

Glen Abbey Assisted Living and Memory Care

June 2026

Memory Care

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:30 Resistance Bands 3:30 Bag Toss Game 4:00 TV Show 6:00 Aromatherapy and Relaxation	2 10:30 Chair Stretches 3:30 Bingo 6:00 Evening Reflection	3 10:30 Cardio Drumming 3:30 Tech Class 4:00 Card Games 6:00 Relaxation Music	4 10:30 Zumba 1:30 Garden Club (O) 3:00 Movie 6:00 Breathing Exercises	5 10:30 Chair Stretches 1:00 Communion 2:30 Ladder Ball 4:00 Uno 6:00 Relaxation Music	6 10:30 Chair Stretches 1:30 Water Painting 3:30 Min to Win 6:00 Breathing Exercises
7 10:00 Church Service (L) 10:30 Chair Stretches 1:30 Card Games 3:00 Outdoor Coloring 6:00 Evening Reflection	8 10:30 Resistance Bands 3:00 StoryTime 3:30 Dance Party 6:00 Aromatherapy and Relaxation	9 10:30 Chair Exercise 1:00 Bingo 3:00 Name that Tune 6:00 Coloring and Chat	10 10:30 Cardio Drumming 2:00 Christine Shrinker 3:30 Iced Tea Cart 6:00 Relaxation Music	11 10:30 Zumba 1:30 Garden Club (O) 3:45 Spintopia Game 6:00 Breathing Exercises	12 10:30 Chair Stretches 3:00 Stephen Lynn 4:00 Bingo 6:00 Evening Reflection	13 10:30 Zumba 2:00 Hand Massages 3:00 UNO Card Game 6:00 Relaxation Music
Flag Day 14 10:00 Church Service 10:30 Chair Zumba 1:30 Outdoor Games 4:00 TV Show 6:00 Breathing Exercises	15 10:30 Resistance Bands 2:00 Bingo 3:00 Ladder Ball Game 6:00 Relaxation Music	16 10:30 Chair Exercise 2:00 Moving & Grooving 3:00 Table Hockey 6:00 Evening Tea and Conversation	17 10:30 Cardio Drumming 2:00 Lukas Performance 3:30 Bowling 6:00 Evening Reflection	Diane's Birthday 18 10:30 Zumba 2:00 Movie 4:00 Walking Club 6:00 Relaxation Music	Juneteenth 19 10:30 Chair Stretches 11:00 Casper Therapy 3:00 Story Time 6:00 Relaxation Chat	20 11:00 Pastor Glass 12:30 Josh Men Group 2:00 Dance Party 3:00 Chair Exercise 6:00 Movie-Resident Choice
Father's Day 21 10:00 Church Service (L) 10:30 Chair Exercise 12:00 Father's Day Brunch 2:00 Walking Club 6:00 Aromatherapy	22 10:30 Resistance Bands 3:30 Bingo 6:00 Coloring and Music	23 10:30 Chair Exercise 2:00 Drinks with Netta/Alicia 2:30 Min To Win Game 6:00 Relaxation Music	24 10:30 Cardio Drumming 2:00 Resident Party 3:00 Balloon Volley 6:00 Evening Reflection	25 10:30 Zumba 3:00 Kick Ball 6:00 Relaxation Chat	26 10:30 Chair Stretches 1:00 Communion 3:00 Safety with Gregg 3:30 Uno Game 6:00 Music and Breathing Exercises	National Bingo Day 27 10:30 Chair Stretches 3:30 Sunglass Bingo 4:00 TV Show 6:00 Relaxation Music
28 10:00 Church Service (L) 10:30 Chair Zumba 3:00 Manicures 6:00 TV Show	29 10:30 Resistance Bands 2:00 Culinary Showcase 3:00 Craft 6:00 Evening Reflection	30 10:30 Chair Exercise 2:00 Moving & Grooving 3:45 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