

## CENTER ACTIVITIES FOR JUNE 2025



**BINGO:** Friday nights 5:00pm - 7:00 pm.

**FATHER'S DAY BREAKFAST:** Sunday, June 15th  
8:00am to 11:00am in center dining room.

*(1) complementary Bloody Mary to all Dads 21+*

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### Monday

Strength Exercise Class

Dining Room 9-10am

### Tuesday

Stretch Exercise Class

Dining Room 9-10am.

Computer Lab

*Third Tuesday of Every Month. 1-3pm.*

### Wednesday

Core Exercise Class

Dining Room 9-10am.

Life Changes Group

Conference Room 10:00-11:45am

### Thursday

Balance & Posture Exercise Class

Dining Room 9-10am.

Physical Challenges & Parkinson's Group

Thursday Conference Room 10:30-11:30

Contact Linda Posner at 459-1941

### FRIDAY

Strength Exercise Class

Dining Room 9-10am.

Bingo

Dining Room 5 - 7pm