




JUNE 2026 - Provitalia

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	2:00 PM Numbered Coloring	1:00 PM Music with Paul Gaudet	1:15 PM Animal-assisted therapy	1:30 PM Chair Yoga	2:00 PM Bocce	
	01	02	03	04	05	06
12:00 PM Brunch	2:00 PM Sandbags	1:00 PM Music with Paul Gaudet	1:15 PM Animal-assisted therapy	1:30 PM Chair Yoga	1:30 PM Painting workshop	
07	08	09	10	11	12	13
	1:30 PM Fitness	1:00 PM Sing-Along	1:15 PM Animal-assisted therapy	1:30 PM Chair Yoga	1:00 PM Music with Paul Gaudet	
14	15	16	17	18	19	20
12:00 PM Father's Day Brunch	2:00 PM Numbered Coloring	1:00 PM Music with Paul Gaudet	12:00 PM Quebec National Day BBQ	1:30 PM Chair Yoga	1:00 PM Sing-Along	
21	22	23	24	25	26	27
	1:30 PM Fitness	1:00 p.m. Music with Paul Gaudet				
28	29	30				

