



YOUR LEADERSHIP TEAM



Sira Nsibirwa
Campus Executive Director



Bruce Beckman
Sales & Marketing Director



Jamison Toepel, LPN
Resident Services Director



Chris Johnson
Business Development Director



Kadija Diallo, BSN, RN
Clinical Director



Alisia Lovely
Life Enrichment Director-AL



Anesha Coleman
Life Enrichment Director-The Harbor



Gonzalo Saldana
Dining Services Director



Mike Vik
Maintenance Director



Dina Aybazova
Business Office Manager



Jim Hergenroether
Chaplain



A MESSAGE FROM YOUR EXECUTIVE DIRECTOR: JUNE 2026

Dear Residents, Families, and Friends,
June always seems to arrive as an invitation—a gentle nudge to step outside, savor the longer days, and find joy in simple things. Gardens burst with color, porches grow livelier, and there’s a quiet sense that something new might be waiting just around the corner. Here’s a bit of trivia that surprised me recently: June is the only month in the year without a single federal holiday. It’s funny, isn’t it? For a month so often filled with weddings, reunions, and Father’s Day celebrations, June manages to feel festive all on its own. Maybe that’s the gift of this time of year—a little extra space to make our own traditions, whether that means a leisurely walk, sharing a favorite story, or just taking time for an extra-long conversation with someone you care about.

This month, I find myself reflecting on a quiet lesson once shared by my Dad: “You don’t have to have all the answers. Just be willing to listen, and show up when it matters.” That simple wisdom has stayed with me, a reminder that

the most meaningful impact often comes from small moments—patience, presence, encouragement—rather than grand gestures.

As Father’s Day approaches, it’s a chance to honor not just fathers, but all those who have offered guidance, support, and love along the way. Whether you’re remembering someone, celebrating a mentor or friend, or simply feeling grateful for the caring people in your life, I hope the day brings comfort and connection in whatever form feels right to you.

Across our community, June means more time for laughter, fresh air, and the feeling of truly belonging. Thank you for making this place so welcoming and warm. Here’s to a month of discovery, connection, and all the comforts of home.

With warmest wishes,

Sira Nsibirwa

Sira Nsibirwa
Executive Director



Jamison Toepel, LPN
Resident Services Director

MENTAL HEALTH AWARENESS (WITH A SIDE OF HUMOR)

Mental health is like phone battery life: everyone's got it, it fluctuates mysteriously, and ignoring the low-power warning rarely ends well. Mental Health Awareness isn't about being cheerful 24/7—it's about noticing what's going on in your head, talking about it without shame, and getting support before your brain starts buffering at 2%.

WHAT "AWARENESS" ACTUALLY MEANS (No Pop Quiz)

- **Paying attention** to your mood, stress, sleep, and energy—aka the "Am I okay or am I just hungry?" assessment.
- **Normalizing support**—therapy, medication, coaching, and support groups are tools, not moral report cards.
- **Reducing stigma** by talking about mental health the way we talk about back pain: it's real, it's common, and sometimes you need professional help (and a heating pad).
- **Checking in** with others—because many people look "fine" while internally running 37 browser tabs.

EVERYDAY MENTAL HEALTH MAINTENANCE (Like Brushing Your Teeth, But for Thoughts)

1. **Sleep like it matters** (because it does). If you're treating bedtime like a suggestion, your brain will respond with a surprise anxiety matinee.
2. **Move your body**—walk, stretch, dance in the kitchen like your pet is your only audience. Motion helps your nervous system remember it's not being chased by a woolly mammoth.
3. **Feed yourself regularly**. Your brain cannot produce stable emotions on iced coffee and vibes alone.

4. **Schedule tiny joy**. Put something pleasant on the calendar: a funny show, a hobby, a phone call with a friend. Yes, joy can be an appointment—just like your dentist, but with fewer sharp objects.
5. **Limit doomscrolling**. Your thumb is strong, but your nervous system is tired.
6. **Talk to someone**. A trusted friend, a counselor, a therapist—someone who won't respond to "I'm struggling" with "Have you tried being less stressed?"

