V	1						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Crossword 2:00pm - Communi 3:30pm -	Church Service with on (CC) Brain Teasers (CC) Shavuot Begins	10:00am - Exercise Class (CC) 2 11:00am - Garden Club Interest Meeting (CC) 1:00pm - Bingo (CC) 2:00pm - Chair Exercise (CC) 3:00pm - Ping Pong (CC) 10:00am - Exercise Class (CC) 9	10:00am - Exercise Class (CC)310:45am - Anderson's (Shopping Trip)2:00pm - Music with Mary and Jerry (DR)3:30pm - Happy Hour (CC)10:00am - Exercise Class (CC) 10	11:00am - Crafting Hour: Flowerpot Painting (CC) 2:00pm - Meet and Greet with Howard Gwynn, NN Commonwealth Attorney (CC) 6:00pm - Summer Concert Series (Styron Square)	10:00am - Exercise Class (CC) 10:45am - Harris Teeter (Grocery Outing) 1:00pm - Bingo (CC) 2:00pm - Afternoon Stretch (CC) 3:30pm - Happy Hour (CC)	6 10:00am - Exercise Class (CC) 10:30am - Garden Club (G) 2:00pm - Liverpool Rummy (CC) 7:00pm - Movie and Popcorn: <i>The Maltese Falcon</i> (MT) 10:00am - Exercise Class (CC) 13	7 11:00am - Trivia Crush (CC) 2:00pm - Left, Right, Center (CC) 6:30pm - Bingo (CC)
Crossword 2:00pm -	- Coffee and ds (Cafe) Church Service (CC) Brain Teasers (CC)	 10:30am - Therapy Dogs (GR) 11:00am - Garden Club (G) 1:00pm - Bingo (CC) 2:00pm - Chair Exercise (CC) 3:00pm - Ping Pong (CC) 	10:000m - Exercise class (CC) TO 10:45am - Walmart (Grocery Outing) 1:30pm - Afternoon Movie: <i>Top</i> <i>Gun 2: Maverick</i> (MT) 3:30pm - Happy Hour (CC)	11:00am - Crafting Hour: Painting Wine Glasses (CC) 2:00pm - VHS Jeopardy Event (CC) 6:00pm - Summer Concert Series (Styron Square)	 10:00am - Exercise Class (CC) 10:45am - Food Lion (Grocery Outing) 1:00pm - Bingo (CC) 2:00pm - Seated Tai Chi (CC) 3:30pm - Happy Hour (CC) 	10:00am - Exercise class (CC) 13 10:30am - Garden Club (G) 11:00am - History of Flag Day (CC) 12:00pm - Art with Emily (CC) 2:00pm - Liverpool Rummy (MT) 7:00pm - Movie and Popcorn: Saving Private Ryan (MT)	14 11:00am - Trivia Crush (CC) 2:00pm - Yahtzee (CC) 6:30pm - Bingo (CC) Flag Day (U.S.)
Crossword 2:00pm -	- Coffee and ds (Cafe) Church Service (CC) Brain Teasers (CC)	10:00am - Exercise Class (CC) 16 10:30am - Garden Club (G) 11:00am - ARKitecture: Weathering Noah's Storm by Mariner's Museum (CC) 1:00pm - Bingo (MT) 2:00pm - Father's Day Happy Hour: Wings and Games (CC) 3:30pm - Ping Pong (MT)	 10:00am - Exercise Class (CC) 17 11:00am - Brain Fitness: Finish the Phrase (CC) 12:00pm - Lunch Bunch: Smoke BBQ (Outing) *Sign-up Required* 3:30pm - Happy Hour (CC) 	10:00am - Exercise Class (CC) 18 10:30am - VHS Blood Pressure Clinic (CC) 11:00am - Crafting Hour: Making Stained Glass (CC) 2:00pm - June Birthday Social (DR) 6:00pm - Summer Concert Series (Styron Square)	19 10:00am - Exercise Class (CC) 10:45am - Aldi/Lidl (Grocery Outing) 1:00pm - Bingo (CC) 2:30pm - History of Juneteenth (CC) 3:30pm - Happy Hour (CC) Juneteenth	10:00am - Exercise Class (CC) 20 10:30am - Garden Club (G) 2:00pm - Liverpool Rummy (CC) 7:00pm - Movie and Popcorn: <i>Mamma Mia 2: Here We Go</i> <i>Again</i> (MT) Summer Begins	21 11:00am - Trivia Crush (CC) 2:00pm - Left, Right, Center (CC) 6:30pm - Bingo (CC)
Crossword 2:00pm -	- Coffee and 22	10:00am - Exercise Class (CC) 23 10:30am - Therapy Dogs (GR) 11:00am - Crafting Hour: Painting Aluminum Cans (CC) 1:00pm - Bingo (CC) 2:00pm - Resident Town Hall (DR)	 10:00am - Exercise Class (CC) 24 11:00am - Brain Fitness: Word Within a Word (CC) 1:00pm - Patrick Henry Mall (Shopping Outing) *Sign-up Required* 3:30pm - Happy Hour (CC) 	 10:00am - Exercise Class (CC) 25 11:00am - Crafting Hour: Decoupaging Painted Cans (CC) 2:00pm - VHS Senior Life Support Group (CC) 6:00pm - Summer Concert Series (Styron Square) 		10:00am - Exercise Class (CC) 27 10:30am - Garden Club (G) 12:00pm - Art with Emily (CC) 2:00pm - Liverpool Rummy (MT) 7:00pm - Movie and Popcorn: <i>Rudy</i> (MT)	28 11:00am - Trivia Crush (CC) 2:00pm - Mexican Train Dominoes (CC) 6:30pm - Bingo (CC)
Crossword 2:00pm -	- Coffee and	10:00am - Exercise Class (CC) 30 10:30am - Garden Club (G) 1:00pm - Bingo (CC) 2:00pm - Chair Exercise (CC) 3:00pm - Ping Pong (CC)		Ju	ne 20)25	

The Arbors Independent Living Community | Activities Director: Marranda Hansford, CTRS, CDP