

Life Enrichment – Sterling Heights

June 2025

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