



June Birthdays
 Julie Gasque 6/2 Ed McPoland 6/22
 Marie Graham 6/4 Joan Bundy 6/26
 Ed FitzGerald 6/7 Anna Banks 6/27
 Joan Martin 6/16 Ken Wheatley 6/27
 Sue Nazak 6/16 Buzz Benson 6/30
 Bev Henriquez 6/19



Independent Living - Life Enrichment & Wellness

June 2022 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Helpful Reminders: The 4th Wednesday of every month at 9:00 am, we will provide transportation to B&K Nails for a toenail cut for \$10.00. <i>Signup at the bulletin board.</i> The Tower's bus can only accommodate 14 passengers. When signing up for outings each line represents one seat; please only one name per-line. If someone marks their name off that seat will be filled with the first alternate. Writing your name below the driver's does not create nor guarantee a seat on the bus. All activities on the calendar are subject to change. Check your weekly activities newsletter and bulletin board for additions, updates, changes and cancellations as well as a listing of movies for the week and programs airing on CH 99.			1 Wear Your Name Tag Day 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 2:00 Newport: Walmart/Adli \$1 Tree 3:00 Church Service - HH 5:00 Dinner at Longhorn	2 10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 2:30 Snack N Chat - L 4:00 Aquatic Balance - P	3 10:00 Healthy Bones and Strong Muscles - HH 10:30 Wellness Outing to Landsford Canal 11:00 Tai Chi - CH 99 2:00 Muscle Stretch - HH 2:30 Cat's Paw Winery 4:00 Functional Fitness - HH 6:00 Movie - MT	4 10:30 Choir Practice - HH 3:00 Table Games - CR 6:30 Bingo - HH
5 2:00 Oakland Ave. Presbyterian Church Communion Service - CR 4:00 Vespers - HH	6 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:00 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT	7 8:30 Publix 10:00 Balance in Motion - CY 10:00 Bible Study - HH 11:00 Water Walking & Strength - P 11:00 Neurobics - MT 2:00 Muscle Stretch - CH 99 3:00 Quarterly Resident Association Meeting - HH 3:00 Table Games - CR 7:00 Hymn Sing - HH	8 World Oceans Day 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 11:30 Lunch at Hobos Rock Hill 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH 3:30 Shopping at Ollie's "Good Stuff Cheap" 6:00 The Living Sea IMAX - CR	9 Best Friends Day 10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 3:30 Best Friend Social - CB 4:00 Aquatic Balance - P <i>Friends dress alike!</i>	10 10:00 Healthy Bones and Strong Muscles - HH 11:00 Tai Chi - CH 99 11:00 Charlotte Museum of History A Better Life for Their Children: The Rosenwald Schools & Lunch at Parkway House 3:30 Ice Cream at Two Scoops	11 10:30 Choir Practice - HH 3:00 Table Games - CR 6:30 Bingo - HH
12 3:00 Catholic Church Service 4:00 Vespers - HH	13 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:00 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT	14 8:30 Publix 10:00 Balance in Motion - CY 10:00 Bible Study - HH 11:00 Water Walking & Strength - P 11:00 Neurobics - MT 2:00 Muscle Stretch - CH 99 3:00 Table Games - CR 3:45 - 4:45 Library Bookmobile 7:00 Hymn Sing - HH	15 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 12:00 June Birthday Luncheon in private area of Dining Room 12:30 Birthday Cake - DR 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 2:00 Newport Walmart/Adli \$1 Tree 3:00 Church Service - HH followed by a discussion on the Eastern Orthodox Church	16 10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 2:30 Musical Performance - HH Theresa Eaman 4:00 Aquatic Balance - P	17 9:30 Donuts & Coffee - CB 10:00 Healthy Bones and Strong Muscles - HH 11:00 Tai Chi - CH 99 11:00 Hamricks of Gaffney & Lunch 2:00 Muscle Stretch - HH 2:30 Musical Performance - L David Domingo 4:00 Functional Fitness - HH 6:00 Movie - MT 6:30 Great & Grand Daddy & Great & Grand Daughter Dance - HH	18 10:30 Choir Practice - HH 3:00 Table Games - CR 6:30 Bingo - HH
19 Father's Day 1:30 Movie with Sharon - MT Queen Bees 4:00 Vespers - HH	20 Juneteenth 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:00 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT	21 World Music Day 8:30 Publix 10:00 Balance in Motion - CY 10:00 Bible Study - HH 11:00 Water Walking & Strength - P 11:00 Neurobics - MT 2:00 Watermelon Pool Party 3:00 Table Games - CR 7:00 Hymn Sing - HH	22 9:00 B&K Nails 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 11:00 Shop'n at South Park Mall & Lunch at Cheesecake Factory 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 3:00 Church Service - HH	23 10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 2:30 Snack N' Chat - L 4:00 Aquatic Balance - P	24 10:00 Healthy Bones and Strong Muscles - HH 11:00 Tai Chi - CH 99 2:00 Muscle Stretch - HH 2:30 The Great Jigsaw Puzzle Competition - HH 3:30 Ride Around Fort Mill 4:00 Functional Fitness - HH 6:00 Movie - MT	25 10:30 Choir Practice - HH 3:00 Table Games - CR 6:30 Bingo - HH
26 4:00 Vespers - HH	27 10:00 Healthy Bones and Strong Muscles - HH 10:30 Movie - CH 99 1:30 Muscle Stretch - HH 2:30 Bingo - HH 3:00 CVS, Walgreens, Dollar Tree 4:00 Functional Fitness - HH 6:00 Movie - MT	28 8:30 Publix 10:00 Balance in Motion - CY 10:00 Bible Study - HH 11:00 Water Walking & Strength - P 11:00 Neurobics - MT 2:00 Muscle Stretch - CH 99 3:00 Table Games - CR 3:00 Wellness Snack Social - L with Emily Roland on Piano 3:45 - 4:45 Library Bookmobile 7:00 Hymn Sing - HH	29 9:00 Food Lion 10:00 Healthy Bones and Strong Muscles - HH 11:30 Lunch at Flip Side 12:30 Balloon Volleyball - HH 2:00 Muscle Stretch - HH 2:00 Newport Walmart/Adli/\$1 T 3:00 Church Service - HH	30 Wear Pink Day 10:00 Balance in Motion - HH 11:00 Neurobics - MT 1:30 Harris Teeter 2:00 Muscle Stretch - CH 99 3:00 Pink Flamingo Beach Party on the Dining Room Patio 4:00 Aquatic Balance - P	# + L - #Floor Lounge. AS- Art Studio in the Lower Level CB - Coffee Bar in the Dining Room CH 99 - Channel 99 CR - Community Room CY - Courtyard DR - Dining Room GR - Garden Room in the Health Center HH - Heritage Hall L - Lobby LL - Lower Level MDR - Manor Dining Room MT - Movie Theater	