


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 9:30am- Chair Yoga Daily 10am- Chronicle & Snack 11am- Inspirational Arts 1:30pm- Shake Loose a Memory 2:30- Men's Monday & Snack 3:30pm- Finish the Phrase	2 9:30am- Seated Zumba 10am- Daily Chronicle & Snack 11am- Balloon Tennis 1:30am- Puzzles & Coloring 2:30pm- Reading Group & Snack 3:30pm- Jeopardy!	3 9:30am-Chair Exercise 10am- Daily Chronicle & Snack 11am- Crafty Corner 1:30pm- Ring Toss 2:30pm- Women's Wednesday & Snack 3:30pm- Pretty Nails	4 9:30am-Chair Posture Balance 10am- Daily Chronicle & Snack 11am- Balloon Volleyball 1:30pm- Painting 2:30pm- Daily Gratitude & Snack 3:30pm- Table Games and Puzzles	5 9:30-Seated Stretches 10am- Daily Chronicle & Snack 11am- Dave Dohren Music 1:30pm- BINGO! 2:30- Movie & Snack 3:30- Armchair Travels National Donuts Day	6 HAPPY BIRTHDAY ANNE B 9:30am-Chair Exercise 10am- Daily Chronicle & Snack 11am- Outdoor Activity 1:30pm- Make The Snack 2:30pm- Reading Club 3:30pm- Movie & popcorn	
7 9:30am- Sit and Fit Daily 10am- Virtual Church Service & Snack 11am- Coloring Corner 1:30pm- Walking club 2:30pm- Gardening Club & Snack 3:30pm- Who, What, Where?	8 9:30am- Chair Yoga Daily 10am- Chronicle & Snack 11am- Inspirational Arts 1:30pm- Shake Loose a Memory 2:30- Men's Monday & Snack 3:30pm- Finish the Phrase	9 9:30am- Seated Zumba 10am- Daily Chronicle & Snack 11am- Balloon Tennis 1:30am- Puzzles & Coloring 2:30pm- Reading Group & Snack 3:30pm- Jeopardy!	10 9:30am-Chair Exercise 10am- Daily Chronicle & Snack 11am- Crafty Corner 1:30pm- Ring Toss 2:30pm- Women's Wednesday & Snack 3:30pm- Pretty Nails	11 9:30am-Chair Posture Balance 10am- Daily Chronicle & Snack 11am- Balloon Volleyball 1:30pm- Painting 2:30pm- Daily Gratitude & Snack 3:30pm- Table Games and Puzzles	12 9:30-Seated Stretches 10am- Daily Chronicle & Snack 11am- Craft Corner 1:30pm- BINGO! 2:30- Movie & Snack 3:30- Armchair Travels	13 HAPPY BIRTHDAY LINDA A 9:30am-Chair Exercise 10am- Daily Chronicle & Snack 11am- Outdoor Activity 1:30pm- Make The Snack 2:30pm- Reading Club 3:30pm- Movie & popcorn	
14 9:30am- Sit and Fit Daily 10am- Virtual Church Service & Snack 11am- Coloring Corner 1:30pm- Walking club 2:30pm- Gardening Club & Snack 3:30pm- Who, What, Where? Flag Day (U.S.)	15 9:30am- Chair Yoga Daily 10am- Chronicle & Snack 11am- Inspirational Arts 1:30pm- Shake Loose a Memory 2:30- Men's Monday & Snack 3:30pm- Finish the Phrase	16 9:30am- Seated Zumba 10am- Daily Chronicle & Snack 11am- Balloon Tennis 1:30am- Puzzles & Coloring 2:30pm- Joseph Plays The Accordion! 3:30- Snack & Hydration National Fudge Day!	17 9:30am-Chair Exercise 10am- Daily Chronicle & Snack 11am- Crafty Corner 1:30pm- Ring Toss 2:30pm- Women's Wednesday & Snack 3:30pm- Pretty Nails	18 9:30am-Chair Posture Balance 10am- Daily Chronicle & Snack 11am- Balloon Volleyball 1:30pm- Painting 2:30pm- Daily Gratitude & Snack 3:30pm- Table Games and Puzzles	19 9:30-Seated Stretches 10am- Daily Chronicle & Snack 11am- Phil Hall (Accordion) 1:30pm- BINGO! 2:30- Movie & Snack 3:30- Armchair Travels Juneteenth	20 9:30am-Chair Exercise 10am- Daily Chronicle & Snack 11am- Outdoor Activity 1:30pm- Make The Snack 2:30pm- Reading Club 3:30pm- Movie & popcorn National Ice cream Soda Day	
21 9:30am- Sit and Fit Daily 10am- Virtual Church Service & Snack 11am- Coloring Corner BREWS AND BRATS FOR FATHER'S DAY 1:30pm- Walking club 2:30pm- Gardening Club & Snack 3:30pm- Who, What, Where? Summer Begins Father's Day	22 9:30am- Chair Yoga Daily 10am- Chronicle & Snack 11am- Inspirational Arts 1:30pm- Shake Loose a Memory 2:30- Men's Monday & Snack 3:30pm- Finish the Phrase	23 HAPPY BIRTHDAY VIRGINIA L. 9:30am- Seated Zumba 10am- Daily Chronicle & Snack 11am- Balloon Tennis 1:30am- Puzzles & Coloring 2:30pm- Reading Group & Snack 3:30pm- Jeopardy!	24 9:30am-Chair Exercise 10am- Daily Chronicle & Snack 11am- Crafty Corner 1:30pm- Ring Toss 2:30pm- Women's Wednesday & Snack 3:30pm- Pretty Nails	25 9:30am-Chair Posture Balance 10am- Daily Chronicle & Snack 11am- Balloon Volleyball 1:30pm- Painting Canine Companion 3:30pm- Table Games and Puzzles	26 9:30-Seated Stretches 10am- Daily Chronicle & Snack 11am- Craft Corner 1:30pm- BINGO! 2:30- Movie & Snack 3:30- Armchair Travels	27 HAPPY BIRTHDAY JOE S 9:30am-Chair Exercise 10am- Daily Chronicle & Snack 11am- Outdoor Activity 1:30pm- Make The Snack 2:30pm- Reading Club 3:30pm- Movie & popcorn	
28 9:30am- Sit and Fit Daily 10am- Virtual Church Service & Snack 11am- Coloring Corner 1:30pm- Walking club 2:30pm- Gardening Club & Snack 3:30pm- Who, What, Where?	29 9:30am- Chair Yoga Daily 10am- Chronicle & Snack 11am- Inspirational Arts 1:30pm- Shake Loose a Memory 2:30- Men's Monday & Snack 3:30pm- Finish the Phrase	30 9:30am- Seated Zumba 10am- Daily Chronicle & Snack 11am- Balloon Tennis 1:30am- Puzzles & Coloring 2:30pm- Reading Group & Snack 3:30pm- Jeopardy!	 June 2026 				

Brookside Memory Care: Enrichment Activity Times May Range Daily