SIGNS IT MIGHT BE TIME FOR BACKUP (Superheroes Have Teams Too)

If stress, sadness, worry, or irritability start taking over your days (or your relationships), it's not "failing"—it's data. Consider reaching out for professional support if you notice:

- Sleep changes (too little, too much, or the 3 a.m. "let's review every awkward moment since 2009" special).
- Loss of interest in things you normally enjoy.
- Constant fatigue, difficulty concentrating, or feeling emotionally "numb."
- Big changes in appetite or motivation.
- Using alcohol or substances more to cope.
- Feeling hopeless, panicky, or like you can't keep up.

FINAL REMINDER: YOU'RE A PERSON, NOT A PRODUCTIVITY APP

Mental Health Awareness is a reminder to be kinder—to yourself and to others. If you're struggling, you don't have to "power through" alone. Talk to someone you trust, reach out to a licensed mental health professional, or contact local emergency services if you feel unsafe. And if you're doing okay today, consider checking in on a friend. Sometimes the most life-changing sentence is simply: "Hey—how are you, really?"

GLITTER & GILLS! MOSAIC FISH ART



RIDDLE ME THIS!

I speak without a mouth and hear without ears. I have no body, but I come alive with the wind.

What am I?

Viva la Fiesta! HAPPY HOUR



★ NOTABLE THEN & NOW

MARK WAHLBERG is an American actor, producer, and former rapper. Emerging from a troubled youth marked by petty crime and drug abuse, Wahlberg has transformed himself into one of the film industry's most successful leading men. He's starred in a wide range of films across many genres, including acclaimed performances in *Boogie Nights*, *The Departed*, *The Fighter*, and *Lone Survivor*. Wahlberg is also well-known for blockbuster hits like the *Transformers* series, *Ted*, *The Other Guys* and *Daddy's Home*, showcasing his versatility as both a dramatic and comedic actor.

SAVE THE DATE!



HAPPY
Father's
DAY



FATHER'S DAY BRUNCH
SUNDAY, JUNE 21ST
11:30AM

Stay tuned for details coming soon!

Celebrations & Milestones

Welcome to our newest residents!

- John Picken
- Peggy Smith
- Frank Waitrovich

Let's celebrate everyone marking a special moment this month!

RESIDENT BIRTHDAYS

- June 1: Robert Rodman
- June 2: Robert Rand
- June 5: Sandy McDowell
- June 8: Marlene Krause
- June 9: Andrea Harris
- June 10: Kathryn Borgwardt
- June 13: Donna Wilfong
- June 24: Barbara Hildner
- June 25: Rick Walgenbach
- June 27: Susan Earley
- June 27: Nancy Meyer
- June 29: June Dahl
- June 30: Darlene Retzlaff

TEAM MEMBER BIRTHDAYS

- June 8: Ariadna Nussberg
- June 15: Ellison Collyard
- June 25: Gianna Inga

RESIDENT ANNIVERSARIES

- Josephine Corbae – 4 years
- Shirley Fagan – 2 years
- Richard Hadler – 1 year
- Beverly Bollenbach – 1 year
- Sk & Anjana Dey – 1 year
- Kamal Modir – 1 year

TEAM ANNIVERSARIES

- Darice Fowler – 3 years
- Sinuhe Marcano – 2 years
- Alicia Mingo – 2 years
- Gianna Inga – 1 year

IF YOU LOVE WHAT WE DO, PLEASE LEAVE A REVIEW!

We appreciate your feedback.



