



# JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Pride Parade 10 AM  No Activities Schedule (Antonia on Travel)	2  No Activities Schedule (Antonia on Leave)	3 Sobriety Camp Out 1:00 PM to 4:00 PM Senior Services Chair Volleyball Tournament get your team in (6 people per group, make sure you have 3 males at all times on the court) *** Everyone is welcome to participate*** CDC Grant Funded Prizes to win	4
5 Walking Club @ The Rodeo Circle 3 PM to 4 PM  Talk About Acceptance presentation by Brook Bender and guest  Cinema "Missing" 2 PM - 4 PM	6 Walking Club @ The Rodeo Circle 3 PM to 4 PM  Chair Exercise 8:30 AM to 9 AM  Healthcare Coverage & 5 Wishes with Rochelle Kennedy 11 AM to 1 PM	7 Walking Club @ The Rodeo Circle 3 PM to 4 PM Banner Alzheimer's institute & Sun Health Research "Walk with Me" using music to connect & support someone with memory loss @ 11:30 AM to 12:30 PM with Nicole Lomay PTC with Breanna 2:00 PM - 3:30 PM	8 Chair Exercise 8:30 AM to 9 AM  Walking Club @ The Rodeo Circle 3 PM to 4 PM Pride Color Run 5 PM	9 Walking Club @ The Rodeo Circle 3 PM to 4 PM AZ Youth Partnership Presentation "Grandparents can look out for while grandkids are on social media" 11:30 AM to 1:00 PM	10	11
12 Cataract Awareness presentation by MD Patel 11:30 AM to 1 PM  Cinema "You People" 2 PM - 4 PM	13 Chair Exercise 8:30 AM to 9 AM Migraine & Headache presentation by Loretta Longley 11:30 AM to 1 PM Walking Club @ The Rodeo Circle 3 PM to 4 PM	14 Father's Day Party 11:00 AM to 12:30 PM  Walking Club @ The Rodeo Circle 3 PM to 4 PM Alzheimer's & Dementia Support Group @ 5:15 PM with Barbara	15 Chair Exercise 8:30 AM to 9 AM Beaded Pouch Making with Antonia & Breanna 2:00 PM to 4:00 PM	16 Chair Exercise 8:30 AM to 9 AM	17	18 HAPPY Father's Day
19 Holiday Center is Closed in observance of Juneteenth 	20 Chair Exercise 8:30 AM to 9 AM Walking Club @ The Rodeo Circle 3 PM to 4 PM Beaded Pouch Making with Antonia & Breanna 2:00 PM to 4:00 PM	21 Walking Club @ The Rodeo Circle 6 AM to 7 AM Healthcare Coverage and 5 Wishes with Rochelle Kennedy 11 AM to 1 PM Walking Club @ The Rodeo Circle 3 PM to 4 PM	22 Walking Club @ The Rodeo Circle 6 AM to 7 AM Chair Exercise 8:30 AM to 9 AM Beaded Pouch Making with Antonia & Breanna 2:00 PM to 4:00 PM	23	24	25 
26 Cinema "The Mother" 2 PM - 4 PM Round Dance Songs with Cheryl Beecher 5:15 PM to 7 PM	27 Chair Exercise 8:30 AM to 9 AM Chair Volleyball 5:00 PM to 7:00 PM	28 Chair Exercise 8:30 AM to 9 AM Chair Volleyball 5:00 PM to 7:00 PM	29 Breakfast No Lunch Center Closed from 10 am for CPR/First Aid Training	30 Yard Sale everyone is welcome to set up and sale 7 AM to 1 PM Pride Drag Show 10 AM		

## Join Our Message Group

Get up-to-date information on Senior Center activities, menu changes, delayed deliveries by joining our text message group. If you would like to receive messages talk with a Center staff member to join TODAY.

To sign up contact the Caregiver Support Services Coordinator.

## Educational Material

Attendees of the Chair Exercise or Walking Club who complete all activities may receive educational material (will be 3 Nike Tees and 3 Nike sweat pants/yoga pants/ or Shorts). Attendees must attend each activity, sign-in to receive educational material for attendance.

\*There is no guarantee to receive educational materials, but you may receive credit for classes attended at a rate of smaller education material per class attended.

If you would like more information contact Antonia.

There will be a big trip in September, this will be a 4 day trip. In order to qualify you have to participate in all upcoming events