


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Staff Leader Key LB-Leanne Blauvelt DM-Darlene Montgomery BK-Brenda Kimmel KH-Kevin Hitchcock NSM-Noreen Santa Maria VOL-Volunteer IND-Independent</p>		<p>Sign Up Required If a program is in bold with (sign up) and a star icon following it, you must sign up to attend. Please see Leanne, Darlene or Brenda in the Activity Department to sign up!</p>			<p>For information or questions related to activities, please reach out to Leanne Blauvelt at lblauvelt@peregrinecrossgate.com or call 518-869-0211</p>	<p>10:15 TH Super Stretch & Meditation (BK) 11:00 C Tea & Colorful Creations (BK) 2:15 LR Walking Club (BK) 3:00 C Bingo (BK) 7:15 TH Evening Movie (IND)</p>
2	3	4	5	6	7	8
<p>10:15 TH Sit & Be Fit (DM) 11:00 TH Christ the King Virtual Mass (DM) 2:15 TH Bible Study (DM) 3:15 TH Afternoon Matinee & Popcorn (IND) 4:00 LR Walking Club (DM) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Drums Alive! Exercise Class with Noreen (NSM) 11:00 LB Word in a Word Game (DM) 2:15 LR Walking Club (DM) 3:00 C Bingo (DM) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Tai Chi (DM) 10:30 O Manicures, Pedicures & Pizza! (Sign Up) (LB)★ 11:00 C Community Service Project (DM) 2:15 TH Super Stretch & Meditation (DM) 3:00 TH Peregrine University-Dan Presents "Summer Heat Safety" (VOL) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Catholic Communion Service (VOL) 10:15 LR Word in a Word Game (DM) 11:15 LR Walking Club (DM) 2:15 C Yoga with Noreen (NSM) 3:30 LR Happy Hour with Tony S. (LB) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Lower Body Conditioning (DM) 11:00 C Crafts: Summer Wreaths (Sign Up) (LB)★ 11:30 O Lunch at PJ's Barbequesa & Saratoga Racino (LB)★ 2:15 TH Total Body Workout (DM) 3:00 C Bingo (DM) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH TheraBand Exercise Class (BK) 11:00 TH Rosary Service (VOL) 11:15 LR This & That Trivia (BK) 2:15 TH Sit & Be Fit (BK) 3:00 TH World Travel: Jamaica (LB) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Super Stretch & Meditation (BK) 11:00 C Knitting & Crocheting Group (BK) 2:15 LR Walking Club (BK) 3:00 C Bingo (BK) 7:15 TH Evening Movie (IND)</p>
9	10	11	12	13	14	15
<p>10:15 TH Sit & Be Fit (DM) 11:00 TH Christ the King Virtual Mass (DM) 2:15 TH Bible Study-Celebration of Music! (DM) 3:15 TH Afternoon Matinee & Popcorn (IND) 4:00 LR Walking Club (DM) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Drums Alive! Exercise Class with Noreen (NSM) 11:00 LB Word in a Word Game (DM) 2:15 LR Walking Club (DM) 3:00 C Bingo (DM) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Tai Chi (DM) 10:30 O Brunch & Shaker Heritage Tour (Sign Up) (LB)★ 2:15 TH Super Stretch & Meditation (DM) 3:00 TH Afternoon Matinee & Popcorn (IND) 3:30 FP The Gardening Group (DM) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Catholic Communion Service (VOL) 10:15 LR Word in a Word Game (DM) 11:15 LR Walking Club (DM) 2:15 C Yoga with Noreen (NSM) 3:30 LR Happy Hour with Carmen & Joe (LB) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Upper Body Conditioning (DM) 10:45 TH Bible Study with Ruth & Rich (VOL) 2:15 TH Total Body Workout (DM) 3:00 C Bingo (DM) 4:30 O Dinner Outing-Plum Blossom (Sign Up) (LB)★ 7:15 TH Evening Movie (IND)</p>	<p>Flag Day-Dress in Red, White, & Blue! 10:15 TH TheraBand Exercise Class (BK) 11:00 TH Rosary Service (VOL) 11:15 LR This & That Trivia (BK) 2:15 TH Sit & Be Fit (BK) 3:15 FP Flag Day Social on the Front Porch (BK) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Super Stretch & Meditation (BK) 11:00 C Tea & Colorful Creations (BK) 2:15 LR Walking Club (BK) 3:00 C Bingo (BK) 7:15 TH Evening Movie (IND)</p>
