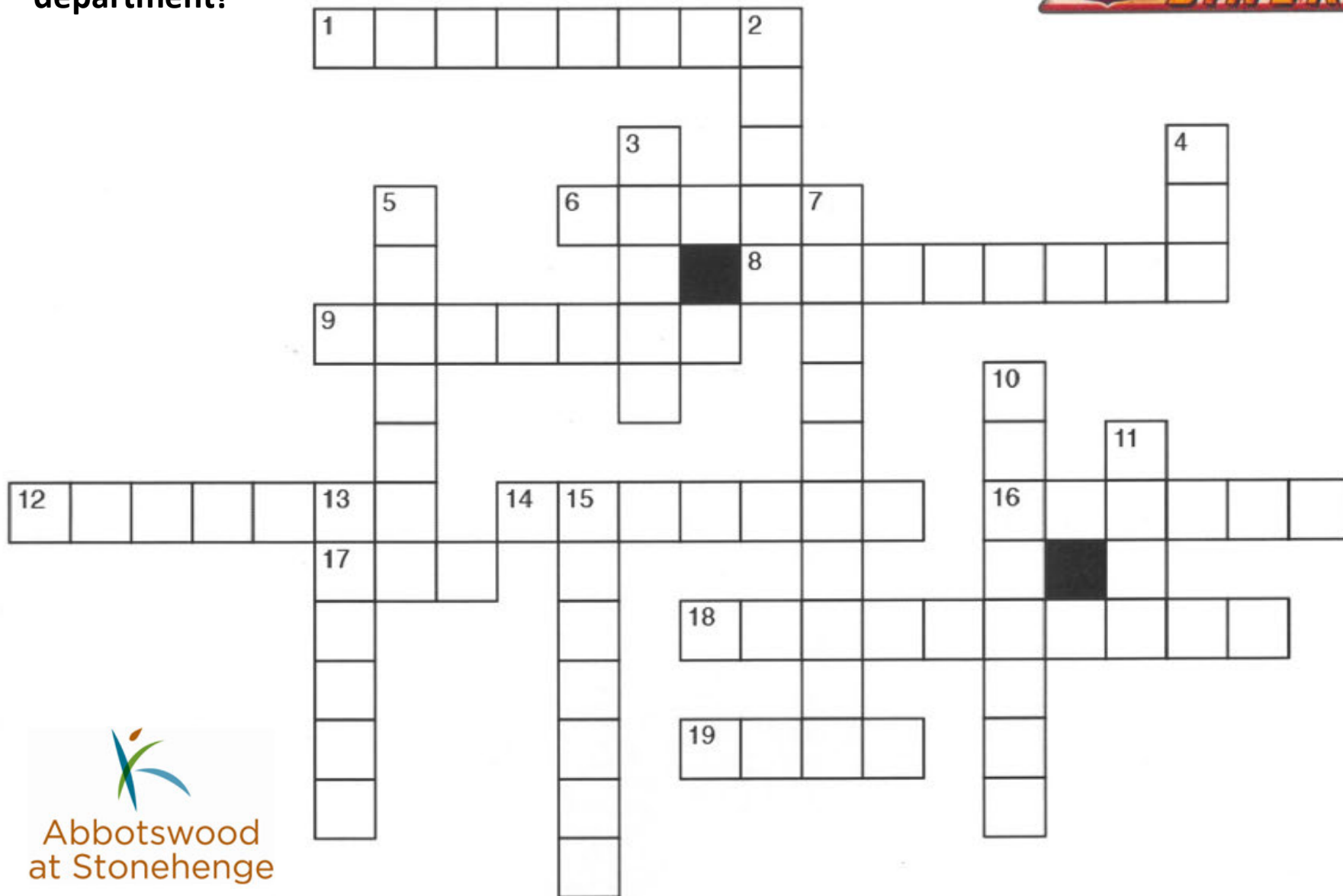


JUNE 2022 PROGRAMS & EVENTS

For answer,
just ask Beth
or Stephe in
the Wellness
department!

