




# Pinewood Terrace

MCD Communities

Connecting people & possibilities

# Wellness Calendar June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Social Hour</b> <b>Please join us daily at 10am &amp; 3pm for light refreshment and conversation.</b>		<b>Special dates</b> 6/14-Flag Day 6/18-Fathers Day 6/21-First day of Summer		1 9:30-Exercise 10:30-Walks 11:15-Read & relax 1:15-Bingo 3:00-Social hour	2 9:30-Exercise 10:30-Walks 11:15-Visit with a friend 1:15-Movie matinee 3:00-Social hour	3 9:30-Exercise 10:30-Walks 11:15-Crossword puzzles 1:15-Play a game with a friend 3:00-Social hour
4 9:30-Exercise 10:30-Walks 11:15-Relax on the porch 1:30-Church on DVD 3:00-Social hour	5 7:30-The news 9:30-Exercise 10:30-Walks 11:15-Discussion 1:15-Bingo 2:00-Gardening 3:00-Social hour	6 7:30-The news 9:00-Pet therapy 9:30-Exercise 10:30-Walks <b>11:15-Picnic</b> 2:30-Gardening	7 7:30-The news 9:30-Exercise <b>10:30-Church</b> <b>11:15-Manicures</b> <b>12:00-BBQ</b> 1:15-Gardening 2:30-Lemonade on the porch	8 7:30-The news 9:30-Exercise 10:30-Walks 11:15-Stories on the porch 1:15-Bingo 2:30-Shopping lists/ 1:1	9 9:30-Exercise 10:30-Walks 11:15-Picnic 2:30-The news 3:00-Rootbeer floats	10 9:30-Exercise 10:30-Walks 11:15-Word puzzles 1:15-Relax on the porch 3:00-Social hour
11 9:30-Exercise 10:30-Walks 11:15-Puzzles 1:30-Church on DVD 3:00-Social hour	12 7:30-The news 9:30-Exercise <b>10:30-Sing-a-long w/Eileen &amp; gang</b> 1:15-Bingo 2:00-Gardening 3:00-Social hour	13 7:30-The news 9:00-Pet therapy 9:30-Exercise <b>10:30-Lunch outing</b>	14 7:30-The news 9:30-Exercise 10:00-Cake decorating <b>10:30-Church</b> 11:15-Manicures <b>12:00-BBQ</b> 1:15-Flag folding 2:30-Patriotic sing-a-long	15 7:30-The news 9:30-Exercise 10:30-Walks 11:15-Stories on the porch 1:15-Bingo 2:30-Shopping lists/ 1:1	16 9:30-Exercise 10:30-Walks 11:15-The news 1:15-Card games <b>2:30-Father's Day social</b>	17 9:30-Exercise 10:30-Walks 11:15-Read & relax 1:15-Play a game with a friend 3:00-Social hour
18 <b>Happy Father's Day</b> 9:30-Exercise 10:30-Walks 11:15-Word games 1:30-Church on DVD 3:00-Social hour	19 7:30-The news 9:30-Exercise 10:30-Walks 11:15-Discussion 1:15-Bingo 2:00-Gardening 3:00-Social hour	20 7:30-The news 9:00-Pet therapy 9:30-Exercise 10:30-Walks <b>11:15-Picnic</b> <b>6:15-Music w/ Sammy Angel</b>	21 <b>1st day of Summer</b> 7:30-The news 9:30-Exercise <b>10:30-Church</b> 11:15-Water balloon toss <b>12:00-Buffer</b> <b>1:15-Music</b> 2:30-Croquet	22 7:30-The news 9:30-Exercise <b>10:30-Music w/ Kathy</b> 11:15-Stories on the porch 1:15-Bingo 2:30-Shopping lists/ 1:1	23 9:30-Exercise 10:30-Walks 11:15-Puzzles 1:30-Movie matinee 3:00-Social hour	24 9:30-Exercise 10:30-Walks 11:15-Picnic 2:30-The news 3:00-Social hour
25 9:30-Exercise 10:30-Walks 11:15-Visit with a friend 1:30-Church on DVD 3:00-Social hour	26 9:30-Exercise 10:30-Walks 11:15-Puzzles 1:15-Bingo 2:00-Gardening 3:00-Social hour	27 7:30-The news 9:00-Pet therapy 9:30-Exercise 10:00-Resident Council Mtg. 10:30-Walks <b>11:15-Picnic</b>	28 7:30-The news 9:30-Exercise <b>10:30-Church</b> 11:15-Manicures 1:15-Horse shoes 2:30-Lemonade and discussion on the porch	29 7:30-The news 9:30-Exercise 10:30-Walks 11:15-Stories on the porch 1:15-Bingo 2:30-Shopping lists/ 1:1	30 9:30-Exercise 10:30-Walks 11:15-Picnic <b>1:15-Music w/ Sandy &amp; Ric</b> 2:30-The news 3:00-Milkshakes	

### Photos from last month!

Mothers Day social



Mothers Day social



Spring cleanup!



**\*Please note the schedule is subject to change\***