

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 10 Legal Aid - RR 11:30 Lunch – RR 1 Game time 1 Tai Chi – Emeritus 1 Dance Vision 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11 Chair Yoga - \$2 11:30 Lunch - RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 10 & 11 Technology help with Ken Samantha - RR 11:30 Lunch – RR – James Woods on piano 12:30 Caregiver support group 1 Tai Chi – Emeritus 2 GriefShare 2 Chair Yoga - \$2 - RR	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch – RR – Silver Singers 12:30 Mental Health support group 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 2 Golden Age of Television with Dr. Michelle Stanton - RR	10 TOPS Meeting 11:30 Lunch - RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time
9	10	11	12	13
9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 9 HICAP – RR 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR 1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 1 Social work hour w/Roneet of MemorialCare on VA Benefits - RR 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10:30 Information session about our Guided Autobiography class – RR (one-time session) 11 Chair Yoga - \$2 11:30 Lunch - RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 10 & 11 Technology help with Ken Samantha - RR 11:30 Lunch – RR – James Woods on piano 12:30 Caregiver Group 1 Tai Chi – Emeritus 2 Chair Yoga - \$2 - RR	9 Balance & Mobility – E 10 Beg. Chair Exercise - E 10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch – RR 12:30 Mental Health Group 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 1:30 Laughter Yoga with Pam - RR 2 & 3 Apple help – RR 2 Golden Age of Television with Dr. Michelle Stanton - RR	10 TOPS Meeting 11:30 Lunch – RR with Arnie DiCioccio on piano 12:30 Father's Day Ice Cream Social - RR 12:30 Cribbage 12:45 Movie Day 1 Game time
16	17	18	19	20
9 Wire Wrapping Class/E 9 HICAP – RR 9:30 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR - Tremble Clef's Performance 1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 2:30 Tai Chi	9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11 Chair Yoga - \$2 11:30 Lunch – RR - Tony Rogers Performance 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 10 Financial Consultations with Tim Bryant – RR 10 & 11 Technology help with Ken Samantha - RR 11:30 Lunch - RR Harmonaires Performance 12:30 Caregiver Group 1 Tai Chi – Emeritus 2 Chair Yoga - \$2 - RR	9 Balance & Mobility – E 10 Beg. Chair Exercise - E 10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch - RR 12:30 Mental Health Group 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 2 Golden Age of Television with Dr. Michelle Stanton - RR	10 TOPS Meeting 11:30 Lunch - RR with Arnie DiCioccio on piano 12:30 Cribbage 12:45 Movie Day 1 Game time

Monday	Tuesday	Wednesday	Thursday	Friday
23 9 to 4 Walk-in for Saddleback Emeritus Fall Enrollment assistance 9 Wire Wrapping Class/E 9 HICAP – RR 9:30 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR – Sunshine Band 1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 2:30 Tai Chi	24 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Advanced Card Making Class with CJ – RR 11 Chair Yoga - \$2 11:30 Lunch – RR – Silver Singers 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo 1 Beginner Card Making Class with CJ – RR	25 9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 10 MemorialCare Medicare information session with Jose 10 & 11 Technology help with Ken Samantha - RR 11:30 Lunch – RR – James Woods on piano 12:30 Caregiver support group 12:30 Art for Healing - RR 1 Inter. Knitting – E 1 Tai Chi – Emeritus 2 Chair Yoga - \$2 - RR	26 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Yoga for Parkinson's 10 Medication Consultations - RR 11 Chair Yoga - \$2 11:30 Lunch - RR-Street Performers 12:30 Mental Health support group 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 1:30 Laughter Yoga Pam – RR 1:30 Sound Bath with Optum - RR 2 Golden Age of Television with Dr. Michelle Stanton - RR	27 10 TOPS Meeting 11:30 – 1 Cox Communications presents internet safety session, lunch & learn - RR 11:30 Lunch – RR - Birthday Celebrations with Arnie DiCioccio on piano & entertainment by Clown Alley 12:30 Cribbage 12:45 Movie Day 1 Game time
30 9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 9:30 Tremble Clef Practice 10 CA Driver's License Renewal Prep – RR 11:30 Lunch – RR 1 Social work hour with Roneet of MemorialCare- RR 1 Tai Chi – Emeritus 1 Game time 1 Dance Vision 2:30 Tai Chi	July 1 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 11 Chair Yoga - \$2 11:30 Lunch - RR 12 Knit and Crochet Club 12:30 Poker 1:00 Bingo	July 2 9 Wire Wrapping Class/E 9:30 Balance & Mobility – E 10 & 11 Technology help with Ken Samantha - RR 11:30 Lunch – RR – James Woods on piano 12:30 Caregiver support group 1 Inter. Knitting – E 1 Tai Chi – Emeritus 2 Chair Yoga - \$2 - RR	July 3 9 Balance & Mobility – E 10 Beg. Chair Exercise – E 10 Yoga for Parkinson's 11 Chair Yoga - \$2 11:30 Lunch - RR 12:30 Mental Health support group 12:30 Therapy Dogs visiting 1 Inter Oil/Acrylic painting/E 2 Golden Age of Television with Dr. Michelle Stanton - RR	July 4 <div style="text-align: center;"> <p>Closed for Independence Day</p> </div>

Coming in July:

- Golden Age of Television Series with Dr. Michelle Stanton – continues – Thursdays at 2pm – reservations required
- VA Benefits Presentation with Martie Atkins of Home Instead on Monday, July 14th at 1:30pm - reservations required
- Stay tuned for more exciting news!

RR = Reservations Required • E = Emeritus Class