Route 66

Use the clues to fill in the crossword.



ACROSS

1. Mailed memento
6. Traveler's lodging
8. Journey by car
9. Place to get gas, _____ station
12. Outdoor theater
14. The Windy City
16. Picturesque
17. Automotive
18. The Golden State
19. Iron corrosion

DOWN

2. Roadside eatery
3. Small cities
4. Navigational aid
5. Grand Canyon state
7. California city
10. Belonging to the past
11. Very bright gas station
13. Widely recognized
15. Road with ramps



June is the
gateway to summer



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JUNE 2022 PROGRAMS & EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BOOK CLUB  CALLING ALL READERS! Our Book Club meets every 4th Monday at 1:15 p.m. in the 2nd Floor Conference Room on the B Hall. This month's read is <u>Liar, Temptress, Soldier, Spy: Four Women Undercover in the Civil War</u> by Karen Abbott. Please see Wellness Director Stephie Watts if you would like to check out a copy of the book!		HAPPY birthday Happy Birthday, Residents! 3rd: Billy Shelton 5th: Martha Bentley 12th: Don Snell 15th: Cynthia Morris 17th: Joan Dize 24th: Reuben Edwards 27th: Jennifer Macleod 29th: Anne Isley 29th: Evelyn Allen 	1 9:00 Chair Cardio (MP) 10:15 Hymn Sing with North Raleigh United Methodist Church (1st L.) 1:00 Patriotic Craft with Nancy Foss (CR, SU) 1:30 Chair Exercise (MP) 1:30 Bridge Club (2nd L.) 2:00 Christian Music & Bible Verses with Jim (1st L.) 2:30 Prayers for All Peoples (1st L.) 3:30 Spelling Bee Trivia & History (MP) 6:00 Sing Along Music (Channel 1-1) 	2 Rocky Road Day 9:00 Muscle of the Month w/ Mike (MP) 10:00 SingFit: <u>A Musical Tour of New Orleans</u> (MP) 1:00 Rocky Road Ice Cream Treat (CR) 2:00 Scrabble (2nd L.) 2:15 Tai Chi Video (MP) 3:00 Pro Wii Bowling (MP) 6:15 Stress Ball Craft with Beth (CR) 	3 9:00 Friday Morning on Your Feet: Standing Exercise (MP) 9:45 Target Shopping (B, SU) 10:15 Hymn Sing with Garland & Myra (1st L.) 1:30 Chair Exercise (MP) 3:00 NC Symphony: Rachmaninoff Symphony No. 2 Streaming (MP) 7:15 Movie (Channel 1-2) 	4 9:00 Stretch (Chan 1-1) 10:00-11:00 Sign Language (Ch. 1-1) 10:30 Play Nine Card Game (CR) 1:30 Bridge (2nd L.) 2:00 Singfit: <u>Rock 'N Roll Legends: Elvis, Fats & The Everly Brothers</u> (MP) 3:00 Left Center Right Dice Game (CR) 6:00 Rummikub (2nd L.) 7:15 Movie (Channel 1-2) Shavuot Begins at Sundown <i>Happy Shavuot</i> 

