

June 2023

June

July

| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 | | | | | | | 1 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 25 | 26 | 27 | 28 | 29 | 30 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | | | | | | | 30 | 31 | | | | | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|----------|
| 28 | 29 | 30 | 31 | 6/1 | 2 | 3 |
| | | | | Grand Jct. Trip 8am Tai Chi w/ Yordy @ 9a | 8:20-9am Walking & S 9:30 Easy Movement | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | Bingo @ 9:30am Card making w/Diana Chess! @3 PM Hand & Foot Canasta Walking CD 8:20 & St | Cards after lunch Coffee/Tea @10am Tai Chi w/ Kris @ 2pm | 10am Tai Chi w/ Dhya 1pm Shen Zhen w/ Lis 8:20 Walking CD 9am Strong Woman C | No Tai Chi | 8:20-9am Exercise CD 9:30 Easy Movement Cards after lunch | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | Bingo @ 9:30 am Strong Woman CD @ Walking CD 8:20 am cards after lunch | Coffee/Tea @10am Tai Chi w/ Kris @2pm cards after lunch | 10 am Tai Chi w/ Dhya 1pm Shen Zhen w/ Lis Cards after lunch Pie Social after lunch 12a various board gai | Crafts @10 am Tai Chi w/Yordy @ 9a | 8:20-9am Exercise CD 9:30am Easy Moves w Cards after lunch | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | Closed for Juneteent | Cards after lunch Get up & Go @ 9:30 a Tai Chi w/ Kris @ 2pm | 10am Tai Chi w/ Dhya 1pm Shen Zhen w/ Lis 8:20-9am Exercise CD | Tai Chi w/ Yordy @ 9a Telluride, Brown Dog Change of Plans TBD | 8:20-9am Exercise CD 9:30 Easy Movement Cards after lunch | |
| 25 | 26 | 27 | 28 | 29 | 30 | 7/1 |
| | Bingo @ 9:30 am Cards after lunch Strong Woman CD @ Walking CD exercise | Cards after lunch Coffee/Tea @ 10am Hand & Foot Canasta Tai Chi w/ Kris @ 2pm | 10am Tai Chi w/ Dhya 1pm Shen Zhen w/ Lis 8:20-9am Exercise CD Book Club @ 10am Te | Tai Chi w/ Yordy @ 9a | 8:20-9am Exercise CD 9:30am Easy Move Hand & Foot Canasta Movie Matinee @12:4 | |