HIGHLIGHTS AND Happenings

COMBINED AL & HARBOR EVENTS

- 4th Rich Bauman Performance
- 6th Luke Piano Performance
- 8th Drumming with Dan
- 9th Aaron Wooley Guitar Performance
- 21st Sabrina & Luka Dog Visit

TRAVEL CLUB DESTINATIONS

- 2nd Tobago
- 9th Tanzania, Africa
- 16th Tasmania, Australia
- 23rd Tokyo, Japan
- 30th Tuscany, Italy

EXUBERANT EXERCISE (Chapel)

- 3rd Exercise with JJ
- 4th Fitness Fun with Patti
- 11th Exercise with Debbie
- 18th Fitness Fun with Patti
- 25th Exercise with Debbie

TUESDAY SHOPPING TRIPS

- Sign up at the front desk*
- 2nd Sequoya Library
 - 9th Target
 - 16th World Market: Middleton
 - 23rd Lunch Out: Texas Roadhouse
 - 30th Nordstrom Rack

MYSTERY MONDAYS

- 1st Mysterious Islands of the World: Places Time Forgot
- 8th Beneath Our Feet: America's Hidden Underground Tunnels
- 15th The Devils Kettle: Where does the River Go?
- 22nd Escape From Alcatraz
- 29th Strange Cures & Mysterious Remedies



BROOKLYN LEVINGSTON
JUNE WINNER

Congratulations to Brooklyn, our Going the Extra Mile Winner!

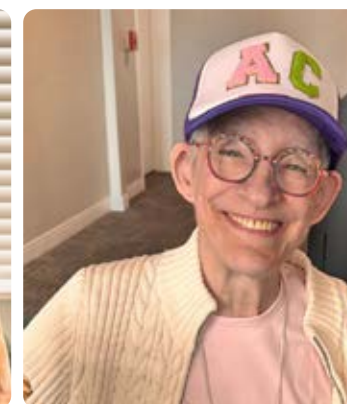
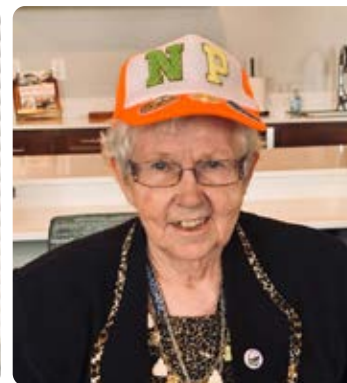
Brooklyn is a shining example of what makes our dining services team so special. Every day, she brings kindness, positivity and exceptional care to our residents. Whether she's lending a helping hand,

greeting everyone with a smile or finding ways to make each meal feel a little more like home, Brooklyn's dedication truly stands out.

We're grateful for her hard work and compassionate spirit, and we deeply appreciate all she brings to our community.

The Going the Extra Mile Award celebrates team members who exceed expectations in service and kindness. To recognize an employee who's gone the extra mile, please fill out a nomination form and drop it in the box next to the mailboxes.

