, Mobility &amp; Balance (MR)</b>	<b>8:00 Open Gym</b> <b>9:00 Mat Yoga (MR)</b> <b>10:00 Sit, Be Fit (MR)</b> <b>10:35 Get Fit (MR)</b> <b>11:00 Open Gym (G)</b> <b>12:30 Standing Tall (MR)</b> <b>1:00 Standing Tall (A) (MR)</b>	<h1>June 2026</h1> <h2>Exercise Calendar</h2>				<p>All classes are in Meeting Room except the below.</p> <p>Chair Dance Yoga – Lounge</p>	<p>Weights &amp; Motion–Gym &amp; back hall</p> <p>Watercise– Pool</p> <p>Weight Management– Game Room</p>