

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
 THE RESIDENCES AT THOMAS CIRCLE				9:45 Sign-Up for Outings with Vicky 10:30 Chair Exercise With Vicky [AL DR] 11:00 "What's In A Word?" - morning brain-stretch [AL LR] 2:00 Musical Afternoon with Rob [AL LR] 3:00 AL Resident Council Meeting [AL DR] 7:00 Jigsaw Puzzle Time [AL LR]	1	9:45 Sign up for Outings with Vicky 10:00 Chair Exercise With Vicky 10:30 Trip to National Harbor 2:00 One-On-One with Vicky and Afternoon Stretch 2:30 Tuesday Poetry Club (AL - 3rd Fl.) 3:00 Fresh Air Break (weather permitting) or Walking Club 7:00 Jigsaw Puzzle Time [AL LR]	2	10:00 Chair Exercise [AL DR] 10:30 Musical Morning with Rebecca Presti [AL LR] 2:00 Brain Games and Therapeutic Movement with Vicky [AL DR] 3:00 Wine Down Wednesday Happy Hour [AL LR] 7:00 Jigsaw Puzzle Time [AL LR]	3	10:30 Chair Exercise With Vicky [AL DR] 11:00 'What's In a Word' Word Game [AL DR] 1:30 Dining Services Meeting [AL DR] 2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR] 3:00 Afternoon Stretch / Fresh Air Break (weather permitting) [CY] 7:00 Jigsaw Puzzle Time [AL LR]	4	10:30 Chair Exercise With Vicky [AL DR] 11:00 Morning Brain Stretch [AL DR] 2:00 "Fireside Chat" with Rev. Sheila [AL DR] 3:00 Afternoon Stretch and Trivia Games and Fun Facts [AL LR] 3:15 One-On-One with Activities Coordinator 7:00 Jigsaw Puzzle Time [AL LR]	5	1:00 Dance for PD / Balance Exercise for Seniors [AUD] 2:00 Music Time: Sarah Fridrich [AL LR] 7:00 Jigsaw Puzzle Time	6
		9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] 11:00 Sunday Service with Pastor Patricia Saunders [AL LR] 7:00 Jigsaw Puzzle Time	7	9:45 Sign-Up for Outings with Vicky 10:00 "What's In A Word?" - morning brain-stretch [AL LR] 10:30 Summer Beading Workshop with Victoria (all supplies provided) [AL DR] 2:00 Musical Afternoon with Rob [AL LR] 3:00 Afternoon Stretch & Brain Games 7:00 Jigsaw Puzzle Time [AL LR]	8	9:45 Sign up for Outings with Vicky 10:30 Chair Exercise With Vicky [AL DR] 10:45 Lunch Trip to "Grazie Nonna" Italian Restaurant 2:00 AL Planning Meeting for July with Vicky [AL DR] 2:30 Tuesday Poetry Club (AL - 3rd Fl.) 3:00 Fresh Air Break (weather permitting), Afternoon Stretch or Walking Club 7:00 Jigsaw Puzzle Time [AL LR]	9	10:00 Chair Exercise [AL DR] 10:30 Brain Fitness & Memory Training Workshops with Dana 2:00 Chair Dance with Yoyo [AL DR] 3:00 Tea Party Wednesday [AL LR] 3:30 In-House Guest-Speaker Series "Breakup Songs with Tom Watkins" [AUD] 7:00 Jigsaw Puzzle Time [AL LR]	10	10:30 Chair Exercise With Vicky [AL DR] 11:00 'What's In a Word' Word Game [AL DR] 2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR] 3:00 Afternoon Stretch / Fresh Air Break (weather permitting) [CY] 7:00 Jigsaw Puzzle Time [AL LR]	11	10:30 Chair Exercise With Vicky [AL DR] 11:00 Morning Brain Stretch [AL DR] 2:00 "Sip & Paint "with Carol and Vicky [AL DR] 2:30 Life Reflections- Celebrate Pride! (OPEN MIC EVENT) [AUD] 3:00 Afternoon Stretch and Trivia Games and Fun Facts [AL LR] 3:15 One-On-One with Activities Coordinator 7:00 Jigsaw Puzzle Time [AL LR]	12	1:00 Dance for PD / Balance Exercise for Seniors [AUD] 2:00 Music Time: Rob Tomaro [AL DR] 3:15 Concert - David Pedraza (viola) and Anna Nizhegorosteva (piano) [AUD] 7:00 Jigsaw Puzzle Time	13