HATITUDE!
TRUCKER HAT TRENDSETTERS TAKE CENTER STAGE

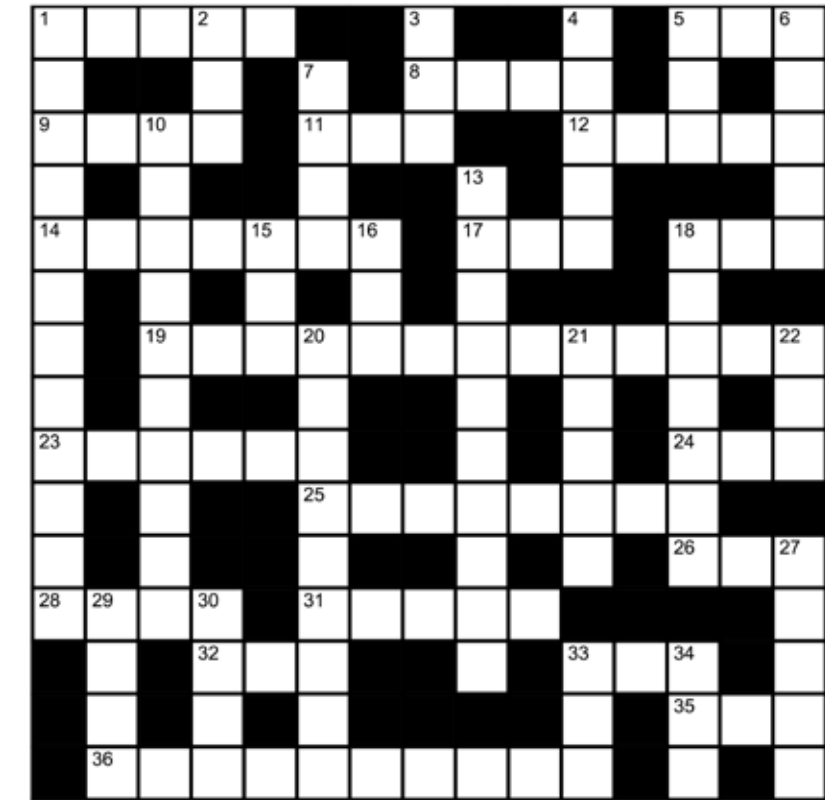


ACROSS

1. The entire ____ of judges gave the skater 10s
5. Greek alphabet's 23rd letter, ψ; rhymes with sigh
8. Feline-inspired athletic shoe brand
9. Double-reeded instrument; clarinet's cousin?
11. Hawaiian dish; rhymes with soy
12. Ulysses S. ____; president on the \$50 bill
14. An area of fruit trees
17. Helpful tool when rowing a boat
18. "Long ago and ___ away..."
19. At a right angle; not horizontal
23. _____ pancakes; latkes
24. "It's a dog-___-dog world"
25. Feeling gratitude
26. ___ high: about that tall
28. Pros and ___ of an issue
31. A bee's defense
32. Before shot and after hot
33. "___ Now or Never" by Elvis Presley
35. ___ up with; tolerate
36. Not planned; unintentional

DOWN

1. Extremely keen kind of memory
2. *The Three Faces of* ____, starring Joanne Woodward
3. Prefix for dermis or pen
4. Racetrack bet
5. Parent Teacher Association, abbrev.
6. Lay to rest; entomb
7. Practice with a boxer
10. Job; profession
13. Ostracizing; punishing
15. "Love Is in the ___"
16. Preceded by past or over
18. Untruthfully
20. Complained; raised an objection
21. Embroidery or pottery for example
22. Mickey's larger cousin?
27. Severe; critical
29. Killer whale
30. Blueprint or plan
33. Not well
34. Hot tub or wellness retreat



DAD-ISMS

The words listed can be found vertically, horizontally, diagonally, forward, and backward.

- | | | |
|-------------|-------------|------------|
| ADVICE | JOKESTER | ROAD TRIP |
| CORN | KNEESLAPPER | SNACKS |
| CHUCKLE | LAWN | SNEAKERS |
| FATHER | PICKUP | SNORE |
| GRILLMASTER | POCKETS | SUNDAY NAP |
| GROANER | PUNNY | THERMOSTAT |
| HANDY | REMOTE | TOOL BELT |



