

**SUN MON TUE WED THUR FRI SAT**



**1**  
10:00 Balance Class  
11:00 Next Level Fit with Christian Burch  
2:00 Bingo  
2:00 Channel 96: Gentle Yoga  
3:00 Labeling for Read Aloud

**2**  
10:00 Sittercise  
11:00 Sing-A-Long to the Oldies  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drills  
7:15 Movie

**3**  
10:00 Balance Class  
11:00 A Room with Many Views  
2:00 Bingo  
3:30 Golf  
7:00 Prayer Circle Meeting

**4**  
10:00 Sittercise  
11:00 Bible Study with Leslie Fish  
11:00 Flex & Flow with Mary Louise King  
12:30 Alterations w/Carolyn  
1:00 Channel 96: Gentle Yoga  
1:45 Kroger at Ashton Place (\*)  
2:00 Retirement Party in Honor of Connie Hudson 13 years of Service (\*)

**5**  
10:00 Balance Class  
11:00 Next Level Fit with Christian Burch  
1:00 Shopping @ Walmart (\*)  
1:30 Catholic Mass  
3:30 Golf  
7:15 Movie

**6**  
D-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

**7**  
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

**8**  
10:00 Balance Class  
11:00 Next Level Fit with Christian Burch  
2:00 Bingo  
2:00 Channel 96: Gentle Yoga

**9**  
10:00 Sittercise  
1:00 Channel 96: Seated Exercises  
1:00 Holy Communion With St. Marks Methodist Church  
1:30 Channel 96: Balance Skills & Drills  
1:45 Kroger at Delaware Avenue (\*)  
7:15 Movie

**10**  
10:00 Balance Class  
11:00 A Room with Many Views  
1:30 Dementia & Alzheimer's Support Group  
2:00 Bingo  
2:00 Check Cashing  
3:30 Golf  
7:00 Prayer Circle Meeting

**11**  
10:00 Sittercise  
11:00 Bible Study with Leslie Fish  
11:00 Flex & Flow with Mary Louise King  
11:00 Lunch Trip to Edgewood Country Club (\*)  
1:00 Channel 96: Gentle Yoga  
1:45 Kroger at Ashton Place (\*)

**12**  
10:00 Balance Class  
11:00 Next Level Fit with Christian Burch  
1:00 Shopping @ Dollar Tree & TJ Maxx (\*)  
1:30 Colorado Springs Children's Chorale  
3:30 Golf  
7:15 Movie

**13**  
10:00 Sittercise  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
2:00 Makers Space Workshop  
7:15 Movie

**14**  
Flag 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  
1:30 Channel 96: Balance Skills & Drill  
2:30 Channel 96: Bible Study for Beginners  
3:00 Catholic Communion  
6:00 Movie

**15**  
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  
5:30 Parkinsons Support Group Meeting at Blessed Sacrament (\*)

**16**  
10:00 Sittercise  
10:30 Massages by The Massage & Reiki Center (\*)  
11:00 Lunch Trip to Backwoods Bar & Grill (\*)  
11:00 Sing-A-Long with Phyllis  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drills  
1:45 Kroger at Delaware Avenue (\*)  
7:15 Movie

**17**  
10:00 Balance Class  
11:00 A Room with Many Views  
2:00 Bingo  
3:30 Golf  
7:00 Prayer Circle Meeting

**18**  
10:00 Sittercise  
11:00 Bible Study with Leslie Fish  
11:00 Flex & Flow with Mary Louise King  
12:30 Alterations w/Carolyn  
1:00 Channel 96: Gentle Yoga  
1:45 Kroger at Ashton Place (\*)  
3:00 Beach Bash with DJ Christian Burch

**19**  
Juneteenth  
10:00 Balance Class  
11:00 Blood Pressure Check  
11:00 Next Level Fit with Christian Burch  
1:00 Shopping @ Piggly Wiggly (\*)  
2:00 Kanawha Charleston Humane Association Pet Visits  
3:30 Golf  
7:15 Movie

