

JUNE



**NORTHSHORE ADULT DAY
HEALTH & WELLNESS CENTER**
Monday-Friday 10-3:00 pm
(425)488-4821

Mon

Tue

Wed

Thu

Fri



*All activities subject to change
*Monthly fire drill



“The USDA prohibits discrimination in all it’s programs and activities on the basis of race, color, national origins, gender, race or disability”



1
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Games Galore

4
10:00 Coffee social/Fine motor
11:00 Reminiscing w/Bruce
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Active Games

5
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Music w/Shannon

6
10:00 Coffee social/Fine motor
11:00 Art group
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 B.I.N.G.O.


7
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:30 Piano w/Rosemarie

8
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:30 Guitar w/Dave H.

11
10:00 Coffee social/Fine motor
11:00 Reminiscing w/Bruce
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Music Therapy w/John A.

12
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Patriotic Singalong

13
10:00 Coffee social/Fine motor
11:00 Art group
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Saxophone w/Bill B.


14 Flag Day
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Music w/Ted P. 

15 Dad’s & Doughnuts
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:30 Groovin w/Gregg

18
10:00 Coffee social/Fine motor
11:00 Reminiscing w/Bruce
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Music Bingo

19 Baking
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Piano w/RoseMarie

20
10:00 Coffee social/Fine motor
11:00 Art group
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:30 Rockin w/Jon P.

21 First Day of Summer
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Variety w/Ted Y. 

22
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Singalong w/Kathy S.

25
10:00 Coffee social/Fine motor
11:00 Reminiscing w/Bruce
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Sing Along

26
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Name your Tune karaoke

27
10:00 Coffee social/Fine motor
11:00 Art group
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Music Therapy w/John A.

28
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
Music w/Shannon

29
10:00 Coffee social/Fine motor
11:00 Upper body exercise
11:15 Body conditioning
11:45 Standing Balance
1:15 Guitar w/David A.