		9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] 11:00 Sunday Service with Pastor Patricia Saunders [AL LR] 7:00 Jigsaw Puzzle Time	14	9:45 Sign-Up for Outings with Vicky 10:30 Chair Exercise With Vicky [AL DR] 11:00 "What's In A Word?" - morning brain-stretch [AL LR] 2:00 Musical Afternoon with Rob [AL LR] 3:00 Afternoon Stretch & Brain Games 3:00 Final Planning Meeting for July [AL LR] 7:00 Jigsaw Puzzle Time [AL LR]	15	9:45 Sign up for Outings with Vicky 10:00 Chair Exercise With Vicky 10:30 Trip to Pope Jean Paul Cultural Center [HL/CY] 2:00 One-On-One with Vicky and Afternoon Stretch 2:30 Tuesday Poetry Club (AL - 3rd Fl.) 3:00 Fresh Air Break (weather permitting), Afternoon Stretch or Walking Club 7:00 Jigsaw Puzzle Time [AL LR]	16	10:00 Chair Exercise [AL DR] 10:30 Musical Morning with Rebecca Presti [AL LR] 2:00 Brain Games and Therapeutic Movement with Vicky [AL DR] 3:00 Classical Music Series: Piano Quartet with Gersh Chervinsky [AUD] 3:00 Wine Down Wednesday Happy Hour [AL LR] 7:00 Jigsaw Puzzle Time [AL LR]	17	10:30 Chair Exercise With Vicky [AL DR] 11:00 'What's In a Word' Word Game [AL DR] 2:00 Coffee & Conversation - Get to Know Your Neighbors! [AL DR] 3:00 Afternoon Stretch / Fresh Air Break (weather permitting) [CY] 7:00 Jigsaw Puzzle Time [AL LR]	18	10:30 Chair Exercise With Vicky [AL DR] 11:00 Morning Brain Stretch [AL DR] 2:00 "Fireside Chat " with Rev. Sheila and Vicky [AL DR] 2:30 Juneteenth - documentary and open mic: reminisce and discuss. [AUD] 3:00 Afternoon Stretch and Trivia Games and Fun Facts [AL LR] 3:15 One-On-One with Activities Coordinator 7:00 Jigsaw Puzzle Time [AL LR]	19	1:00 Dance for PD / Balance Exercise for Seniors [AUD] 2:00 Music Time: Frank Plumer [AL LR] 7:00 Jigsaw Puzzle Time	20
		Location Keys AL Dining Room AL DR AL Living Room AL LR Auditorium AUD Chapel CP Courtyard CY Lobby/Courtyard HL/CY		9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] 11:00 Sunday Service with Pastor Patricia Saunders [AL LR] 2:00 Father's Day Happy Hour [CY] 7:00 Jigsaw Puzzle Time	21	9:45 Sign-Up for Outings with Vicky 10:30 Chair Exercise With Vicky [AL DR] 11:00 "What's In A Word?" - morning brain-stretch [AL LR] 2:00 Musical Afternoon with Rob [AL LR] 3:00 Afternoon Stretch & Brain Games 7:00 Jigsaw Puzzle Time [AL LR]	22	9:45 Sign up for Outings with Vicky 10:00 Chair Exercise With Vicky 10:45 Lunch Trip to "Dupont Italian Kitchen" 2:00 One-On-One with Vicky and Warm up Chair Exercise 2:30 Tuesday Poetry Club (AL - 3rd Fl.) 3:00 Fresh Air Break (weather permitting), Afternoon Stretch or Walking Club 7:00 Jigsaw Puzzle Time [AL LR]	23	10:00 Chair Exercise [AL DR] 10:30 Brain Fitness & Memory Training Workshops with Dana 2:00 Chair Dance with Yoyo [AL DR] 3:00 Warm up Chair Exercise and Tea Party Wednesday [AL LR] 7:00 Jigsaw Puzzle Time [AL LR]	24	10:30 Chair Exercise With Vicky [AL DR] 11:00 'What's In a Word' Word Game [AL DR] 2:00 Reflecting on Juneteenth: A story of Resilience - a lecture and a book presentation by Ananda Leeke [AUD] 3:00 Birthday Happy Hour for June Celebrants [AL LR] 7:00 Jigsaw Puzzle Time [AL LR]	25	10:30 Chair Exercise With Vicky [AL DR] 11:00 Morning Brain Stretch [AL DR] 2:00 "Sip and Paint " with Carol and Vicky [AL DR] 3:00 Afternoon Stretch and Trivia Games and Fun Facts [AL LR] 3:15 One-On-One with Activities Coordinator 7:00 Jigsaw Puzzle Time [AL LR]	26
9:30 Roman Catholic Communion w/Deacon Bob Vince (contact Eileen Finegan via Front Desk) [CP] 11:00 Sunday Service with Pastor Patricia Saunders [AL LR] 7:00 Jigsaw Puzzle Time	28			9:45 Sign-Up for Outings with Vicky 10:30 Chair Exercise With Vicky [AL DR] 11:00 "What's In A Word?" - morning brain-stretch [AL LR] 2:00 Musical Afternoon with Rob [AL LR] 3:00 Afternoon Stretch & Brain Games 7:00 Jigsaw Puzzle Time [AL LR]	29	9:45 Sign up for Outings with Vicky 10:00 Chair Exercise With Vicky 10:30 Trip to Immaculate Shrine Basilica [HL/CY] 2:00 One-On-One with Vicky and Afternoon Stretch 2:30 Tuesday Poetry Club (AL - 3rd Fl.) 3:00 Fresh Air Break (weather permitting), Afternoon Stretch or Walking Club 7:00 Jigsaw Puzzle Time [AL LR]	30			Notes					