

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Birthdays (Employees*)</p> <p>Carrie Kerns 5th Janet Henley 8th *Kathy Vollenweider 10th John Duff 14th *Rachael Chuma 17th Mary Kacirek 20th</p>		<p>9:30am Hallway Exercise 1st FL South 1 10:00am Hallway Exercise 2nd FL North 10:00am Trivia Tuesday (CR) 10:00am Plant Trees around The Welstone Community Sign Up 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Chair Volleyball (GF) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)</p>	<p>9:30am HUR Fitness W/Anasha (WC) 2 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Brain Games (GR) 10:00am Shopping Downtown Weston, MO Sign Up 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Hangman (GR) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO sponsored by Addington Place (L) 4:15pm Resident Lead Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T)</p>	<p>9:30am Hallway Exercise 1st FL South 3 9:30-11:30am Craft Time (CR) 10:30am ROMEO lunch Sign Up 10:00am Hallway Exercise 2nd FL North 11:00am HUR Fitness W/Anasha (FC) 12:30pm BINGO (L) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm Resident Dining Meeting (Bistro) 2:00pm Chair Volleyball Tournament (GF) 3:00pm Thirsty Thursday W/Margaritas (L) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)</p>	<p>National Clean Beauty Day 4 9:30am HUR Fitness W/Anasha (FC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Color Me Calm (CR) 11:00am Chair Yoga (GF) 11:00 Clean up Suzie Gibbs Park and Welstone Community meet in lobby Sign Up 1:00pm Rosary (T) 1:00pm Resident Activity Meeting (L) 1:30pm Mindful Movement W/Anasha (GF) 3:00pm Wine Time /Mix & Mingle sponsored by Lakeview Village (L) 6:30pm Game Night (L)</p>	<p>Fit Camp Open 1:00pm Mexican Train Dominoes (L) 3:10pm Royals vs Twins (T) 5:30pm Shanghai Game (GR)</p>
<p>Fit Camp Open 10:30am Church Services with communion Reverend Dr. Hylton M. Turner (T) 1:10pm Royals vs Twins (T) 4:00pm Card Games (L)</p>	<p>6 9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 11:00am Shopping at Walmart Sign Up 1:00pm Rosary (T) 1:30pm Pilates Fusion W/Anasha (GF) 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:30pm Game Night</p>	<p>7 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Trivia Tuesday (CR) 10:00am Right At Home Blood Pressure Clinic (L) 11:00am Shopping at HyVee Sign Up 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Resident Lead Book Club (2nd Fl Library South) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Chair Volleyball (GF) 3:00pm Chat and Chew (L) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)</p>	<p>8 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 12:30pm Kansas City Symphony (Outside Welstone Parking Lot N) Sign Up 1:00pm Hangman (GR) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO (L) 4:15pm Resident Lead Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)</p>	<p>9 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 11:00am HUR Fitness W/Anasha (FC) 10:30am JULIET lunch @ The Cheesecake Factory Sign Up 12:30pm BINGO (L) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm Chair Volleyball (GF) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)</p>	<p>10 Find Me Friday Activity 9:00am-12:00pm Argosy Casino Sign Up 9:30am HUR Fitness W/Anasha (FC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Color Me Calm (CR) 11:00am Chair Yoga (GF)) 1:00pm Rosary (T) 1:30pm Mindful Movement W/Anasha (GF) 3:00pm Wine Time/ Mix & Mingle/ June Birthdays w/Entertainment (L) 6:30pm Game Night (L)</p>	<p>Fit Camp Open 1:00pm Mexican Train Dominoes (L) 3:07pm Royals vs Athletics (T) 5:30pm Shanghai Game (GR)</p>
<p>Fit Camp Open 10:30am Church Services with Reverend Dr. Hylton M. Turner (T) 3:07pm Royals vs Athletics (T) 4:00pm Card Games (L)</p>	<p>13 9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 11:00am Shopping at Trader Joe's Sign Up 1:00pm Rosary (T) 1:30pm Pilates Fusion W/Anasha (GF) 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:30pm Game Night Flag Day (US)</p>	<p>14 9:00am Brunch @ Cracker Barrel Sign Up 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Trivia Tuesday (CR) 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Town Hall Meeting (DR) 3:00pm Chair Volleyball (GF) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)</p>	<p>15 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Fred Hartman Travelogue "Rome-The Eternal City" Sign Up (L) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO sponsored by Addington Place (L) 4:15pm Resident Lead Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)</p>	<p>16 9:30am Hallway Exercise 1st FL South 9:30-11:30am Craft