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 10:00 St. Francis of Assisi Catholic Mass (C Hall Lounge) 10:30 Abbotswood Nondenominational Church Service (MP) 2:00 Trivia with Steve (1st L.) 3:00 Sunday Travelogue <u>The Underwater Paradise in Australia: Great Barrier Reef</u> (Channel 1-1) 4:00 Movie <u>Te Ata</u> (A Hall Lounge) 7:15 Movie: <u>E.T. The Extra-Terrestrial</u> Today is the 40th Anniversary of E.T.!! (Channel 1-2)	6 Get Your Kicks on 6/6 9:00 Sit to Stand Exercise (MP) 10:30 Lucky 6 Dice Game (1st L.) 1:30 Chair Exercise (MP) 2:00 Documentary: <u>D-Day—June 6, 1944</u> (Chan 1-1) 2:15 D-Day History & Discussion (MP) 2:30 Dominoes Game (2nd L.) 3:15 Legacy Chat with Mike: Hydration (MP)  78th Anniversary of D-Day	7 Udder-ly Amazing Cows Day: Wear Your Black & White Outfits today! <i>Banks & Post Office—Call the Front Desk to Schedule</i> 10:00 Blood Pressure Checks by TheKey (1st L.) 10:30 Grocery Shopping (B, SU) 10:30 Trivia w/Moe (MP) 1:30 Grocery Shopping (B, SU) 2:15 Chair Dancing with McKaila (MP) 3:30 Balloon Jollyball (MP) 6:15 BINGO with Beth (MP)	8 9:00 Chair Exercise (MP) 10:15 fASHion Divas: Flip Flop Craft (MP) 10:30 Men's Coffee Social (CR) 1:30 Bridge Club (2nd L.) 1:30 Chair Exercise (MP) 2:00 Christian Music & Bible Verses with Jim (1st L.) 2:30 Prayers for All Peoples (1st L.) 3:15 Make Your Own Dream Catcher (CR, SU) 6:00 Music You'll Want to Sing Along With (Channel 1-1) 	9 Everything Is Coming Up Roses Day 9:00 Flexibility and Yoga with Mike (MP) 10:00 SingFit: <u>Summertime Hits of the 1960's</u> (MP) 1:00 Everything is Coming Up Roses Craft (CR, SU) 1:00 Aquatics Experience at Magnolia Glen (B, SU) 2:00 Scrabble (2nd L.) 2:15 Stand Strong Chair Exercise (MP) 3:00 Pro Wii Bowling (MP) 	10 9:00 Friday Morning on Your Feet Exercise Class (MP) 10:15 Hymn Sing & Message w/ Garland & Myra from Capital Community Church (1st L.) 1:30 Chair Exercise (MP) 3:00 Drumming Experience with Matt Savage Music Hour (1st L.) 7:15 Movie (Channel 1-2) 	11 Belmont Stakes Race Day! 9:00 Total Body Stretch (Channel 1-1) 10:00-11:00 Sign Language (Ch. 1-1) 10:30 Play Nine Card Game (CR) 2:00 Singfit: <u>Striking Gold</u> (MP) 1:30 Bridge Club (2nd L.) 3:00 Left, Center, Right Dice Game (CR) 6:00 Belmont Horse Race Viewing Party (CR) 7:15 Movie (Channel 1-2) 

