

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	10:00 Daily Chronicle 10:30 Chair Dancing 11:00 Sing-Along 11:30 Lunch Setup <u>2:00 Manicures and Movies</u> 3:00 TV Time 	10:00 Daily Chronicle 10:30 Corn Hole <u>11:00 Virtual Bible Study</u> 11:30 Lunch Setup <u>2:00 Coloring</u> 3:00 Relax to Music <u>6:00 Bingo Night -MDR</u>	10:00 Daily Chronicle 10:30 Ring Toss 11:00 Sing-Along 11:30 Lunch Setup <u>2:00 Sensation</u> 3:00 TV Time 	10:00 Daily Chronicle 10:30 Balloon Volley 11:00 Make Music 11:30 Lunch Setup <u>2:00 Arts &amp; Craft</u> 3:00 Mix and Mingle <u>6:00 Movie Night-MDR</u>	10:00 Daily Chronicle 10:30 Hit the Target 11:00 Ball Toss 11:30 Lunch Setup <u>2:00 Friday Social</u> 3:00 TV Time 	10:00 Meet & Greet 10:45 Morning Fitness 11:30 Lunch Setup <u>2:00 Sensation</u> 3:00 Afternoon Snack Cart 3:30 Tv Time	
10:00 Daily Chronicle 10:30 Praise & Worship 11:00 Kickball 11:30 Lunch Setup <u>2:00 Church Services (YT)</u> 3:00 Tranquil Music & Snacks 	10:00 Daily Chronicle 10:30 Chair Dancing 11:00 Sing-Along 11:30 Lunch Setup <u>2:00 Manicures and Movies</u> 3:00 TV Time	10:00 Daily Chronicle 10:30 Corn Hole <u>11:00 Virtual Bible Study</u> 11:30 Lunch Setup <u>2:00 Coloring</u> 3:00 Relax to Music <u>6:00 Bingo Night -MDR</u> 	10:00 Daily Chronicle 10:30 Ring Toss 11:00 Sing-Along 11:30 Lunch Setup <u>2:00 Sensation</u> 3:00 TV Time	<u>National CNA Week</u> 10:00 Daily Chronicle 10:30 Balloon Volley 11:00 Make Music 11:30 Lunch Setup 3:00 Mix and Mingle <u>6:00 Movie Night-MDR</u> 	<u>National CNA Week</u> 10:00 Daily Chronicle 10:30 Hit the Target 11:00 Ball Toss 11:30 Lunch Setup <u>2:00 Wheelchair Wash &amp; Roll</u> 3:00 TV Time	<u>National CNA Week</u> 10:00 Meet & Greet 10:45 Morning Fitness 11:30 Lunch Setup <u>2:00 Sensation</u> 3:00 Afternoon Snack Cart 3:30 Tv Time 	
<u>National CNA Week</u> 10:00 Daily Chronicle 10:30 Praise & Worship 11:00 Kickball 11:30 Lunch Setup <u>2:00 Church Services (YT)</u> 3:00 Tranquil Music & Snacks <small>Flag Day (U.S.)</small>	<u>National CNA Week</u> 10:00 Daily Chronicle 10:30 Chair Dancing 11:00 Sing-Along 11:30 Lunch Setup <u>2:00 Manicures and Movies</u> 3:00 TV Time 	<u>National CNA Week</u> 10:00 Daily Chronicle 10:30 Corn Hole <u>11:00 Virtual Bible Study</u> 11:30 Lunch Setup <u>2:00 Coloring</u> 3:00 Relax to Music <u>6:00 Bingo Night -MDR</u>	<u>National CNA Week</u> 10:00 Daily Chronicle 10:30 Ring Toss 11:00 Sing-Along 11:30 Lunch Setup <u>2:00 Sensation</u> 3:00 TV Time 	10:00 Daily Chronicle 10:30 Balloon Volley 11:00 Make Music 11:30 Lunch Setup <u>2:00 Arts &amp; Craft</u> 3:00 Mix and Mingle <u>6:00 Movie Night-MDR</u>	<u>Happy Juneteenth</u> <u>Scarf Lady</u> 10:00 Daily Chronicle 10:30 Hit the Target 11:00 Ball Toss 11:30 Lunch Setup <u>2:00 Father's Day Grill Social</u> 3:00 TV Time <small>Juneteenth</small> 	10:00 Meet & Greet 10:45 Morning Fitness 11:30 Lunch Setup <u>2:00 Sensation</u> 3:00 Afternoon Snack Cart 3:30 Tv Time	
