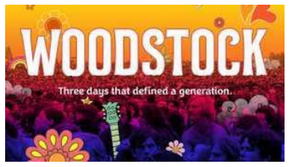
June 2023 Independent Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00 Exercise w/Jen 10:00 Coffee Klatch 10:30 Group Discussion 3:30 Bingo $2.75 	2 10:00 Morning Walk Together (meet in front of Manor House) 1:00 Watercolors 	3 1:30 Pokeno w/Lisa
4 2:00 Worship Service in Chapel 	5 11:15 Music makers w/Jen 1:30 Bingo $5 3:00 Resident Council Bookmobile	6 9:00 Exercise w/Jen 11:00 Bayada – Summer Skin Health 2:00 One Day University – The Most Important Day in History? D-Day D-Day (1944) 	7 Beauty Shop 9:00 Yoga w/Jen 10:00 Grocery Shopping $8 – Giant 1:30 Wellness Clinic 1:30 Lifetime Singers in the Chapel w/Chaplain Keegan 3:30 Tai Chi w/Andy 	8 Happy Birthday Marvin Hoy!! 9:00 Exercise w/Jen 10:00 Coffee Klatch 10:30 Group Discussion 1:30 Understanding Hospice & Palliative Care w/Leigh Cadle BridgingLife Community Outreach Coordinator 3:30 Bingo $2.75 	9 11:15 Music Makers w/Jen 11:15 Out to Lunch – Lucky Corner Vietnamese Cuisine $8 	10 1:30 Happy Hour
11 2:00 Worship Service in Chapel 	12 10:00 Walmart Shopping $8 11:15 Music makers w/Jen 1:30 Bingo $5 	13 9:00 Exercise w/Jen 10:30 Catholic Communion 11:30 Music Makers 1:30 Wellness Clinic 2:00 One Day University – Woodstock Music Festival 51 years ago 	14 Beauty Shop 9:00 Yoga w/Jen 10:00 Grocery Shopping $8 – Food Lion 1:30 Lifetime Singers in the Chapel w/Chaplain Keegan 3:30 Tai Chi w/Andy Flag Day	15 9:00 Exercise w/Jen 10:00 Coffee Klatch 10:30 Group Discussion 3:30 Bingo $2.75 	16 Happy Birthday Connie Gallow!! 11:15 Music Makers w/Jen 1:30 Monthly Birthday Celebration 	17 11:00-2:00 p.m. Edenton Annual Family BBQ Entertainment by Rocky Birely Combo

*** Please note: Calendars are subject to change***

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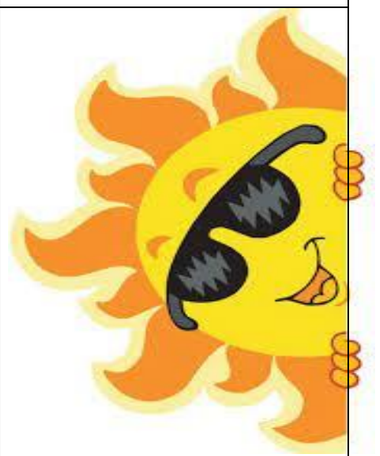
Independent Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
18 2:00 Worship Service in Chapel 	19 11:15 Music makers w/Jen 1:30 Bingo $5 No Bookmobile Juneteenth	20 Happy Birthday Jen Bisignano!! 9:00 Exercise w/Jen 11:30 Music Makers 2:00 One Day University – "Political Genius of FDR and LBJ" 	21 Beauty Shop Happy Birthday Leo Morris!! 9:00 Yoga w/Jen 10:00 Grocery Shopping $8 - Giant 1:30 Wellness Clinic 1:30 Lifetime Singers in the Chapel w/Chaplain Keegan 3:30 Tai Chi w/Andy First Day of Summer	22 9:00 Exercise w/Jen 10:00 Coffee Klatch 10:30 Group Discussion 3:00 Book Club 3:30 Bingo $2.75 	23 11:45 Out to Lunch – Manalu Italian Restaurant $8 	24 2:00 Corn Hole
25 Happy Birthday Delores Taulton!! 2:00 Worship Service in Chapel 	26 11:15 Music makers w/Jen 1:30 Bingo $5 	27 9:00 Exercise w/Jen 11:30 Music Makers 2:00 One Day University – "Legacy of Dwight Eisenhower" 	28 Beauty Shop 9:00 Yoga w/Jen 10:00 Grocery Shopping $8 – Food Lion 1:30 Wellness Clinic 1:30 Lifetime Singers in the Chapel w/Chaplain Keegan 3:30 Tai Chi w/Andy 	29 Happy Birthday RaeAnn Butler!!! 9:00 Exercise w/Jen 10:00 Coffee Klatch 10:30 Group Discussion 3:30 Bingo $2.75 	30 Happy Birthday Gail Windsor!! 11:15 Music Makers w/Jen 	

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