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JUNE 2022 PROGRAMS & EVENTS

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12 10:00 St. Francis of Assisi Catholic Mass (C Hall Lounge) 10:30 Abbotswood Nondenominational Church Service (MP) 2:00 Trivia with Steve (1st L.) 3:00 Travelogue: <u>Rick Steves: Egypt Yesterday and Today</u> (Chan. 1-1) 4:00 Movie: <u>Radium Girls</u> (A Hall Lounge) 7:15 Movie (Channel 1-2) 	13 You Have the Right to Remain Silent Day 9:00 Sit to Stand Exercise (MP) 10:30 Discussion with Dr. Watson: Irritable Bowel Syndrome (MP) 1:30 Chair Exercise (MP) 2:00 Documentary: <u>Learn About the Miranda Case: Phoenix Police Department</u> (Chan 1-1) 2:30 Dominoes Game (2nd L.) 3:15 Miranda Warnings History in the Supreme Court (MP) 	14 Flag Day <i>Banks & Post Office—Call the Front Desk to Schedule</i> 9:00 Wellness Center Orientation (WC) 10:30 Shopping (B, SU) 10:30 Trivia with Moe Isenberg (MP) 1:30 Shopping (B, SU) 2:15 Stand Strong Chair Exercise (MP) 3:30 Jollyball (MP) 6:15 BINGO (MP) 	15 9:00 Chair Exercise Class (MP) 10:30 Men's Coffee Social (CR) 1:30 Bridge Club (2nd L.) 1:30 Chair Exercise (MP) 2:00 Christian Music & Bible Verses with Jim (1st L.) 2:30 Prayers for All Peoples (1st L.) 4:00—6:00 p.m. Dads, Dogs & Dixieland Dinner & Music (DR) <i>Please RSVP Guests by Friday, June 10th</i> 6:00 Music You'll Want to Sing Along With (Channel 1-1) 	16 9:00 Muscle of the Month w/ Mike (MP) 10:00 SingFit: <u>Take Me Out to the Ballparks</u> (MP) 10:30 Pet Therapy Visits with Finn (1st L.) 1:00 June Birthday Celebration (CR) 2:00 Scrabble (2nd L.) 2:15 Tai Chi Video (MP) 3:00 Pro Wii Bowling (MP) 6:15 The Slowest Craft in the World: Turtle Decor (CR, SU) 	17 9:00 Friday Morning on Your Feet Exercise Class (MP) 9:45 Walmart Shopping Trip (B, SU) 10:15 Hymn Sing & Message w/ Garland & Myra from Capital Community Church (1st L.) 1:30 Chair Exercise (MP) 2:15 Dialogue with David Sexton, Executive Director (1st L.) 3:00 Piano Music with Dennis Redoblado (1st L.) 7:15 Movie (Chan. 1-2)	18 9:00 Total Body Stretch (Channel 1-1) 10:00-11:00 Sign Language (Ch. 1-1) 10:30 Play Nine Card Game (CR) 1:30 Bridge Club (2nd L.) 2:00 Singfit: <u>Glamorous Getaways</u> (MP) 3:00 Left, Center, Right Dice Game (CR) 7:15 Movie (Channel 1-2) 

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JUNE 2022 PROGRAMS & EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 Father's Day 10:00 St. Francis of Assisi Catholic Mass (C Hall Lounge) 10:30 Abbotswood Nondenominational Church Service (MP) 2:00 Trivia with Steve (1st L.) 3:00 Sunday Travelogue <u>Road Trip with Dad: Revisiting Our History</u> (Chan. 1-1) 4:00 Movie: <u>Loving</u> (A Hall Lounge) 7:15 Movie (Channel 1-2) 	20 9:00 Sit to Stand Exercise (MP) 11:00 Resident Ambassadors Meeting (Conference Room, 2nd Floor, B Hall) 1:30 Chair Exercise (MP) 2:00 Documentary <u>Wedding Dresses Through History</u> (Chan 1-1) 2:30 Dominoes Game (2nd L.) 3:00 All Things Wedding History & Discussion (Bring Your Wedding Photos!) (MP) 	21 The Longest Day <i>Banks & Post Office—Call the Front Desk to Schedule</i> 9:00 Twister Toss (MP) 10:00 Blood Pressure Checks by TheKey (1st L.) 10:00 Communion (C Hall Lounge) 10:30 Shopping (B, SU) 10:30 Trivia with Moe Isenberg (MP) 1:00 Tee Time (1st L.) 1:30 Shopping (B, SU) 2:15 Tapping, Twisting and Tangoing (MP) 3:00 T Party (CR, SU) 4:00 Tongue Twisters (1st L.) 7:00 Spilling the T on Dementia Facts with Dementia Capable Cares (MP, SU)	22 9:00 Chair Exercise Class (MP) 10:15 fASHion Divas: The Spa Experience (MP, SU) 10:30 Men's Coffee Social (CR) 1:30 Bridge Club (2nd L.) 1:30 Chair Exercise (MP) 2:00 Christian Music & Bible Verses with Jim (1st L.) 2:30 Prayers for All Peoples (1st L.) 3:15 Piano Music with Christian Green (1st L.) 6:00 Sing Along Music (Channel 1-1) 	23 9:00 Yoga & Flexibility with Mike (MP) 10:00 SingFit: <u>Moving Through the Decades</u> (MP) 2:00 Scrabble (2nd L.) 2:15 Stand Strong Chair Exercise (MP) 3:00 Pro Wii Bowling (MP) 6:15 The Slowest Craft in the World: Turtle Decor (Previous Signup Required) 	24 9:00 Friday Morning on Your Feet Exercise Class (MP) 10:15 Hymn Sing & Message w/ Garland & Myra from Capital Community Church (1st L.) 1:30 Chair Exercise (MP) 3:00 Wine Down to the Weekend Social Hour And Calendar Review (1st L.) 7:15 Movie: (Channel 1-2) 	25 Pink Day 9:00 Total Body Stretch (Channel 1-1) 9:45 The Ladies of 007 Trivia (MP) 10:30 Play Nine Card Game (CR) 1:30 Bridge Club (2nd L.) 2:00 Singfit: <u>Rock & Roll Hall of Famers</u> (MP) 3:00 Left, Center, Right Dice Game (CR) 3:15 Door to Door Pink Lemonade Deliveries (To Your Room) 7:15 Movie (Channel 1-2) 

