

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p>Please note all activities are subject to change. Please sign up with Bethany for activities in Red.</p> <p>Life Enrichment Director, Bethany Swan, can be reached by phone or email. (763)235-2138 bswan@norbellaseniorliving.com</p>							1 10:00 Chair Exercise 3:00 Table Games - Group Puzzle
2 10:00 Chair Exercise 3:00 Table Games – Residents Choice	3 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Music with Kristin	4 Lorraine's Birthday! 11:00 Visits with Dave 11:30 Seated Stretches 2:30 Candy Bingo	5 10:00 Coffee & Donuts with Peggy 11:30 Chair Yoga 2:30 Reader's Theater: Much Ado About Nothing, Act 4 cont. 4:30 Visits with Kim	6 Nurse Angie's Last Day 11:00 Visits with Dave 11:30 Walkin' and Rollin' Club 2:00 Shhh...! It's a Surprise: Angie's Congratulations and Send Off Party	7 10:30 Pet Visits with Lily and Ranger 11:30 Sit & Be Fit with Bethany 3:00 Resident Council 3:30 Chef Dave's Final Food Committee and Farewell 😞	8 11:30 Exercise with Alexis 3:00 Wii Bowling with Alexis	
9 11:30 Exercise with Alexis 3:00 Bingo with Alexis	10 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Music with Kristin (MC) 3:30 Manicures	11 11:00 Visits with Dave 11:00 Lunch Outing: Picnic in the Park 3:00 Candy Bingo	12 10:00 Coffee & Donuts with Peggy 11:00 Chair Yoga with Allison 2:30 Happy Hour with Chef Tyler! 4:30 Visits with Kim	13 11:00 Visits with Dave 11:30 Music with Shannon 3:00 Father's Day Floats with Firefighters	14 10:30 Pet Visits with Lily and Ranger 11:00 Concert with Kori 3:00 Quarter Bingo	15 10:00 Chair Exercise 3:00 Table Games – Adult Coloring	
16 Father's Day 10:00 Chair Exercise 3:00 Table Games – Residents Choice	17 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Music with Kristin (MC) 3:30 Coffee with Jared	18 9:00 Protestant Church Service (TV) 10:30 Let's Go Shopping: Bus Trip to Dollar Tree 2:30 Candy Bingo	19 Juneteenth 10:00 Coffee & Donuts with Peggy 11:30 Chair Yoga 4:00 Let's Make: Ice Cream Sundaes! 4:30 Visits with Kim 6:30 Pet Visits with Jax & Claire	20 11:00 Visits with Dave 11:30 Walkin' and Rollin' Club 3:00 Nutrition Talk: The Power of Plants with Dietitian Jessica	21 10:30 Pet Visits with Lily and Ranger 11:30 Sit & Be Fit with Bethany 3:00 Resident Led Gardening	22 11:30 Exercise with Alexis 3:00 Manicures with Alexis	
23 11:30 Exercise with Alexis 3:00 Bingo with Alexis	24 10:00 Catholic Mass (TV) and Communion 11:30 Chair Aerobics 2:30 Music with Kristin (MC)	25 10:00 Protestant Church Service (TV) 11:30 Seated Stretches 3:00 June Birthday Party with Gigi the Ukulady	26 10:00 Coffee & Donuts with Peggy 11:00 Chair Yoga with Allison 2:30 Candy Bingo 4:30 Visits with Kim	27 11:00 Visits with Dave 11:30 Music with Shannon 3:30 Crafternoon: 4 th of July Decor	28 10:30 Pet Visits with Lily and Ranger 11:30 Sit & Be Fit with Bethany 3:00 Prize Bingo	29 10:00 Chair Exercise 3:00 Table Games - Group Puzzle	
30 10:00 Chair Exercise 3:00 Table Games							