Time (CR) 10:00am Hallway Exercise 2nd FL North 11:00am HUR Fitness W/Anasha (FC) 12:30pm BINGO (L) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm Chair Volleyball (GF) 3:00pm Thirsty Thursday W/Margaritas (L) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)</p>	<p>17 9:30am HUR Fitness W/Anasha (FC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Color Me Calm (CR) 11:00am Chair Yoga (GF) 1:00pm Rosary (T) 1:00pm Bus Trip to Creative Culture Gourmet Milkshake Bar Sign Up 1:30pm Mindful Movement W/Anasha (GF) 3:00pm Wine Time /Mix & Mingle/ Father's Day Celebration w/ Entertainment (L) 6:30pm Game Night (L)</p>	<p>Fit Camp Open 1:00pm Mexican Train Dominoes (L) 3:10pm Royals vs Red Sox (T) 5:30pm Shanghai Game (GR)</p> <p style="text-align: right;">Juneteenth</p>
<p>Fit Camp Open 10:30am Church Services with Reverend Dr. Hylton M. Turner (T) 1:10pm Royals vs Red Sox (T) 4:00pm Card Games (L)</p> <p style="text-align: right;">Summer Begins Father's Day</p>	<p>20 9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 10:00am Shopping at Walmart Sign Up 1:00pm Rosary (T) 1:30pm Pilates Fusion W/Anasha (GF) 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:30pm Game Night</p>	<p>21 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Trivia Tuesday (CR) 10:00am Right At Home Blood Pressure Clinic (L) 10:30am Lunch & Shopping at The Better Cheddar Sign Up 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Chair Volleyball (GF) 3:00pm Chat and Chew (L) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)</p>	<p>22 National Pink Day Wacky Wednesday wear pink attire 9:00am Mystery Trip Sign Up 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Hangman (GR) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO (L) 4:15pm Resident Lead Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)</p>	<p>23 9:30am Hallway Exercise 1st FL South 9:30-11:30am Craft Time (CR) 10:00am Hallway Exercise 2nd FL North 12:30pm BINGO (L) 1:00pm Rosary (T) 1:30am Bodyweight Balance & Core W/Anasha (GF) 2:00pm Resident Dining Meeting (Bistro) 2:00pm Chair Volleyball Tournament (GF) 1:30pm Trip to Paint Glaze & Fire Sign Up at The Welstone Sign Up 3:00pm Wine Time /Mix & Mingle sponsored by Bickford Senior Living (L) 6:30pm Bible Study (L) 6:30pm Joker (GR) 7:00pm Movie Night Resident Choice (T)</p>	<p>24 Name Tag Day 9:30am HUR Fitness W/Anasha (FC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Color Me Calm (CR) 11:00am Tai chi/ Outdoor mediation at The Welstone Sign Up 1:00pm Rosary (T) 1:30pm Mindful Movement W/Anasha (GF) 3:00pm Wine Time /Mix & Mingle sponsored by Bickford Senior Living (L) 6:30pm Game Night (L)</p>	<p>Fit Camp Open 1:00pm Mexican Train Dominoes (L) 3:05pm Royals vs Rangers (L) 5:30pm Shanghai Game (GR)</p>
<p>Fit Camp Open 10:30am Church Services with Reverend Dr. Hylton M. Turner (T) 1:35pm Royals vs Rangers (L) 4:00pm Card Games (L)</p>	<p>27 9:30am Energizing Yoga W/Anasha (GF) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Coffee/Cocoa & Current Events (CR) 11:00am Rock 'n Band W/Anasha (GF) 11:00am Shopping at Tuesday Morning Sign Up 1:00pm Rosary (T) 1:30pm Pilates Fusion W/Anasha (GF) 3:00pm BINGO (L) 3:00pm Hallmark Channel Resident Choice (T) 6:30pm Game Night</p>	<p>28 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Trivia Tuesday (CR) 10:00am Elemental Massage & Wellness (Room 318) Sign Up 11:00am Bodyweight Balance & Core W/Anasha (GF) 1:00pm UNO (GR) 1:00pm Rosary (T) 1:30pm Senior Strong W/Anasha (GF) 2:00pm Chair Volleyball (GF) 3:00pm Lakeview Village presentation on Saving Our Environment Sign Up (L) 6:30pm Bridge (GR) 6:30pm Mexican Train Dominoes (L)</p>	<p>29 9:00am Trip to Overland Park Arboretum & Botanical Garden Sign Up 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Hangman (GR) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO (L) 4:15pm Resident Lead Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)</p>	<p>30 9:30am HUR Fitness W/Anasha (WC) 9:30am Hallway Exercise 1st FL South 10:00am Hallway Exercise 2nd FL North 10:00am Brain Games (GR) 11:00am Chair Cardio kickboxing W/Anasha (GF) 1:00pm Hangman (GR) 1:00pm Rosary (T) 1:30pm Chair Yoga (GF) 3:00pm BINGO (L) 4:15pm Resident Lead Happy Hour BYOB (L) 6:00pm Disney Plus Movie/ Residents Choice (T) 6:30pm Game Night (GR)</p>	<h1>June 2021</h1> <p>Key: Craft Room = (CR) Dining Room = (DR) Fitness Classes W/ Anasha = Fit Camp = (FC) Game Room = (GR) Ground Floor = (GF) Library South = (LS) Lounge = (L) Resident Lead Sign Up Required Theatre = (T)</p>	

The Community reserves the right to modify the contents of this activity calendar at any time without notice.