

Life Enrichment – Sterling Heights

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 Mobile Secretary of State 10:30 Chair Yoga 10:45 Name That Tune 11:30 Calendar Review 1:00 Fruit Loop Rainbows 2:00 Marilyn Monroe 100 th Bday	2 Elderific Salon/AVON 10:30 Balloon Volleyball 10:45 Travel to: Italy 11:30 Calendar Review 1:00 Fruit Loop Rainbows 2:00 Music & Mingle	3 Meijer Outing 10:30 Morning Stretches 10:45 Word Search Race 11:30 Bio: Anderson Cooper 1:00 Cardio Drumming/Euchre 2:00 Daily Gratitude	4 10:30 Movement to Music 10:45 Cup String Race 11:30 Listen: Midway March 1:00 Painting with Lia/Bingo 2:00 Daily Wordle	5 Elderific Salon 10:30 You Pick Exercise 10:45 Cup String Race 11:30 Music of Kenny G 1:00 Painting with Lia/Bingo 2:00 You Pick Music
8 AVON 10:30 Ladder Golf/Cornhole 11:00 Tai Chi 11:30 Music of Nancy Sinatra 1:00 Tie Dye 2:00 Music & Mingle	9 10:30 Morning Stretches 10:45 Trivia/Jeopardy 11:30 Activity Planning 1:00 Tie Dye 2:00 Table Talk Tidbits	10 Capitol Day 10:30 Movement to Music 10:45 Cooking Show Viewing 11:30 Activity Planning 1:00 Gary Pillow/Bingo 2:00 Daily Wordle	11 Father's Day Social 10:30 You Pick Exercise 10:45 Darts/Cornhole Tournament 11:30 Bio: Oscar Wilde 1:00 Amando/Bingo 2:00 You Pick Music	12 Father's Day Social 10:30 Chair Aerobics 10:45 Uno Tournament 11:30 Dad Jokes 1:00 Cards for Dads 2:00 Memories of Dad
15 10:30 Morning Stretches 10:45 Game Show Games 11:30 Bio: Gertrude Stein 1:00 PCA Week Cards 2:00 Table Talk Tidbits	16 10:30 Movement to Music 11:00 Tai Chi 11:30 Peaches & Greens 1:00 Early Load-Up 2:00 Employee Town Hall	17 10:30 You Pick Exercise 10:45 Blind Box Guessing 11:30 855 Education 1:00 Euchre/Outdoor Social 2:00 Daily Gratitude	18 Fishing Outing 10:30 Chair Yoga 10:45 Blind Box Guessing 11:30 Bio: Julie D'Aubigny 1:00 Bingo 2:00 This Day in History	19 JUNETEENTH 10:30 Pop-Up Shop 10:45 PACE Choir Concert 11:30 History of Juneteenth 1:00 Dr. Feelgood/Bingo 2:00 Conversation Starters
22 Summer Solstice Luau 10:30 Movement to Music 10:45 Seashell Painting 11:30 Participant Rights Edu. 1:00 Paul Ritchie/Bingo 2:00 Summer Memories	23 Solstice Luau/Theo's 10:30 You Pick Exercise 10:45 Seashell Painting 11:30 855 Education 1:00 Dynamic Duo/Bingo 2:00 Daily Gratitude	24 Baking Club 10:30 Walk 'n' Roll 10:45 Egg Carton Ping Pong 11:30 Bio: Alan Turing 1:00 Relaxing Coloring 2:00 You Pick Music	25 10:30 Darts/Basketball 10:45 Egg Carton Ping Pong 11:30 July Outing Sign-Up 1:00 Turtle Pin Making 2:00 Music & Mingle	26 Olive Garden Outing 10:30 Morning Stretches 10:45 Outdoor Social 11:30 July Outing Sign-Up 1:00 Turtle Pin Making 2:00 Conversation Starters
29 Low Vision Group 10:30 You Pick Exercise 10:45 Jewelry Making 11:30 Bio: Josephine Baker 1:00 Independent Leisure 2:00 You Pick Music	30 10:30 Chair Yoga 10:45 Jewelry Making 11:30 Participant Rights Edu. 1:00 Cardio Drumming 2:00 Daily Wordle		Bible Study on Thursdays Baking Club: Wednesday, June 24 th Book Club: Tuesday, June 2 nd Choir Club on Fridays	



Life Enrichment Therapists: Chelsea Roginski, CTRS: (248) 763-4611
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