10:00 Daily Chronicle 10:30 Praise & Worship 11:00 Kickball 11:30 Lunch Setup <u>2:00 Church Services (YT)</u> 3:00 Tranquil Music & Snacks <small>Father's Day Summer Begins</small> 	10:00 Daily Chronicle 10:30 Chair Dancing 11:00 Sing-Along 11:30 Lunch Setup <u>2:00 Manicures and Movies</u> 3:00 TV Time	10:00 Daily Chronicle 10:30 Corn Hole <u>11:00 Virtual Bible Study</u> 11:30 Lunch Setup <u>2:00 Coloring</u> 3:00 Relax to Music <u>6:00 Bingo Night -MDR</u> 	10:00 Daily Chronicle 10:30 Ring Toss 11:00 Sing-Along 11:30 Lunch Setup <u>2:00 Sensation</u> 3:00 TV Time	10:00 Daily Chronicle 10:30 Balloon Volley 11:00 Make Music 11:30 Lunch Setup <u>2:00 Arts &amp; Craft</u> 3:00 Mix and Mingle <u>6:00 Movie Night-MDR</u> 	10:00 Daily Chronicle 10:30 Hit the Target 11:00 Ball Toss 11:30 Lunch Setup <u>2:00 Resident Birthday Party</u> 3:00 TV Time	10:00 Meet & Greet 10:45 Morning Fitness 11:30 Lunch Setup <u>2:00 Sensation</u> 3:00 Afternoon Snack Cart 3:30 Tv Time 	
10:00 Daily Chronicle 10:30 Praise & Worship 11:00 Kickball 11:30 Lunch Setup <u>2:00 Church Services (YT)</u> 3:00 Tranquil Music & Snacks	10:00 Daily Chronicle 10:30 Chair Dancing 11:00 Sing-Along 11:30 Lunch Setup <u>2:00 Manicures and Movies</u> 3:00 TV Time 	10:00 Daily Chronicle 10:30 Corn Hole <u>11:00 Virtual Bible Study</u> 11:30 Lunch Setup <u>2:00 Coloring</u> 3:00 Relax to Music <u>6:00 Bingo Night -MDR</u>	<h1>June 2026</h1> Alcour Activity Calendar				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	9:00 Daily Chronicle 1 9:30 Meet & Greet 10:00 Morning Exercise 10:30 Board Games 11:30 Lunch Setup 2:00 Movies 3:30 TV Time 	9:00 Daily Chronicle 2 9:30 Meet & Greet 10:00 Bible Study 11:30 Lunch Setup 2:00 Movies 3:30 TV Time 6:00 BINGO	9:00 Daily Chronicle 3 9:30 Meet & Greet 10:00 Ballon Volleyball 10:30 Word Search Club 11:30 Lunch Setup 12:30 Lunch w/Olga 2:00 Movies 3:30 TV Time 	9:00 Daily Chronicle 4 9:30 Meet & Greet 10:00 Noodle Tap Games 10:30 Variety Board Games 11:30 Lunch Setup 2:00 Movies 3:30 TV Time	9:00 Daily Chronicle 5 9:30 Meet & Greet 10:00 Pass the Ball 10:30 Morning Movement 11:30 Lunch Setup 2:00 Friday Social 3:30 TV Time 	9:00 Daily Chronicle 6 9:30 Meet & Greet 10:00 Exercise 10:30 Connect Four 11:30 Lunch Setup 2:00 Movies 3:30 TV Time		
9:00 Daily Chronicle 7 9:30 Meet & Greet 10:00 Exercise 10:30 Church Service (YT) 11:30 Lunch Setup 2:00 Movies 3:30 TV Time	9:00 Daily Chronicle 8 9:30 Meet & Greet 10:00 Patio Social 10:30 Connect Four 11:30 Lunch Setup 2:00 Movies 3:30 TV Time	9:00 Daily Chronicle 9 9:30 Meet & Greet 10:00 Bible Study 11:30 Lunch Setup 2:00 Movies 3:30 TV Time 6:00 BINGO	9:00 Daily Chronicle 10 9:30 Meet & Greet 10:00 Patio Social 10:30 Chair Stretch 11:30 Lunch Setup 2:00 Movies 