

Life Enrichment – Sterling Heights				June 2025
Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 Coffee & Conversation 10:30 Chair Yoga 11:00 <b>Tai Chi</b> 11:30 Calendar Review 1:00 Outdoor Social	<b>3 Super Dollar Outing</b> 10:00 Morning Gratitude 10:30 <b>Peaches and Greens</b> 10:45 <b>Rainbow Party</b> 11:30 Calendar Review 1:00 <b>Dynamic Duo</b> /Bingo	<b>4</b> 10:00 This Day in History 10:30 Chair Aerobics 10:45 <b>Rainbow Party</b> 11:30 Charades 1:00 <b>Deblon</b> /Bingo	<b>5 Walmart Outing</b> 10:00 Daily Wordle 10:30 Cornhole/Ladder Golf 10:45 DIY Vases 11:30 Fall Prevention Edu. 1:00 <b>Garden Club</b> /Coloring	<b>6</b> 10:00 Music & Mingle 10:30 Movement to Music 10:45 DIY Vases 11:30 Fall Prevention Edu. 1:00 Happy Hour Mocktails
<b>9 Pop-Up Shop</b> 10:00 Morning Gratitude 10:30 Velcro Darts/Cornhole 10:45 Family Feud 11:30 Activity Planning 1:00 Tie Dye Craft	<b>10 AVON/Capitol Day</b> 10:00 This Day in History 10:30 Basketball/Bucketball 10:45 IN2L/Group Games 11:30 Activity Planning 1:00 Tie Dye Craft	<b>11 Elderific Salon</b> 10:00 Daily Wordle 10:30 Chair Yoga 10:45 IN2L/Group Games 11:30 TED Talk & Discussion 1:00 <b>Euchre Club</b> /Singalong	<b>12</b> 10:00 Music & Mingle 10:30 Morning Stretches 10:45 <b>Father's Day Social</b> 11:30 855 Education 1:00 Duct Tape Crafts	<b>13 Walmart Outing</b> 10:00 Coffee & Conversation 10:30 Chair Aerobics 10:45 <b>Father's Day Social</b> 11:30 Duct Tape Crafts 1:00 <b>Amando</b> /Bingo
<b>16</b> 10:00 This Day in History 10:30 Walk 'n' Roll 11:00 <b>Pet Therapy</b> 11:30 Word Search Race 1:00 <b>MEG</b> /Ice Cream Social	<b>17 Elderific Salon</b> 10:00 Daily Wordle 10:30 Chair Yoga 10:45 June Trivia 11:30 Bingo 1:00 Painting with Lia GR	<b>18 Chinese Restaurant</b> 10:00 Music & Mingle 10:30 Cornhole/Basketball 10:45 <b>Baking Club</b> 11:30 855 Education 1:00 Painting with Lia BR	<b>19 JUNETEENTH</b> 10:00 Coffee & Conversation 10:30 Chair Aerobics 10:45 Juneteenth Celebration 11:30 Learn about Juneteenth 1:00 <b>Music with LaDon</b>	<b>20 AVON</b> First Day of Summer 10:00 Morning Gratitude 10:30 Morning Stretches 10:45 <b>Summer Solstice Party</b> 11:30 855 Education 1:00 <b>Dynamic Duo</b> /Bingo
<b>23</b> 10:00 Hand Care/Spa Day 10:30 Chair Yoga 10:45 <b>Seafoam Art w/Kim</b> 11:30 Name That Tune 1:00 <b>Petting Zoo</b>	<b>24 Fishing Outing</b> 10:00 Hand Care/Spa Day 10:30 Velcro Darts 10:45 <b>Seafoam Art w/Kim</b> 11:30 July Outing Sign-Up 1:00 Bowling	<b>25 I Love Lucy Day</b> 10:00 Coffee & Conversation 10:30 Walk 'n' Roll 10:45 Best of "I Love Lucy" 11:30 July Outing Sign-Up 1:00 <b>Euchre Club</b> /Craft Cart	<b>26</b> 10:00 Morning Gratitude 10:30 Basketball/Bucketball 11:00 <b>Tai Chi</b> 11:30 855 Education 1:00 <b>Craft Club</b> /Outdoor Social	<b>27</b> 10:00 This Day in History 10:30 Chair Yoga 10:45 Karaoke 11:30 Bio: Jane Goodall 1:00 UNO
<b>30</b> 10:00 Music & Mingle 10:30 Chair Aerobics 10:45 Ceramic Painting 11:30 Bio: Yayoi Kusama 1:00 Bingo	<b>Bible Study on Thursdays</b> <b>Choir Club on Fridays</b> <b>Book Club:</b> Tuesday, June 3 <sup>rd</sup> <b>Men's Empowerment Group (MEG):</b> Friday, June 27 <sup>th</sup> 			