

Glen Abbey Assisted Living and Memory Care

June 2026

Assisted Living

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00 Resistance Bands 2:00 Bag Toss Game 4:00 Book Club 6:00 Aromatherapy and Relaxation	2 11:00 Chair Stretches 2:00 Bingo 4:00 TV Show 6:00 Evening Reflection	3 11:00 Cardio Drumming 2:00 Book Club (CR) 3:00 Tech Class 4:00 Card Games 6:00 Relaxation Music	4 11:00 Zumba 2:00 Garden Club (O) 3:00 Spintopia Game 4:00 TV Show 6:00 Breathing Exercises	5 11:00 Chair Stretches 1:00 Communion 2:00 Bingo& Sip 4:00 Uno 6:00 Relaxation Music	6 11:00 Chair Stretches 2:00 Jeopardy 4:00 Min to Win 6:00 Breathing Exercises
7 10:00 Church Service (L) 11:00 Chair Stretches 2:00 Card Games 4:00 Outdoor Coloring 6:00 Evening Reflection	8 11:00 Resistance Bands 2:00 Trivia 4:00 Dance Party 6:00 Aromatherapy and Relaxation	9 11:00 Chair Exercise 2:00 Bingo 4:00 Name that Tune 6:00 Coloring and Chat	10 11:00 Cardio Drumming 2:00 Christine Shrinker 3:30 Iced Tea Cart 4:00 Book Club 6:00 Relaxation Music	11 11:00 Zumba 2:00 Garden Club (O) 3:00 Spintopia Game 6:00 Breathing Exercises	12 11:00 Chair Stretches 3:00 Stephen Lynn 4:00 Bingo 6:00 Evening Reflection	13 11:00 Zumba 2:00 Hand Massages 4:00 UNO Card Game 6:00 Relaxation Music
Flag Day 14 10:00 Church Service 11:00 Chair Zumba 2:00 Outdoor Games 4:00 TV Show 6:00 Breathing Exercises	15 11:00 Resistance Bands 2:00 Bingo 4:00 Ladder Ball Game 6:00 Relaxation Music	16 11:00 Chair Exercise 2:00 Moving & Grooving 4:00 Book Club 6:00 Evening Tea and Conversation	17 11:00 Cardio Drumming 2:00 Lukas Performance 3:30 Bowling 6:00 Evening Reflection	18 Diane's Birthday 11:00 Zumba 11:00 Heritage Park BBQ Outing 2:00 Movie 4:00 Walking Club 6:00 Relaxation Music	19 Juneteenth 11:00 Chair Stretches 11:00 Casper Therapy 2:00 Bingo 4:00 Story Time 6:00 Relaxation Chat	20 11:00 Pastor Glass 12:30 Josh Men Group 2:00 Dance Party 4:00 Chair Exercise 6:00 Movie-Resident Choice
Father's Day 21 10:00 Church Service (L) 11:00 Chair Exercise 12:00 Father's Day Brunch 2:00 Walking Club 6:00 Aromatherapy	22 11:00 Resistance Bands 2:00 Bingo 4:00 Balloon Volley 6:00 Resident Led Games	23 11:00 Chair Exercise 2:00 Drinks with Netta/Alicia 4:00 Min To Win Game 6:00 Relaxation Music	24 11:00 Cardio Drumming 2:00 Resident Party 4:00 Book Club 6:00 Evening Reflection	25 11:00 Zumba 2:00 Spintopia Game 4:00 Floor Hockey 6:00 Relaxation Chat	26 11:00 Chair Stretches 1:00 Communion 2:00 Cookie Baking 4:00 Safety with Gregg 6:00 Music and Breathing Exercises	National Bingo Day 27 11:00 Chair Stretches 2:00 Sunglass Bingo 4:00 TV Show 6:00 Relaxation Music
28 10:00 Church Service (L) 11:00 Chair Zumba 2:00 Manicures 6:00 TV Show	29 11:00 Resistance Bands 2:00 Culinary Showcase 4:00 Bingo 6:00 Evening Reflection	30 11:00 Chair Exercise 2:00 Moving & Grooving 3:00 Spintopia 4:00 Resident Council 6:00 Relaxation Music				

Calendar Key:

MD – Main Dining
MC – Memory Care
PD – Private Dining

CD – Cooking Room
L – Lobby
P - Patio
O - Outside

B- Beauty Salon
H- Hall
CR-Community Room

Breakfast:
8:00am

Lunch:
12:00pm

Dinner:
5:00pm