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>8:30am-Daily Chronicle (L) 1 9:30am-Chair Exercise (Ch) 10:30am-Monday Mysteries: Mysterious Islands of the World: Places Time Forgot (Ch) 1:30pm-Card Club (Dh) 3:00pm-San Diego Zoo Virtual Tour (Ch)</p>	<p>8:30am-Daily Chronicle (L) 7 9:30am-Fox Therapy Exercise (Ch) 10:30am-Monday Mysteries: Beneath our Feet: America's Hidden Underground Tunnels (Ch) 1:30pm-Drum Circle w/ Dan (Ch) 2:30pm-Card Club (Dh)</p>	<p>8:30am-Daily Chronicle (L) 8 9:30am-Chair Exercise (Ch) 10:30am-Monday Mysteries: The Devils Kettle: Where Does the River Go? (Ch) 1:30pm-Card Club (Dh) 1:30pm-Butterfly Suncatchers (10th) 3:00pm-Shedd Aquarium Virtual visit –(Ch)</p>	<p>8:30am-Daily Chronicle (L) 15 9:30am-Chair Exercise (Ch) 10:30am-Monday Mysteries: Escape from Alcatraz (Ch) 1:30pm-Card Club (Dh) 2:15pm-Food Committee Meeting (Ch)</p>	<p>8:30am-Daily Chronicle (L) 22 9:30am-Fox Therapy Exercise (Ch) 10:30am-Monday Mysteries: Strange Cures and Mysterious Remedies (Ch) 1:30pm-Card Club (Dh) 2:30pm-Make & Take "Goldfish" Terrarium (10th)</p>	<p>8:30am-Daily Chronicle (L) 29 9:30am-Chair Exercise (Ch) 10:30am-Monday Mysteries: Stranger Cures and Mysterious Remedies (Ch) 1:30pm-Card Club (Dh) 2:30pm-Make & Take "Goldfish" Terrarium (10th)</p>	<p>8:30am-Daily Chronicle (L) 16 9:30am-Chair Exercise (Ch) 10:15am-Travel Club: <u>Tasmania, Australia</u> (Ch) 1:00pm- Shopping Trip: World Market 2:30pm-BINGO! (Dh)</p>	<p>8:30am-Daily Chronicle (L) 17 9:30am-Chair Zumba (Ch) 10:30am-Walk to Farmers Market Hilldale 1:30pm-Nails (Dh) 3:00pm-Spintopia (Dh)</p>	<p>8:30am-Daily Chronicle (L) 24 9:30am-Tai Chi w/ Sarah (Co) 10:30am-Curious Minds: Mandela Effect (Li) 2:00pm-Resident Council Meeting (Ch) 3:30pm-Spintopia (Dh)</p>	<p>8:30am-Daily Chronicle (L) 25 10:00am-Church Service (Ch) 10:45am-Exercise w/ Debbie (Ch) 1:30pm-Puzzle Palooza (AR) 2:30pm-One-on-Ones 6:30pm-Movie: Going in Style 2017 (10th)</p>	<p>8:30am-Daily Chronicle (L) 26 9:30am-Chair Exercise (Ch) 10:30am-Resin Shimmer & Shine Creations (10th) 1:30pm-Bible Study (Ch) 3:00pm-Happy Hour: Sweet Summertime Social (10th)</p>	<p>8:30am-Daily Chronicle (L) 27 10:30am-Card Club (Dh) 1:30pm-Macrame Keychains (10th) 3:00pm-Resident-Led Sing Along (Ch) 6:30pm-Movie: The Stooge 1952 (10th)</p>
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<p>9:30am-Daily Chronicle (L) 21 10:00am-Sabrina & Luka the Comfort Dog Visit (L)- 11:30am- Father's Day Brunch 2:30pm-BINGO! (Dh) 6:30pm-Movie: Murphy's Romance (10th) (by request) <small>Father's Day Summer Begins</small></p>	<p>8:30am-Daily Chronicle (L) 22 9:30am-Fox Therapy Exercise (Ch) 10:30am-Monday Mysteries: Escape from Alcatraz (Ch) 1:30pm-Card Club (Dh) 2:15pm-Food Committee Meeting (Ch)</p>	<p>8:30am-Daily Chronicle (L) 23 9:30am-Chair Exercise (Ch) 10:15am-Travel Club: <u>Tokyo, Japan</u> (Ch) 12:30pm-Lunch Outing: Texas Roadhouse 1:30pm-Funeral Pre-planning w/ Cress 2:30pm-BINGO! (Dh)</p>	<p>8:30am-Daily Chronicle (L) 24 9:30am-Tai Chi w/ Sarah (Co) 10:30am-Curious Minds: Mandela Effect (Li) 2:00pm-Resident Council Meeting (Ch) 3:30pm-Spintopia (Dh)</p>	<p>8:30am-Daily Chronicle (L) 25 10:00am-Church Service (Ch) 10:45am-Exercise w/ Debbie (Ch) 1:30pm-Puzzle Palooza (AR) 2:30pm-One-on-Ones 6:30pm-Movie: Going in Style 2017 (10th)</p>	<p>8:30am-Daily Chronicle (L) 26 9:30am-Chair Exercise (Ch) 10:30am-Resin Shimmer & Shine Creations (10th) 1:30pm-Bible Study (Ch) 3:00pm-Happy Hour: Sweet Summertime Social (10th)</p>	<p>9:30am-Daily Chronicle (L) 27 10:30am-Card Club (Dh) 1:30pm-Macrame Keychains (10th) 3:00pm-Resident-Led Sing Along (Ch) 6:30pm-Movie: The Stooge 1952 (10th)</p>					
