

YOUR Bridge TO WELLNESS

June 2018

Key

(1L) 1st Floor Lobby (LR) Living Room
 (2L) 2nd Floor Lobby (MR) Media Room
 (GS) Garden Suites (SU) Sign-Up
 (DRP) 1st Floor Dining Room Porch

Mon	Tue	Wed	Thu	Fri
				1 12:30 pm Chair Dancing and Singing (GS) 2:00 pm Karaoke Sing-a-long Happy Hour (2L)
4 9:00 am Sunshine Walking Club (1L) 10:30 am <u>One-on-One Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (GS) 2:00 pm The Bridges Chorus (2DR)	5 1:00 pm Chair Yoga (2L) 2:30 pm Bowlarama (2L) 	6 9:00 am Sunshine Walking Club (1L) 11:00 am <u>One-on-One Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)	7 10:30 am Bean Bag Toss (2L) 1:00 pm "Balance Matters" Class (AR) 3:30 pm Chorus Solo Practice (LR) 	8 12:30 pm Chair Dancing and Singing (GS) 1:30 pm <u>One-on-One Fitness Center</u> (SU-CH) 4:00 pm Wii Bowling (2L)
11 9:00 am Sunshine Walking Club (1L) 10:30 am <u>One-on-One Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (GS) 2:30 pm The Bridges Chorus (2DR)	12 1:30 pm Mind Games & Familiar Faces (2L) 3:00 pm Wonders of Our Nation (2L)	13 9:00 am Sunshine Walking Club (1L) 11:00 am <u>One-on-One Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (LR) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)	14 10:30 am Bean Bag Toss (2L) 1:00 pm Increase Upper Body Strength Thera bands & Weights (2L)	15 12:30 pm Chair Dancing and Singing (GS) 1:30 pm <u>One-on-One Fitness Center</u> (SU-CH) 4:00 pm Wii Bowling (2L)
18 9:00 am Sunshine Walking Club (1L) 10:30 am <u>One-on-One Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (GS) 2:30 pm The Bridges Chorus (2DR)	19 1:30 pm The Bridges Chorus Rehearsal (CH) 	20 9:00 am Sunshine Walking Club (1L) 10:30 am Fun with Gary (GS) 2:00 pm Chair Dancing (2L) 3:00 pm Wii Bowling (2L & MR)	21 1:30 pm The Bridges Chorus Rehearsal (CH) 	22 1:30 pm Meet & Greet (2L) 2:00 pm The Bridges Summer Show (CH) 
25 9:00 am Sunshine Walking Club (1L) 10:30 am <u>One-on-One Fitness Center</u> (SU-CH) 12:45 pm Accordion Serenade (GS) 2:30pm Sing-a-Long (2L)	26 9:30 am Destination America (AR) 1:30 pm Book Club (MR) 2:30 pm Wii Bowling (2L)	27 10:00 am New Resident Orientation (AR) 1:30 pm <u>One-on-One Fitness Center</u> (SU-CH) 2:30 pm Chair Dancing (2L) (2L & MR)	28 10:00 am Medicine for the Soul Musical Program (AR) 2:30 pm Name that City with Doreen (2L)	29 9:30 am Gazebo Time (1L) 11:00 am (2L) & 11:30 am (1L) Francisco on Piano 2:30 pm Indianapolis Car Race Money Game and Happy Hour (CH)