

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:00 Strength & Balance Exercise – Auditorium	<b>2</b> 9:30 HASfit TV Exercise – Channel 11.1 10:30 Floral Wreath Making – Hobby Room 1:00 Resident Council – Hobby Room	<b>3</b> 10:00 Strength & Balance Exercise – Auditorium 1:30 Bingo – 2 <sup>nd</sup> Floor Activity Room 2:00 Hand Massages – Fireside Room 2:00 500 Card Game – Rochester Room 3:00 Summer Games: Seated Balloon Badminton – Auditorium &/or Patio	<b>4</b> 9:00 Assisted Living Manicures – 2 <sup>nd</sup> Floor Act. Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread – Lobby 1:00 Live music with Craig Morton – Auditorium 2:00 Gift of Gab – 2 <sup>nd</sup> Floor Act. Room 3:00 Happy Hour – Rochester Room	<b>5</b> 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:30 Viral Food Taste-Test Party – Rochester Room	<b>6</b> 9:30 HASfit TV Exercise – Channel 11.1
<b>7</b> 9:30 Protestant Service – SNF Chapel/ Channel 23.1 10:30 Catholic Mass – Towers Chapel/ Channel 19.1	<b>8</b> 10:00 Strength & Balance Exercise – Auditorium	<b>9</b> 9:30 HASfit TV Exercise – Channel 11.1 10:30 Town Hall Meeting – Auditorium Channel 73.1 1:00 Library Committee – Hobby Room 3:00 Live music with Allen Carlson – Auditorium	<b>10</b> 10:00 Strength & Balance Exercise – Auditorium 1:30 Bingo – 2 <sup>nd</sup> Floor Activity Room 2:00 Hand Massages – Fireside Room 2:00 500 Card Game – Rochester Room 3:00 Summer Games: Ladder Golf– Auditorium &/or Patio	<b>11</b> 9:00 Assisted Living Manicures – 2 <sup>nd</sup> Floor Activity Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread – Lobby 2:00 Trivia – 2 <sup>nd</sup> Floor Act. Room 3:00 Happy Hour – Rochester Room	<b>12</b> 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium	<b>13</b> 9:30 HASfit TV Exercise – Channel 11.1
<b>14 Flag Day</b> 9:30 Protestant Service – SNF Chapel/ Channel 23.1 10:30 Catholic Mass – Towers Chapel/ Channel 19.1	<b>15</b> 10:00 Strength & Balance Exercise – Auditorium	<b>16</b> 9:30 HASfit TV Exercise – Channel 11.1 10:00 What's for Dinner Meeting - Dining Room 2:00 June Birthday Celebration with Live music by Rockin' Woody – Auditorium	<b>17</b> 10:00 Strength & Balance Exercise – Auditorium 1:30 Bingo – 2 <sup>nd</sup> Floor Activity Room 2:00 Hand Massages – Fireside Room 2:00 500 Card Game – Rochester Room 3:00 Summer Games: Polish Horseshoe – Auditorium &/or Patio	<b>18</b> 9:00 Assisted Living Manicures – 2 <sup>nd</sup> Floor Activity Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread – Lobby 2:00 Gift of Gab – 2 <sup>nd</sup> Floor Act. Room 3:00 Happy Hour – Rochester Room	<b>19 Juneteenth</b> 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium 1:30 Smoothie Bar – Patio of Auditorium	<b>20</b> 9:30 HASfit TV Exercise – Channel 11.1
<b>21 Father's Day</b> 9:30 Protestant Service – SNF Chapel/ Channel 23.1 10:30 Catholic Mass – Towers Chapel/ Channel 19.1	<b>22</b> 10:00 Strength & Balance Exercise – Auditorium 3:00 Men's Special Event – Gazebo	<b>23</b> 9:30 HASfit TV Exercise – Channel 11.1 2:00 Live music with the Mellow Fellows – Auditorium	<b>24</b> 10:00 Strength & Balance Exercise – Auditorium 1:30 Bingo – 2 <sup>nd</sup> Floor Activity Room 2:00 Hand Massages – Fireside Room 2:00 500 Card Game – Rochester Room 3:00 Summer Games: Seated Volleyball – Auditorium &/or Patio	<b>25</b> 9:00 Assisted Living Manicures – 2 <sup>nd</sup> Floor Activity Room 9:30 HASfit TV Exercise – Channel 11.1 10:00 Gentle Yoga – Rochester Room 10:30 Common Thread – Lobby 2:00 Trivia – 2 <sup>nd</sup> Floor Act. Room 3:00 Happy Hour – Rochester Room	<b>26</b> 10:00 Strength & Balance Exercise – Auditorium 11:00 Bingo – Auditorium	<b>27</b> 9:30 HASfit TV Exercise – Channel 11.1
<b>28</b> 9:30 Protestant Service – SNF Chapel/ Channel 23.1 10:30 Catholic Mass – Towers Chapel/ Channel 19.1	<b>29</b> 10:00 Strength & Balance Exercise – Auditorium	<b>30</b> 9:30 HASfit TV Exercise – Channel 11.1 10:30 Garden Club Meeting – Raised Garden Beds 2:00 Live music with Michael Nelson – Auditorium				

**Sign up for activities and programs in the white Activity Binder, located in the Lobby.  
Contact Collin Volkman, Wellness Director at 507-206-2364 with any questions or suggestions.**