

# June 2023

**100 hours exercise  
Challenge—10 minutes per day  
100 hours of reading  
Challenge—10 minutes per day**

			<p>01— 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10.—ROM 11– gratitude scavenger hunt Fossmeyers donuts 12:00 LUNCH 1pm-Shopping/Knox County Ext 1pm— Villwock 2:30 Snack 3-Bus</p>	<p><b>02— 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10– Out for a walk 11– Butterfly nature craft 12—Lunch 1—1st Vin Savings Bingo 2– snack 3—Bus</b></p>
<p>05 - 8-10 Breakfast/current events 9:30-Personal Care AM/washcloths 10-exercise—kettle ball class 11– Movie Monday 12-Lunch 1-Ponderosa bingo/swim 2:30-snack 3-bus</p>	<p>06— 8:00– 10:00 Breakfast/current events 9:30 Personal Care AM 10:00– word search 11: out to eat—Revive  12:00 LUNCH 1:00– Lafieta Bingo 2:00 Snack 3:00-bus</p>	<p><b>07— 8:00– 10:00 Breakfast/current event 9:30 Personal Care AM/washcloths 10:00—drumming circle 11— putt putt golf 12: Lunch 1pm-Mayors bingo 2:00-snack 3pm-bus</b></p>	<p>08 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10—Oldies walk 11 – Revive 12:00 LUNCH 1pm-NO SHOPPING 1pm– Robbie Memorial 2:30 Snack 3-Bus</p>	<p><b>09 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10-exercise– handbells 11-troll dolls day! 12- lunch 1– Masons 2—snack 3– bus</b></p>
<p>12 8-10 Breakfast/current events 9:30-Personal Care AM/washcloths 10-exercise/weights 11– Movie Mondays/ shoot some hoops 12-Lunch 1-Eagles/swim 2:30-snack 3-bus</p>	<p><b>13 8:00– 10:00 Breakfast-currents 9:30 Personal Care AM 10– 11– Cooking Class 12:00 LUNCH 1:00-Sav a Lot bingo 2:00 Snack 3-bus</b></p>	<p><b>14 8:00– 10:00 Breakfast/current event 9:30 Personal Care AM/washcloths 10:00 - Exercise/ROM 11– Grab bag Fundraiser 12: Lunch 1pm-Sally’s mom bingo 2:00-snack 3-bus</b></p>	<p>15 8:00– 10:00 Breakfast/Current event 9:30 Personal Care AM/Washcloths 10. Range of motion 11 – Fathers Day 12:00 LUNCH 1pm-Shopping 1pm– Fathers day bingo 2:30 Snack 3-bus</p>	<p><b>16 8-breakfast/currents 9:30-personal care 10:00 –exercise—handbells 11:00— leave and twig bug 12:00– lunch 1:00—Vin H20 2:00—snack 3– bus</b></p>
<p>19 -8-10—breakfast/currents 9:30—personal care/washcloths 10– exercise-hula hoop 11– Movie Mondays 12—lunch 1—Civitan/swim 2– snack 3-bus</p>	<p>20 8:00—10:00—breakfast/currents 9:30—personal care 10:00 – exercise 11:00– Bikes to McDonalds—ice cream/soda 12:00—lunch 1:00—Nutrition bingo 2:00—snack 3:00—bus</p>	<p><b>21—8:00—10:00—breakfast/currents 9:30—personal care 10:00– exercise / handbells 11:00– let’s play games 12:00—lunch 1:00– Moose 2:00– snack 3:00—bus</b></p>	<p><b>22—8:00—10:00—breakfast/currents 9:30—personal care 10:00—Range of motion 11:00– Let’s draw/color 12:00– lunch 1:00– VFW 2:00—snack 3:00 bus</b>  Bday bash</p>	<p>23 8-10—breakfast/currents 9-personal care 10– exercise 11– Mod Podge Hat 12-lunch 1-Guardian Angels 2-snack 3– bus</p>
<p>26 - 9:30 Personal Care AM/Washcloths 8:00– 10:00 Breakfast/Currents 11– movie Monday 12:00 LUNCH Swimming 1pm— Wabash Steele 2:00—snack 3-Bus</p>	<p><b>27 8-10—breakfast/current 9:30—personal care 10—Coffee connection 11– Cover to cover 12– noon 1– Ron’s Bingo 2—Snack 3—Bus</b></p>	<p><b>28 8-10—breakfast 930—personal care 10-fresh air fitness 11- Fishbowl follies 12– Lunch 1– Moose Aux 2-snack 3-Bus</b></p>	<p><b>29—8:00—10:00—breakfast/currents 9:30—personal care 10:00—Range of motion 11:00– bug fossils in the making 12:00– lunch 1:00– Sally Coupon day Bingo 2:00—snack 3:00 bus</b></p>	<p><b>30 8-10—breakfast/currents 9-personal care 10– exercise 11– bottle painting class 12-lunch 1-Goodwins 2-snack 3– bus</b></p>