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June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	<p>9:30am Daily Chronicles 1</p> <p>10:00am Morning Movement</p> <p>10:30 Weather Walk</p> <p>11:00am June Cruising Trivia</p> <p>1:00pm Simple C</p> <p>1:30pm Bingo!</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm San Diego Zoo Tour</p>	<p>9:30am Daily Chronicles 2</p> <p>10:15am Travel Club: Tobago</p> <p>1:30pm Seated Stretches</p> <p>2:00pm Snack & Hydration</p> <p>2:30pm Ring Toss</p> <p>3:30pm Nail Care & Painting</p> <p>4:00pm Out in the sunshine</p>	<p>9:30am Daily Chronicles 3</p> <p>10:00am Morning Movement</p> <p>10:30am Weather Walk</p> <p>1:30pm UNO!</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Bird Watching</p> <p>3:30pm June Modern Jeopardy Trivia</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 4</p> <p>10:00am Church Service</p> <p>10:45am Fitness Fun with Patti</p> <p>1:00pm Rich Bauman Performance</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm Pass the Pig This or That Game</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 5</p> <p>10:00am Morning Movement</p> <p>10:30am Weather Walk</p> <p>11:00am Piece by Piece Puzzle Club</p> <p>1:30pm Bible Study</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Old Hollywood Hour</p>	<p>9:30am Daily Chronicles 6</p> <p>10:00am Seated Stretches</p> <p>10:30am Chat Corner</p> <p>1:30pm Luke Piano Performance</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm Simple C</p> <p>4:00pm Garden Critters Coloring</p>	
<p>9:30am Daily Chronicles 7</p> <p>10:00am Morning Movement</p> <p>10:30am Weather Walk</p> <p>11:00am Bug Windcatcher Craft</p> <p>1:00pm Balloon Tennis</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm UNO!</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 8</p> <p>10:00am Seated Stretches</p> <p>10:30am Weather Walk</p> <p>1:30 Drumming With Dan</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Petals & Pals Garden Club</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicle 9</p> <p>10:15am Travel Club: Tanzania, Africa</p> <p>1:30pm Seated Stretches</p> <p>2:00pm Aaron Wooley Guitar Performance</p> <p>3:00pm June Jeopardy Trivia</p> <p>3:30pm Nail Care & Painting</p> <p>4:00pm Out in the sunshine</p>	<p>9:30am Daily Chronicles 10</p> <p>10:00am Morning Movement</p> <p>10:30am Weather Walk</p> <p>1:30pm Watercolor Painting</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Bird Watching</p> <p>3:30pm Seated Kickball</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 11</p> <p>10:00am Church Service</p> <p>10:45 Exercise with Debbie</p> <p>1:00pm Music & Memories</p> <p>1:30 Ring Toss</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm Bucket Ball</p> <p>4:00pm simple C</p>	<p>9:30am Daily Chronicles 12</p> <p>10:00am Morning Movement</p> <p>10:30am Weather Walk</p> <p>11:00am Piece by Piece Puzzle Club</p> <p>1:30pm Bible Study</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Old Hollywood Hour</p>	<p>9:30am Daily Chronicles 13</p> <p>10:00am Chat Corner</p> <p>10:30am Chair Yoga</p> <p>11:00am Weather Walk</p> <p>1:30pm Frog Magnet</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm June Coloring Pages</p> <p>4:00pm Simple C</p>	