3:30 TV Time	9:00 Daily Chronicle 11 9:30 Meet & Greet/stretch 10:30 Patio Social 11:30 Lunch Setup 2:00 Movies 3:30 TV Time National CNA Week (Kickoff Dunkin Donut) 	9:00 Daily Chronicle 12 9:30 Meet & Greet/yoga 10:30 Exercise yoga 11:30 Lunch Setup 2:00 Wheelchair Wash & Roll National CNA Week (Hot Dog Day) 	9:00 Daily Chronicle 13 9:30 Meet & Greet/stretch 10:30 Chair Exercise 11:30 Lunch Setup 2:00 Movies 3:30 TV Time National CNA Week		
9:00 Daily Chronicle 14 9:30 Meet & Greet 10:30 Church Service (YT) 11:30 Lunch Setup 2:00 Movies 3:30 TV Time National CNA Week  Flag Day (U.S.)	9:00 Daily Chronicle 15 9:30 Meet & Greet 10:30 Patio Social 11:30 Lunch Setup 2:00 Movies 3:30 TV Time National CNA Week 	9:00 Daily Chronicle 16 9:30 Meet & Greet 10:00 Bible Study 11:30 Lunch Setup 2:00 Resident Council 3:30 TV Time/ 6:00 BINGO National CNA Week 	9:00 Daily Chronicle 17 9:30 Meet & Greet 10:30 Balloon Volleyball 11:30 Lunch Setup 2:00 Karaoke Hour-Everyone 3:30 TV Time National CNA Week (Finish) " "Circus Fun Day" 	9:00 Daily Chronicle 18 9:30 Meet & Greet 10:30 Fresh Air Fitness (Patio) 11:30 Lunch Setup 2:00 Poetic w/Sharon Jones 3:30 TV Time	<u>Scarf Lady</u> 19 9:00 Daily Chronicle 10:30 Bowling 11:30 Lunch Setup 2:00 Father's Day Grill Social 3:00 "Freedom Through Music"-Juneteenth (singer) Juneteenth	9:00 Daily Chronicle 20 9:30 Meet & Greet 10:00 Exercise 10:30 Patio Social 11:30 Lunch Setup 2:00 Movies 3:30 TV Time		
9:00 Daily Chronicle 21 9:30 Meet & Greet 10:30 Church Service (YT) 11:30 Lunch Setup 2:00 Father's Day Service "Special Music Selections" Summer Begins Father's Day	9:00 Daily Chronicle 22 9:30 Meet & Greet 10:00 Aerobic Therapy 10:30 Spa & Hand Massage 11:30 Lunch Setup 2:00 Movies 3:30 TV Time	9:00 Daily Chronicle 23 9:30 Meet & Greet 10:00 Bible Study 11:30 Lunch Setup 2:00 Paint and Sip w/Logo 3:30 TV Time 6:00 BINGO	9:00 Daily Chronicle 24 9:30 Meet & Greet 10:00 Bean Bag Toss 10:30 Patio Social (Music) 11:30 Lunch Setup 2:00 Movies or Patio time 3:30 TV Time	9:00 Daily Chronicle 25 9:30 Meet & Greet 10:00 Slow Motion Aerobics 10:30 Chair Exercise 11:30 Lunch Setup 2:00 Movies 3:30 TV Time	9:00 Daily Chronicle 26 9:30 Meet & Greet 10:30 Move & Groove Outside 11:30 Lunch Setup 2:00 Resident Birthday Party 3:30 TV Time 	9:00 Daily Chronicle 27 9:30 Meet & Greet 10:30 Exercise 11:30 Lunch Setup 2:00 Movies 3:30 TV Time		
9:00 Daily Chronicle 28 9:30 Meet & Greet 10:00 Exercise 10:30 Church Service (YT) 11:30 Lunch Setup 2:00 Metropolitan AME Choir 3:30 TV Time	9:00 Daily Chronicle 29 9:30 Meet & Greet 10:00 Yoga 10:30 Golf 11:30 Lunch Setup 2:00 Movies 3:30 TV Time/Cards Games 	9:00 Daily Chronicle 30 9:30 Meet & Greet 10:00 Cognitive Movement 10:30 Bean Bag Toss 11:30 Lunch Setup 2:00 Movies 3:30 TV Time 6:00 BINGO (Musical)						

# June 2026

## MAIN DINNING ROOM ACTIVITY CALENDAR