

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:00 Continental Breakfast 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 – 1:30 Chair Massage 2:00 J.O.Y. Physical Therapy 2:00 Water Aerobics 3:00 Water Aerobics 3:00 Men's Coffee Chat	8:00 Continental Breakfast 10:00 Tai Chi 11:00 Strength 1:00 Bridge 5:00 Happy Hour	8:00 Yogurt Parfait Bar 11:15 Gentle Yoga 1:00 Smoothies by the Pool 2:00 Bean Bag Toss	8:00 Continental Breakfast 2:00 Twins @ Toronto Blue Jays 5:00 Social Hour on the Pool Deck
9:00 Coffee w/Friends 10:00 Walk Meet 11:00 Pastries & Juice Bar 12:30 Twins @ Toronto Blue Jays 6:00 Board Games on the Pool Deck	8:00 Continental Breakfast 10:00 Yoga Flow 10:30 Art Class 11:15 Gentle Yoga 1:30 Knitting Group 2:00 Speaker, Sandy Sullivan	8:00 Continental Breakfast 10:00 Beginner's Tai Chi 11:00 Strength 1:00 Mahjong 5:00 Happy Hour "Celebration of June Birthdays"	8:00 Continental Breakfast 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 – 1:30 Chair Massage 2:00 Water Aerobics 3:00 Water Aerobics 3:00 Men's Coffee Chat 5:00 Wine Tasting w/Scout & Cellar	8:00 Continental Breakfast 10:00 Tai Chi 11:00 Strength 1:00 Bridge 5:00 Happy Hour	8:00 Steel Cut Oats 11:15 Gentle Yoga 1:00 Makeup Tutorial w/Vanessa 2:00 Coffee Chat w/Vanessa	8:00 Continental Breakfast 10:00 Walk Meet w/Friends 1:10 Twins vs. Rays 5:00 Social Hour on the Pool Deck
9:00 Coffee w/Friends 10:00 Walk Meet 1:10 Twins vs. Rays 6:00 Board Games on the Pool Deck	8:00 Continental Breakfast 10:00 Yoga Flow 11:15 Gentle Yoga 1:30 Knitting Group 4:00 Book Club	Flag Day 14 8:00 Continental Breakfast 10:00 Beginner's Tai Chi 11:00 Strength 1:00 Mahjong 5:00 Happy Hour	8:00 Continental Breakfast 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 – 1:30 Chair Massage 2:00 Water Aerobics 3:00 Water Aerobics 3:00 Men's Coffee Chat	8:00 Continental Breakfast 10:00 Tai Chi 11:00 Strength 1:00 Bridge 3:00 – 9:00 Outing to Canterbury Park 5:00 Happy Hour	8:00 Quiche 11:15 Gentle Yoga 1:00 Smoothies by the Pool 2:00 Bean Bag Toss	8:00 Continental Breakfast 10:00 Walk Meet w/Friends 11:00 Cooking Class 5:00 Social Hour on the Pool Deck
Father's Day 19 9:00 Coffee w/Friends 10:00 Bloody Mary Bar & Breakfast Burritos 10:00 Walk Meet 6:00 Board Games on the Pool Deck	8:00 Continental Breakfast 10:00 Yoga Flow 11:15 Gentle Yoga 1:00 Art Class w/Vanessa 1:30 Knitting Group	8:00 Continental Breakfast 10:00 Beginner's Tai Chi 11:00 Strength 1:00 Mahjong 5:00 Happy Hour	8:00 Continental Breakfast 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 – 1:30 Chair Massage 2:00 Water Aerobics 3:00 Water Aerobics 3:00 Men's Coffee Chat	8:00 Continental Breakfast 10:00 Tai Chi 11:00 Strength 1:00 Bridge 5:00 Happy Hour	8:00 Continental Breakfast 11:15 Gentle Yoga 2:00 Bean Bag Toss	8:00 Continental Breakfast 10:00 Walk Meet w/Friends 1:10 Twins vs. Colorado Rockies 5:00 Social Hour on the Pool Deck
9:00 Coffee w/Friends 10:00 Walk Meet 2:00 Twins vs. Colorado Rockies 6:00 Board Games on the Pool Deck	8:00 Continental Breakfast 10:00 Yoga Flow 11:15 Gentle Yoga 1:30 Knitting Group	8:00 Continental Breakfast 10:00 Beginner's Tai Chi 11:00 Strength 1:00 Mahjong 4:00 Chmiebell Tours 5:00 Happy Hour	8:00 Continental Breakfast 10:00 Yoga Sculpt 11:15 Gentle Yoga 11:30 – 1:30 Chair Massage 2:00 Water Aerobics 3:00 Water Aerobics 3:00 Men's Coffee Chat	8:00 Continental Breakfast 10:00 Tai Chi 11:00 Strength 1:00 Bridge 5:00 Happy Hour		Ways to Wellness Physical Emotional Intellectual Spiritual Environmental Social Occupational

EVENTS

Wine Tasting

On Wednesday, June 8th, enjoy a private wine tasting with Scout & Cellar. We will explore great wines to drink during the summer.

Canterbury Park

And they're off!!! Come and join the fun Thursday, June 16th as we visit the horse races.

Speaker, Sandy Sullivan

Monday, June 6th, come and listen to author & motivational speaker, Sandy Sullivan. She will talk about her experiences while working with Vince Lombardi and the Green Bay Packers.