<p>9:30am Daily Chronicles 14</p> <p>10:00am Sabrina & Luka Dog Visit</p> <p>11:00am Weather Walk</p> <p>1:00pm Chair Yoga</p> <p>1:30pm Billy Goat Magnet</p> <p>2:30 Snack & Hydration</p> <p>3:30pm Simple C</p> <p>Flag Day (U.S.)</p>	<p>9:30am Daily Chronicles 15</p> <p>10:00am Weather Walk</p> <p>10:30 Morning Movement</p> <p>1:00pm Bingo!</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Petals & Pals Garden Club</p> <p>3:30pm Television Trivia</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 16</p> <p>10:15am Travel Club: Tasmania, Australia</p> <p>1:30pm Seated Stretches</p> <p>2:00pm Basket Toss</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm Nail Care & Painting</p> <p>4:00 pm Out in the sunshine</p>	<p>9:30am Daily Chronicles 17</p> <p>10:00am Morning Movement</p> <p>10:30am Weather Walk</p> <p>1:30pm UNO!</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Bird Watching</p> <p>3:30pm Pass the Pig This or That game</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 18</p> <p>10:00am Church Service</p> <p>10:45am Fitness Fun with Patti</p> <p>1:00pm Music & Memories</p> <p>1:30 seated Kick Ball</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm Ring Toss</p> <p>4:00pm Simple C</p> <p>Juneteenth</p>	<p>9:30am Daily Chronicles 19</p> <p>10:00am Morning Movement</p> <p>10:30am Weather Walk</p> <p>11:00am Piece by Piece Puzzle Club</p> <p>1:30pm Bible Study</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Old Hollywood Hour</p>	<p>9:30am Daily Chronicles 20</p> <p>10:00am Chat Corner</p> <p>10:30am Chair Yoga</p> <p>11:00am Weather Walk</p> <p>1:30pm Ice Cream Cone Craft</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm Simple C</p>	
<p>9:30am Daily Chronicles 21</p> <p>10:00am Morning Movement</p> <p>10:30am Weather Walk</p> <p>11:00am Under the Sea Jewel Mosaic</p> <p>1:00pm Balloon Tennis</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm UNO!</p> <p>4:00pm Simple C</p> <p>Fathers Day Summer Begins</p>	<p>9:30am Daily Chronicles 22</p> <p>10:00am Weather Walk</p> <p>10:30 Morning Movement</p> <p>1:00pm Bingo!</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Petals and Pals Garden Club</p> <p>3:30pm June Random Trivia</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 23</p> <p>10:15am Travel Club: Tokyo, Japan</p> <p>1:30pm Seated Stretches</p> <p>2:00pm June Trivia</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm Nail Care & Painting</p> <p>4:00pm Out in the sunshine</p>	<p>9:30am Daily Chronicles 24</p> <p>10:00am Morning Movement</p> <p>10:30am Weather Walk</p> <p>1:30pm UNO!</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Bird watching</p> <p>3:30pm Ring Toss</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 25</p> <p>10:00am Church Service</p> <p>10:45am Exercise with Debbie</p> <p>1:00pm Music & Memories</p> <p>1:30 Basket Toss</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm Weather Walk</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 26</p> <p>10:00am Morning Movement</p> <p>10:30am Weather Walk</p> <p>11:00am Piece by Piece Puzzle Club</p> <p>1:30pm Bible Study</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Old Hollywood Hour</p>	<p>9:30am Daily Chronicles 27</p> <p>10:00am Chat Corner</p> <p>10:30am Chair Yoga</p> <p>11:00am Weather Walk</p> <p>1:30pm Cotton Candy craft</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm Simple C</p>	
<p>9:30am Daily Chronicles 28</p> <p>10:00am Weather Walk</p> <p>11:00am Basket Toss</p> <p>1:00pm Chair Yoga</p> <p>1:30pm UNO!</p> <p>2:30 Snack & Hydration</p> <p>3:30pm Summer Coloring Pages</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 29</p> <p>10:00am Weather Walk</p> <p>10:30am Seated Stretches</p> <p>1:00pm Bingo!</p> <p>2:30pm Snack & Hydration</p> <p>3:00pm Petals & Pals Garden Club</p> <p>4:00pm Simple C</p>	<p>9:30am Daily Chronicles 30</p> <p>10:15am Travel Club: Tuscany, Italy</p> <p>1:30pm Seated Stretches</p> <p>2:00pm Ring Toss</p> <p>2:30pm Snack & Hydration</p> <p>3:30pm Nail Care & Painting</p> <p>4:00 Out in the Sunshine</p>	 <h1>June 2026</h1> <p>The Harbor</p>				