





SUN	MON	TUE	WED	THUR	FRI	SAT
9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:00 Church Shuttle (*) 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 1:30 First Presbyterian Church Communion 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Mass with Fr. John Finnell 6:00 Movie	1 10:00 Balance Class 11:00 Next Level Fit with Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin 4:00 Team Trivia with Bob (*)	2 10:00 Sittercise 11:00 Lunch Outing to Fairplain Yacht Club (*) 11:00 Sing-A-Long to the Oldies 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 7:15 Movie	3 10:00 Balance Class 11:00 A Room with Many Views w/ Rev. Jim Lewis 2:00 Bingo 3:30 Golf 7:00 Prayer Circle Meeting	4 10:00 Sittercise 11:00 Bible Study with Rev. Dr. Timothy Bias 11:00 Flex & Flow with Mary Louise King 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*)	5 D-Day 10:00 Balance Class 11:00 Next Level Fit with Christian Burch 1:00 Shopping @ Walmart (*) 3:30 Golf 4:00 Meet and Greet with Bill Moore, Powerback Rehab Director 7:15 Movie	6 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 2:00 The Kitchen Sink-O-Paters (Dixieland Music) 7:15 Movie
8 9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:00 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie	9 10:00 Balance Class 11:00 Next Level Fit with Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin	10 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:00 Read Aloud & Story Time 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 7:15 Movie	11 Full Moon 10:00 Balance Class 11:00 A Room with Many Views w/ Rev. Jim Lewis 1:30 Dementia & Alzheimer's Support Group 2:00 Bingo 2:00 Check Cashing 3:30 Golf 7:00 Prayer Circle Meeting	12 10:00 Sittercise 11:00 Bible Study with Rev. Dr. Timothy Bias 11:00 Flex & Flow with Mary Louise King 11:00 Triple B Eatery Food Truck 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*)	13 10:00 Balance Class 11:00 Next Level Fit with Christian Burch 1:00 Shopping @ Dollar Tree (*) 3:30 Golf 7:15 Movie	14 Flag Day 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 7:15 Movie
15 Father's Day 9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:00 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:15 Light Opera Guild: "Heathers the Musical" (*) 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie	16 10:00 Balance Class 11:00 Next Level Fit with Christian Burch 1:00 Monthly Birthday Celebration 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin 5:30 Parkinsons Support Group Meeting at Blessed Sacrament (*)	17 10:00 Sittercise 11:00 Sing-A-Long with Phyllis and Special Guests Ed & Marilyn Gaunch 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 7:15 Games & Giggles with Lee & Haley Dean 7:15 Movie	18 10:00 Balance Class 11:00 A Room with Many Views w/ Rev. Jim Lewis 11:00 Employee Activities Committee Car Wash (*) 2:00 Bingo 3:30 Golf 7:00 Prayer Circle Meeting	19 Juneteenth 10:00 Sittercise 11:00 Bible Study with Leslie Fish 11:00 Blood Pressure Check 11:00 Flex & Flow with Mary Louise King 11:30 Lunch Outing to Eagles Nest & Lounge (*) 12:30 Alterations w/Carolyn 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 2:30 WVU OLLI Open House (*)	20 12:00 West Virginia Day BBQ & Brews (*) 1:00 Shopping @ Drug Emporium (*) 2:00 Kanawha County Humane Association Pet Visits 3:30 Golf 7:15 Movie	21 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 2:00 The Au Naturel Rhythm Generators (Old-Time Music with a Comic Flair) 7:15 Movie
22 9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:00 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie	23 10:00 Balance Class 11:00 Next Level Fit with Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin	24 10:00 Sittercise 10:30 Massages by The Massage & Reiki Center (*) 1:00 Channel 96: Seated Exercises 1:00 Read Aloud and Story Time 1:30 Channel 96: Balance Skills & Drills 1:45 Kroger (*) 7:15 Movie	25 10:00 Balance Class 11:00 A Room with Many Views w/ Rev. Jim Lewis 2:00 Bingo 2:00 Check Cashing 3:00 Shopping Blenko & Dinner La Banca (*) 3:30 Golf 7:00 Prayer Circle Meeting	26 10:00 Sittercise 11:00 Bible Study with Leslie Fish 11:00 Flex & Flow with Mary Louise King 1:00 Channel 96: Gentle Yoga 1:45 Kroger (*) 3:00 Beach Bash with Arlen Bishop	27 10:00 Balance Class 10:00 WVU OLLI Class: War World War II Cartoonist Bill Mauldin presented by Mel Cann (*) 11:00 Next Level Fit with Christian Burch 1:00 Chit Chat 1:00 Shopping @ Target (*) 3:30 Golf 7:15 Movie	28 10:00 Sittercise 1:00 Channel 96: Seated Exercises 1:00 Ice-Cream Sundae Social 1:30 Channel 96: Balance Skills & Drill 2:00 Makers Space Workshop 7:15 Movie
29 9:00 Church Shuttle (*) 10:00 Channel 96: Catholic Mass 10:00 Church Shuttle (*) 11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley 11:00 Spiritual Service 1:00 Channel 96: Seated Exercises 1:30 Channel 96: Balance Skills & Drill 2:30 Channel 96: Bible Study for Beginners 3:00 Catholic Communion 6:00 Movie	30 10:00 Balance Class 11:00 Next Level Fit with Christian Burch 2:00 Bingo 2:00 Channel 96: Gentle Yoga 3:30 Conversations in French and French Culture with Frank Martin				CAR WASH  Wednesday, June 18, 2025 11:00a.m. -3:00 p.m. Call the Lifestyle Department to schedule an appointment at (304) 347-1955 or (304) 347-1942. Donations accepted. All proceeds go towards the Employee Christmas Party.	Please use the registration sheet to sign up for any event with an asterisk (*) next to it.