**20**  
10:00 Sittercise  
1:00 Channel 96: Seated Exercises  
1:00 Ice-Cream Sundae Social  
1:30 Channel 96: Balance Skills & Drill  
2:00 Episcopal Service & Communion  
2:00 Makers Space Workshop  
7:15 Movie

**21**  
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  
1:30 Channel 96: Balance Skills & Drill  
2:30 Channel 96: Bible Study for Beginners  
3:00 Catholic Communion  
6:00 Movie

**22**  
10:00 Balance Class  
12:00 Men's Burgers & Brews (\*)  
2:00 Bingo  
2:00 Channel 96: Gentle Yoga

**23**  
10:00 Sittercise  
11:00 Lunch Outing to Rio De Grill Brazilian Steakhouse (\*)  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drills  
1:45 Kroger at Delaware Avenue (\*)  
7:15 Movie

**24**  
10:00 Balance Class  
11:00 A Room with Many Views  
11:00 Coffee & Conversation with "Bee Keeper" Becky Francke  
2:00 Bingo  
2:00 Check Cashing  
3:30 Golf  
7:00 Prayer Circle Meeting

**25**  
Ashura  
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 at Ashton Place (\*)  
3:00 Virtual Program on The National Park & Preserve WV New River Gorge Bridge

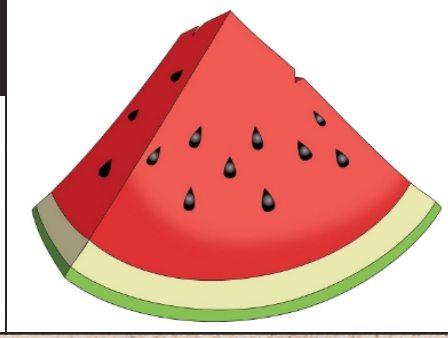
**26**  
10:00 Balance Class  
11:00 Next Level Fit with Christian Burch  
1:00 Chit Chat With Joan Steven  
1:00 Shopping @ Target & Kohls (\*)  
3:30 Golf  
7:15 Movie

**27**  
10:00 Sittercise  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drill  
2:00 Makers Space Workshop  
7:15 Movie

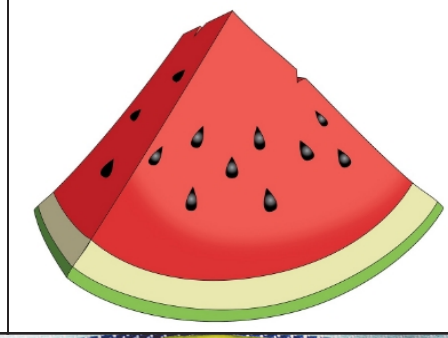
**28**  
9:00 Church Shuttle (\*)  
10:00 Channel 96: Catholic Mass  
10:00 Church Shuttle (\*)  
11:00 Channel 96: Spiritual Service w/ Dr. Charles Stanley  
11:00 Spiritual Service  
1:00 Channel 96: Seated Exercises  
1:15 Light Opera Guild: 1776 The Musical (\*)  
1:30 Channel 96: Balance Skills & Drill  
2:30 Channel 96: Bible Study for Beginners  
3:00 Catholic Communion  
6:00 Movie

**29**  
10:00 Balance Class  
11:00 Next Level Fit with Christian Burch  
2:00 Bingo  
2:00 Channel 96: Gentle Yoga  
3:00 WVU OLLI Open House

**30**  
10:00 Sittercise  
1:00 Channel 96: Seated Exercises  
1:30 Channel 96: Balance Skills & Drills  
1:45 Kroger at Delaware Avenue (\*)  
3:00 WV Humanties Council History Alive Program Pearl S. Buck  
7:15 Movie



**F.A.T.H.E.R.S.**  
"F" aithful.  
"A" lways there.  
"T" rustworthy.  
"H" onoring.  
"E" ver-loving.  
"R" ighteous.  
"S" upportive.  
**Happy Father's Day**



Please use the registration sheet to sign up for any event with an asterisk (\*) next to it.

**June 2026**

Independent Living  
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