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Sunday	Monday	Tuesday	Wednesday	Thursday	 HAPPY birthday Happy Birthday, Residents! 3rd: Billy Shelton 5th: Martha Bentley 12th: Don Snell 15th: Cynthia Morris 17th: Joan Dize 24th: Reuben Edwards 27th: Jennifer Macleod 29th: Anne Isley 29th: Evelyn Allen	
26 10:00 St. Francis of Assisi Catholic Mass (C Hall Lounge) 10:30 Abbotswood Nondenominational Church Service (MP) 3:00 Sunday Travelogue <u>Odyssey of the Seas: 2022 Cruise Ship Tour</u> (Chan. 1-1) 4:00 Movie: <u>Top Gun</u> (A Hall Lounge) 7:15 Movie: (Channel 1-2) 	27 9:00 Sit to Stand Exercise (MP) 10:30 Health Chat with Dr. Watson: Diverticulitis (MP) 1:15 Book Club: <u>Liar, Temptress, Soldier, Spy</u> (Conf.) 1:30 Chair Exercise with Legacy (MP) 2:30 Dominoes Game (2nd L.) 2:15 'Mater Sandwich Social (CR) 	28 <i>Banks & Post Office—Call the Front Desk to Schedule</i> 9:00 Wellness Center Orientation (WC) 10:30 Shopping (B, SU) 10:30 Trivia with Moe Isenberg (MP) 1:30 Shopping (B, SU) 2:15 Stand Strong Chair Exercise (MP) 3:30 Balloon Jollyball (MP) 6:15 BINGO with Larry (MP) 	29 9:00 Chair Exercise (MP) 10:00 Stand Strong Testing (MP, By Appt) 10:30 Men's Coffee Social (CR) 1:30 Bridge Club (2nd L.) 1:00 Stand Strong Testing (MP, By Appt) 2:00 Christian Music & Bible Verses with Jim (1st L.) 2:30 Prayers for All Peoples (1st L.) 3:30 Campfire Singing with Luke Lowe (1st L.) 6:00 Sing Along Music (Channel 1-1) 	30 9:00 Muscle of the Month w/ Mike (MP) 10:00 SingFit: <u>Summer Getaways</u> (MP) 10:30 Pet Therapy Visits with Finn (1st L.) 1:00 Aquatics Experience at The Cardinal at North Hills (B, SU) 2:00 Scrabble (2nd L.) 2:15 Tai Chi Video (MP) 3:00 Pro Wii Bowling (MP) 6:15 Patriotic Craft Party with Beth (CR, SU) 	The in house television channel Stonehenge TV (Touchtown) can be found on Channel 1-1 on your cable box. This channel shares information on programming, birthdays, dining menus and announcements. To view the weekly movies, please switch to channel 1-2. 	

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