

| SUN                                                                                                              | MON                                                                                                                                                                                                                                                                           | TUE                                                                                                                                                                                                                                                                          | WED                                                                                                                                                                                                                                                                                                                                      | THUR                                                                                                                                                                                                                                                                                                            | FRI                                                                                                                                                                                                                                 | SAT                                                      |
|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
|                                                                                                                  | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br>3:30 PM Chair Yoga (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)                                                                              | 9:15 AM Beginner Balance (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br>2:00 PM Advanced Balance (Channel 1960)<br>2:00 PM Banana Pudding Traveling Cart!<br>3:00 PM Tai Chi Easy (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)                     | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br><b>1:00 PM Manor Mayhem (Channel 1960)</b><br>3:00 PM Chapel Service (Channel 1960)<br>3:30 PM Chair Yoga (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)                                                  | 9:15 AM Beginner Balance (Channel 1960)<br>11:00 AM Community Update With Courtney (Channel 1960)<br>11:15 AM Kooky Chronicles (Channel 1960)<br>1:00 PM Manicure-In your apartment!<br>2:00 PM Advanced Balance (Channel 1960)<br>3:00 PM Tai Chi Easy (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960) | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br>2:00 PM Movie Time! Featuring 2019 Version Little Women<br>2:30 PM Traveling Cart Happy Hour!                 | <b>D-Day</b><br>11:00 AM Kooky Chronicles (Channel 1960) |
| 9:30 AM Sunday Morning Worship (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)                        | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br><b>2:00 PM Educational Session: Back Care (Channel 1960)</b><br>3:30 PM Chair Yoga (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)              | 9:00 AM Traveling Cart/ Special Breakfast!<br>9:15 AM Beginner Balance (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br>2:00 PM Advanced Balance (Channel 1960)<br>3:00 PM Tai Chi Easy (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)                 | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br><b>1:00 PM Manor Mayhem (Channel 1960)</b><br>3:00 PM Chapel Service (Channel 1960)<br>3:30 PM Chair Yoga (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)                                                  | 9:15 AM Beginner Balance (Channel 1960)<br>11:00 AM Community Update With Courtney (Channel 1960)<br>11:15 AM Kooky Chronicles (Channel 1960)<br>1:00 PM Manicure-In your apartment!<br>2:00 PM Advanced Balance (Channel 1960)<br>3:00 PM Tai Chi Easy (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960) | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br>1:00 PM Traveling Cart! Flag Day Celebration!<br><b>2:20 PM Dance Fitness: I Will Survive (Channel 1960)</b>  | 11:00 AM Kooky Chronicles (Channel 1960)                 |
| <b>Flag Day</b><br>9:30 AM Sunday Morning Worship (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)     | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br>3:30 PM Chair Yoga (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)                                                                              | 9:15 AM Beginner Balance (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br>1:00 PM Cracker Jack Day! Cracker Jack's delivered to you!<br>2:00 PM Advanced Balance (Channel 1960)<br>3:00 PM Tai Chi Easy (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960) | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br><b>1:00 PM Manor Mayhem (Channel 1960)</b><br>2:00 PM Tissue Flower Craft Kit!<br>3:00 PM Chapel Service (Channel 1960)<br>3:30 PM Chair Yoga (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)              | 9:15 AM Beginner Balance (Channel 1960)<br>11:00 AM Community Update With Courtney (Channel 1960)<br>11:15 AM Kooky Chronicles (Channel 1960)<br>1:00 PM Manicure-In your apartment!<br>2:00 PM Advanced Balance (Channel 1960)<br>3:00 PM Tai Chi Easy (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960) | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br>2:00 PM Traveling Cart, Root Beer Floats, Father's Day Celebration!                                           | 11:00 AM Kooky Chronicles (Channel 1960)                 |
| <b>Father's Day</b><br>9:30 AM Sunday Morning Worship (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960) | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br><b>2:00 PM Educational Session: Stimulating Your Brain (Channel 1960)</b><br>3:30 PM Chair Yoga (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960) | 9:15 AM Beginner Balance (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br>2:00 PM Advanced Balance (Channel 1960)<br>2:00 PM Traveling Happy Birthday Cart!<br>3:00 PM Tai Chi Easy (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)                     | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br><b>1:00 PM Manor Mayhem (Channel 1960)</b><br>2:00 PM Lemonade & Watermelon Traveling Cart!<br>3:00 PM Chapel Service (Channel 1960)<br>3:30 PM Chair Yoga (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960) | 9:15 AM Beginner Balance (Channel 1960)<br>11:00 AM Community Update With Courtney (Channel 1960)<br>11:15 AM Kooky Chronicles (Channel 1960)<br>1:00 PM Manicure-In your apartment!<br>2:00 PM Advanced Balance (Channel 1960)<br>3:00 PM Tai Chi Easy (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960) | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br><b>2:20 PM Dance Fitness: Macarena (Channel 1960)</b><br>3:00 PM Movie & Concession Cart! Featuring Doolittle | 11:00 AM Kooky Chronicles (Channel 1960)                 |
| 9:30 AM Sunday Morning Worship (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)                        | 9:15 AM Power Pump (Channel 1960)<br>10:15 AM Sit & Fit (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br><b>1:00 PM Fun with Food: Snickerdoodle Crumb Bars (Channel 1960)</b><br>3:30 PM Chair Yoga (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)     | 9:15 AM Beginner Balance (Channel 1960)<br>11:00 AM Kooky Chronicles (Channel 1960)<br>1:00 PM Willy Wonka Day! Special Treat Traveling Cart!<br>2:00 PM Advanced Balance (Channel 1960)<br>3:00 PM Tai Chi Easy (Channel 1960)<br>4:00 PM Fun with Music (Channel 1960)     |                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                     |                                                          |

June 2020

Westwinds Residences \*Calendar is Subject to Change

