

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|-----------|
|  | 1 10:00 Chair Yoga 11:00 World's Largest Train Visit (Tama)* 3:00 Bubble Catching | 2 10:30 Nature Meditation 11:00 Manicures 3:00 BINGO | 3 10:30 Stretching 1:00 Craft: Painted Flowerpots 3:00 Our Planet Documentary | 4 10:00 Chair Yoga 11:00 Lunch: Legends (Marshalltown) 1:00 Mindful Coloring 3:00 Thirsty Thursday Social | 5 11:00 Move to the Music 2:00 Bird Watching & Trivia 4:00 Music: Dave Wirtz | 6 |
| 7 | 8 10:00 Chair Yoga 11:00 Puzzles 3:00 Lawn Bowling | 9 10:30 Nature Meditation 11:00 Manicures 3:00 BINGO | 10 10:30 Stretching 1:00 Craft: Cupcake Decorating 3:00 Great British Baking Show | 11 10:00 Chair Yoga 11:00 Lunch: La Terraza (Toledo) 1:00 Mindful Painting 3:00 Thirsty Thursday Social | 12 11:00 Move to the Music 2:00 Balloon Volleyball 3:00 Decorate for 4 th of July & Bomb Pops | 13 |
| 14 <small>Flag Day (U.S.)</small> | 15 10:00 Chair Yoga 11:00 Match Game 3:00 Lawn Bowling | 16 10:30 Nature Meditation 11:00 Manicures 3:00 BINGO | 17 10:30 Stretching 3:00 Veggie Plates & Scenic Train Ride Movie | 18 10:00 Chair Yoga 1:30 Ice Cream & Ride to Otter Creek Lake/Park 3:00 Thirsty Thursday Social | 19 11:00 Move to the Music 2:00 Mini 4 th of July Flower Arrangements 3:00 Root Beer Floats <small>Juneteenth</small> | 20 |
|  | 21 10:00 Chair Yoga 11:00 Sorting Game 3:00 Lawn Bowling <small>Father's Day Summer Begins</small> | 22 10:30 Nature Meditation 11:00 Manicures 3:00 BINGO | 23 10:30 Stretching 1:00 Craft: Clothespin Sunflowers 3:00 National Farm Day Mix & Midwest Farm Movie | 24 10:00 Chair Yoga 11:00 Scenic Ride Through the Countryside 3:00 Thirsty Thursday Social | 25 11:00 Move to the Music 2:00 Seasonal Door Hangers & Lemonade Bar | 26 |
| 27 | 28 1:00 Presbyterian Church Service 10:00 Chair Yoga 11:00 Bead Necklaces 3:00 Lawn Bowling | 29 10:30 Nature Meditation 11:00 Manicures 3:00 BINGO |  | | | |

KEY: (U- Upstairs) (D- Downstairs) (T- Trip) *All activities are subject to change due to circumstances or weather conditions*