





# June 2026

## City Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:30 Exercise 1:15 1:1 Walking 2:00 Bingo 6:00 Songs Under the Sky	10:30 Exercise 2:00 card games 3:00 Chair Zumba	10:30 Exercise 6:00 Movie Night: George of the Jungle (Disney +)	10:30 Exercise 2:30 Chair Zumba 3:15 Crazy Eights Card Game 6:30 Bingo	10:00 Gardening 10:15 1:1 iPad 10:30 Exercise 1:30 Tover Projector 2:00 1:1 Board Game 2:15 karaoke 2:30 1:1 Walking	9:45 Arm Chair Travel 2:15 Entertainment:
10:00 Church Service 10:30 Hymn Sing 2:00 Unit Bingo	10:30 Exercise 1:15 1:1 Walking 6:00 Songs Under the Sky	10:30 Exercise 2:00 Beauty Club 3:00 Chair Zumba 3:30 1:1 Reminisicing	10:30 Exercise 6:00 Movie Night: George of the Jungle 2 (Disney +)	10:30 Exercise 2:00 1:1 Board 2:30 Chair Zumba 3:15 Beauty Club 3:30 1:1 Board Games 6:30 Bingo	10:00 Gardening 10:30 Exercise	
10:00 Church Service 10:30 Hymn Sing 11:00 Communion	10:30 Exercise 6:00 Songs Under the Sky	10:30 Exercise 3:00 Chair Zumba	10:30 Exercise 6:00 Movie Night: The Jungle Book (Disney +)	10:30 Exercise 2:30 Chair Zumba 6:30 Bingo	10:00 Gardening 10:30 Exercise 2:00 1:1 Board Game	9:45 Arm Chair Travel 2:15 Entertainment:
10:00 Church Service 10:30 Hymn Sing 2:00 Father's Day Entertainment	10:30 Exercise 6:00 Songs Under the Sky	10:30 Exercise 3:00 Chair Zumba 3:30 1:1 Reminisicing	10:30 Exercise 6:00 Movie Night: Blank Check (Disney +)	10:30 Exercise 2:00 1:1 Board Games 2:30 Chair Zumba 6:30 Bingo	10:00 Gardening 10:30 Exercise	10:15 Exercise 2:15 Entertainment:
10:00 Church Service 10:30 Hymn Sing 11:00 Communion	10:30 Exercise 6:00 Songs Under the Sky	10:30 Exercise 3:00 Chair Zumba	