## June 2021

### Senior Day Services Enrichment Activity Calendar

**Monday**
- 9:00: Coffee/ Socialize
- 9:30: Table Games
- 10:00: Music Therapy
- 10:30: Games/ Craft
- 11:00: Brain Games
- 11:30: Aerobics/Stretch
- Noon: Lunch
- 1:00: TDIH/Powerpoint
- 1:30: Snack
- 2:00: Sing Along/ Drumming
- 2:30: Table Games
- 3:00: Trivia

**Tuesday**
- 9:00: Coffee/ Socialize
- 9:30: Table Games
- 10:00: Music Therapy
- 10:30: Games/ Craft
- 11:00: Brain Games
- 11:30: Aerobics/Stretch
- Noon: Lunch
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- 1:30: Snack
- 2:00: Sing Along/ Drumming
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- 3:00: Trivia

**Wednesday**
- 9:00: Coffee/ Socialize
- 9:30: Table Games
- 10:00: Music Therapy
- 10:30: Games/ Craft
- 11:00: Brain Games
- 11:30: Aerobics/Stretch
- Noon: Lunch
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- 1:30: Snack
- 2:00: Sing Along/ Drumming
- 2:30: Table Games
- 3:00: Trivia

**Thursday**
- 9:00: Coffee/ Socialize
- 9:30: Table Games
- 10:00: Music Therapy
- 10:30: Games/ Craft
- 11:00: Brain Games
- 11:30: Aerobics/Stretch
- Noon: Lunch
- 1:00: TDIH/Powerpoint
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**Friday**
- 9:00: Coffee/ Socialize
- 9:30: Table Games
- 10:00: Music Therapy
- 10:30: Games/ Craft
- 11:00: Brain Games
- 11:30: Aerobics/Stretch
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### TDIH - This Day In History

- **June 6**: D-Day
- **June 20**: Father's Day
- **June 21**: First Day of Summer

### This month's crafts:
- Paper Plate Flowers
- Hanger Butterflies
- Lightbulb Decorations

### Special days:
- June 6: D-Day
- June 20: Father's Day
- June 21: First Day of Summer

### Aerobics:
- Yoga
- Tai Chi
- Seated Aerobics

After lunch activities can include powerpoints, armchair travel, classic shows/commercials.