16	17	18	19	20	21	22
<p>Father's Day 10:15 TH Sit & Be Fit (DM) 11:00 TH Christ the King Virtual Mass (DM) 3:00 LR Father's Day Celebration (DM) 4:30 LR Walking Club (DM) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Drums Alive! Exercise Class with Noreen (NSM) 11:00 LB Word in a Word Game (DM) 2:00 FD Book Club with Monica & Susan (VOL) 2:30 LR Walking Club (DM) 3:15 C Bingo (DM) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Tai Chi (DM) 11:00 C Community Service Project (LB) 2:15 TH Super Stretch & Meditation (DM) 3:15 C Root Beer Floats & Activity Planning Meeting (LB) 7:15 TH Evening Movie (IND)</p>	<p>Juneteenth 10:15 TH Catholic Communion Service (VOL) 10:15 LR Word in a Word Game (DM) 11:15 LR Walking Club (DM) 2:15 C Yoga with Noreen (NSM) 3:30 LR Happy Hour-Celebrating Juneteenth: History & Traditional Foods (LB) 7:15 TH Evening Movie (IND)</p>	<p>Summer Begins 10:15 TH Lower Body Conditioning (DM) 10:45 TH Food For Thought (KH) 11:15 TH Resident Council Meeting (LB) 4:00 DR Welcome Summer Family Cookout! (4-6pm) (LB) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH TheraBand Exercise Class (BK) 11:00 TH Rosary Service (VOL) 11:15 LR This & That Trivia (BK) 2:15 TH Sit & Be Fit (BK) 3:00 FP Iced Tea & Summer Trivia on the Porch 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Super Stretch & Meditation (BK) 11:00 C Knitting & Crocheting Group (BK) 2:15 LR Walking Club (BK) 3:00 C Bingo (BK) 7:15 TH Evening Movie (IND)</p>
23	24	25	26	27	28	29
<p>10:15 TH Sit & Be Fit (DM) 11:00 TH Christ the King Virtual Mass (DM) 2:15 TH Bible Study (DM) 3:15 TH Afternoon Matinee & Popcorn (IND) 4:00 LR Walking Club (DM)</p>	<p>10:15 TH Drums Alive! Exercise Class with Noreen (NSM) 11:30 FD Ambassador Club Meeting (LB) 12:00 FD New Resident & Ambassador Luncheon (LB) 2:15 LR Walking Club (DM) 3:00 C Bingo (DM) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Tai Chi (DM) 11:00 TH Celebrate a Resident (DM) 12:00 O Cooks Park Picnic & Ice Cream (Sign Up) (LB)★ 2:15 TH Super Stretch & Meditation (DM) 3:15 C Painting Class with Janelle (Sign Up) (DM)★ 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Catholic Communion Service (VOL) 10:15 LR Word in a Word Game (DM) 11:15 LR Walking Club (DM) 11:30 LR Community Service Project Sale (LB) 2:15 C Yoga with Noreen (NSM) 3:30 LR Happy Hour & Birthday Celebration with Laura (LB) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Upper Body Conditioning (DM) 10:45 TH Bible Study with Ruth & Rich (VOL) 2:15 TH Total Body Workout (DM) 3:00 C Bingo (DM) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH TheraBand Exercise Class (BK) 11:00 TH Rosary Service (VOL) 11:15 LR This & That Trivia (BK) 2:15 TH Sit & Be Fit (BK) 3:00 LR An Afternoon of Music with John Hill (BK) 7:15 TH Evening Movie (IND)</p>	<p>10:15 TH Super Stretch & Meditation (BK) 11:00 C Tea & Colorful Creations (BK) 2:15 LR Walking Club (BK) 3:00 C Bingo (BK) 7:15 TH Evening Movie (IND)</p>
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<p>10:15 TH Sit & Be Fit (DM) 11:00 TH Christ the King Virtual Mass (DM) 2:15 TH Memorial & Remembrance Service (DM) 3:15 TH Afternoon Matinee & Popcorn (IND) 4:00 LR Walking Club (DM)</p>						