

SUN MON TUE WED THUR FRI SAT

<p>KEY CR - Community Room DR - Dining Room FP - Front Porch GR - Game Room LR - Living Room L - Lobby</p>	<p>10:00 Flex and Stretch (CR) 1 10:45 Crossword (CR) 12:00 Trivia (LR) 2:00 Pokeno (CR) 4:00 Walking Club (CR)</p>	<p>9:45 Shopping Trip (Meet in Lobby) 2 10:00 Upper Body Workout (CR) 12:00 Family Feud (LR) 1:30 Bible Study (CR) 2:30 Corn Hole (FP) 4:00 Walking Club (CR)</p>	<p>10:00 Weights and Balance (CR) 3 10:45 Crossword (CR) 12:00 Brain Quest (LR) 2:00 Decorate Wooden Ornaments for Lobby Tree (CR) 4:00 Walking Club (CR) 7:00 Resident Led Bingo (CR)</p>	<p>Butterfly Awareness Day 4 10:00 Zumba (CR) 10:45 Men's Club: Pastries and Talk (CR) 12:00 I Should Have Known That! (LR) 2:00 Monthly Calendar Planning (CR) 3:00 Help to set up Butterfly Habitat (CR) 4:00 Walking Club (CR)</p>	<p>10:00 Total Body Fitness (CR) 5 10:45 Games (GR) 12:00 Trivia (LR) 2:30 Welcome to the Weekend with Jon Durfee (DR)</p>	<p>D-Day 6 10:00 Balloon Volleyball (CR) 10:45 Scrabble (GR) 12:00 Who Am I? (LR) 2:00 Bingo (CR) 4:00 Walking Club (CR)</p>
<p>9:00 First Presbyterian (L) 7 10:00 Holy Family (L) 2:00 Create Sand Art Jars (CR) 4:00 Walking Club (CR)</p>	<p>10:00 Flex and Stretch (CR) 8 10:45 Crossword (CR) 12:00 Trivia (LR) 2:00 Pokeno (CR) 4:00 Walking Club (CR)</p>	<p>National Donald Duck Day Superman Hometown Day 9 9:45 Shopping Trip (Meet in Lobby) 10:00 Upper Body Workout (CR) 12:00 Act Up! (LR) 1:30 Bible Study (CR) 2:30 Coasters with Characters (CR) 4:00 Walking Club (CR)</p>	<p>10:00 Chair Yoga with Zack (CR) 10 10:45 Crossword (CR) 12:00 A-Z Trivia (LR) 2:30 Birthday Social (CR) 4:00 Walking Club (CR)</p>	<p>10:00 Zumba (CR) 11 10:45 Word in a Word (CR) 12:00 Buzzwords (LR) 2:00 Faith Based Matinee Movie (CR) 4:00 Walking Club (CR)</p>	<p>10:00 Total Body Fitness (CR) 12 10:45 Games (GR) 12:00 Trivia (LR) 2:30 Welcome to the Weekend with Cory Langley (DR)</p>	<p>10:00 Balloon Volleyball (CR) 13 10:45 Scrabble (GR) 12:00 Oodles (LR) 2:00 Bingo (CR) 4:00 Walking Club (CR)</p>
<p>Flag Day 14 9:00 First Presbyterian (L) 10:00 Holy Family (L) 2:00 Flag Day Diamond Art Keychains (CR) 4:00 Walking Club (CR)</p>	<p>10:00 Flex and Stretch (CR) 15 10:45 Crossword (CR) 12:00 Trivia (LR) 2:00 Pokeno (CR) 4:00 Walking Club (CR)</p>	<p>9:45 Shopping Trip (Meet in Lobby) 16 10:00 Upper Body Workout (CR) 12:00 Scattergories (LR) 1:30 Bible Study (CR) 2:30 Food for Thought (CR) 4:00 Walking Club (CR)</p>	<p>Nursing Assistant Day 17 10:00 Weights and Balance (CR) 10:45 Crossword (CR) 12:00 Who knows It Better ? (LR) 2:00 Make a Flower Bouquet for Father's Day (CR) 3:00 Bowling (CR) 4:00 Walking Club (CR) 7:00 Resident Led Bingo (CR)</p>	<p>Autistic Pride Day 18 10:00 Zumba (CR) 10:45 Summer Community Scavenger Hunt (CR) 12:00 I Remember This! (LR) 2:00 New Resident Social (CR) 3:00 Corn Hole (CR) 4:00 Walking Club (CR)</p>	<p>Juneteenth 19 10:00 Total Body Fitness (CR) 10:45 Games (GR) 12:00 Juneteenth Trivia (LR) 2:00 Come out to get Shaved Ice from Get Lost (FP) 2:30 Welcome to the Weekend with Frank Sings Frank (DR)</p>	<p>10:00 Balloon Volleyball (CR) 20 10:45 Scrabble (GR) 12:00 Clichebles (LR) 2:00 Bingo (CR) 4:00 Walking Club (CR)</p>
<p>Father's Day Selfie Day 21 9:00 First Presbyterian (L) 10:00 Holy Family (L) 2:00 Donuts for Dads (CR) 3:00 Corn Hole (CR) 4:00 Walking Club (CR)</p>	<p>Wear Purple Day 22 10:00 Flex and Stretch (CR) 10:45 Crossword (CR) 12:00 Trivia (LR) 2:00 Pokeno (CR) 4:00 Walking Club (CR)</p>	<p>Wear Pink Day 23 9:45 Shopping Trip (Meet in Lobby) 10:00 Upper Body Workout (CR) 12:00 Name 10 Trivia (LR) 1:30 Bible Study (CR) 2:30 Resident Association Meeting (CR) 4:00 Walking Club (CR)</p>	<p>Wear Red Day 24 10:00 Dance Fitness (CR) 10:45 Crossword (CR) 12:00 20 Questions (LR) 2:00 Sing a-long with GLOW (CR) 3:00 Popsicles on the Porch (FP) 4:00 Walking Club (CR)</p>	<p>Ashura Wear Yellow Day 25 10:00 Zumba (CR) 10:45 Greatest Stories Told (CR) 12:00 You Be The Judge (LR) 2:00 Faith Based Matinee Movie (CR) 4:00 Walking Club (CR) 4:30 Grand Opening: Showcasing New Renovation! Happy Hour Singing by James Curry (DR)</p>	<p>Wear Blue Day 26 9:45 Let's Walk at Great Neck Park (L) 10:00 Total Body Fitness (CR) 10:45 Games (GR) 12:00 Trivia (LR) 2:30 Welcome to the Weekend with Eddie Sal (DR)</p>	<p>10:00 Balloon Volleyball (CR) 27 10:45 Scrabble (GR) 12:00 Brain Quest (LR) 2:00 Bingo (CR) 4:00 Walking Club (CR)</p>
<p>9:00 First Presbyterian (L) 28 10:00 Holy Family (L) 2:00 Art with Erica (CR) 4:00 Walking Club (CR)</p>	<p>10:00 Flex and Stretch (CR) 29 10:45 Crossword (CR) 12:00 Trivia (LR) 2:00 Pokeno (CR) 4:00 Walking Club (CR)</p>	<p>9:45 Shopping Trip (Meet in Lobby) 30 10:00 Upper Body Workout (CR) 12:00 Ultimate Trivia (LR) 1:30 Bible Study with Chaplain Ron (CR) 2:30 Summer Watermelon Porch Party (FP) 4:00 Walking Club (CR)</p>		<p>June Birthdays !!! Ed Stowers 6/3 Rena Coughlin 6/7 Amy Johnston 6/8 Ernest Cole 6/23 Terry Crisp 6/28 Adele Pace 6/28 Wayne Wheeley 6/29</p>		<p>Special Dress Up June Days !! June 14: Flag Day- Wear Red, White, & Blue June 19th: Juneteenth- Wear Red, Black, Green, or Yellow June 22nd: Alzheimer's awareness- Wear Purple June 23rd: Nation Pink Day- Wear Pink June 24th: Target Corporation Day- Wear Red June 25th: Summer day!- Wear Yellow June 26th: Wear Blue Day for Discovery Commons Community</p>

June 2026

Discovery Commons Virginia Beach: Assisted Living

