



June 2021
Brain Health Month

Monthly Activities

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
<div><p>WWW.SENIORLIFESTYLE.COM</p><p>Activities are subject to change</p></div>						<div>Brain Health Month! Today is The First Day of June 10:30 ● Morning Meditation 11:00 ● Busy Brain Games: Rummikub 1:30 ● Outdoor Exercise: Ladder Ball 2:30 ● Language Lab: Italian 3:30 ● Social Hour: Cooking Demo with Chef Justin 4:15 ● Think More Trivia: Jeopardy 5:30 ● Tuesday Night Bingo with Matt 6:00 ● Movie Night</div>		<div>Brain Health Month! Today is Field Day! 9:00 ● Church Hill & St. Rose School Field Day! 9am-11am 1:00 ● Painting Canvas: Rainbow & Sunsets 1:30 ● Arm Chair Travel: Italy 2:00 ● CHV Men's Club with Dennis 3:30 ● Social Hour 4:15 ● Afternoon Trivia: 15 Famous Restaurants of Italy 6:00 ● Wednesday Night Movie</div>		<div>Brain Health Month! Today is National "Egg"cellent Egg Day 10:30 ● Move & Groove Exercise Class with George Raymond 11:00 ● Brain Health Teasers: Crosswords & Word Search 1:30 ● Flanders Nature Center Lectures: Baby Chickens From Eggs to Legs 2:30 ● Outdoor Games: Cornhole 3:30 ● Social Hour: Fresh Egg Salad 4:15 ● Classic Trivia: Name That Egg-spression 6:00 ● Church Hill Classic Film</div>		<div>Brain Health Month! Today is National Donut Day 10:30 ● Rock 'n' Roll Fitness 11:00 ● Brain Health-Cranium Crunches 1:15 ● CHV Out Trip: Holy Cow Ice Cream, Newtown 2:30 ● Penny Pokeno Palooza 3:00 ● How it's Made: Krispy Kreme Donuts 3:30 ● Social Hour 4:15 ● Food For Thought: Delicious Donut Recipes Now & Then 6:00 ● Friday Night Movie</div>		<div>Brain Health Month! Today is National Butterfly Education & Awareness Day 10:30 ● Butterfly-Super-Stretches 11:00 ● Church Hill Theatre Class 1:00 ● Culinary Class with Chef Ben 2:30 ● Church Hill Support Group with Frank 3:30 ● Social Hour: Sweetheart Martini 4:15 ● Butterfly Education and Brains Trivia 101 6:00 ● Saturday Night at the Movies</div>	
<div><p>your <i>life</i>, your <i>style</i></p></div>		<div>Brain Health Month! Today is National "Get Your Kicks on Route 66" Day 10:00 ● Sunday Scenic Ride: Candlewood Lake 10:30 ● Church Service Live Stream 10:30 ● St. Rose Church Communion 11:00 ● Busy Brain Games: Finish That Phrase 1:30 ● Church Hill Casino-Bingo Blitz 2:30 ● Sunday Concert Series & Social Hour 4:30 ● Ted Talks: Route "66" History & Memory Lane 6:00 ● Super Soul Sunday Movie</div>		<div>Brain Health Month! Today is National Chocolate Ice Cream Day 10:30 ● CHV Scenic Drives: Brookfield 11:00 ● Rosary Group 1:30 ● Brain Teaser Trivia: 15 Top Ben & Jerry's Chocolate Ice Cream Flavors 2:30 ● Arm Chair Travel: Ben & Jerry's Ice Cream Factory, Vermont 3:30 ● Social Hour: Chocolate Ice Cream Sundaes 4:30 ● Ted Talks: Eating Healthy is Key to Brain Health 6:00 ● Monday Night Movie</div>		<div>Brain Health Month! Today is National World Oceans Day 10:30 ● Morning Brain Fitness: Meditation 11:00 ● Under The Sea Trivia: Fish Species Discovered Now & Then 1:30 ● Spiritual Enrichment Program: "Faithfully Driven" with Reverend Julie 2:30 ● Language Lab: Italian 3:30 ● Social Hour: Cooking Demo with Chef Justin 4:15 ● Classic Game Show 101: Wheel Of Fortune 5:30 ● Tuesday Night Bingo with Matt 6:00 ● Tuesday Night Movie</div>		<div>Brain Health Month! Today is National "Discuss Health Day" 10:30 ● Circle Soccer 11:00 ● Think Brain Fitness 101: Best Brain Exercises 1:15 ● CHV Bus Out Trip: Rich Farm Ice Cream, Oxford 2:00 ● CHV Men's Club with Dennis 2:00 ● Woman's Book Club with CJ Golden 3:00 ● Movie Club 3:30 ● Social Hour 4:15 ● Afternoon Chats: Brain Health Matters 6:00 ● Wednesday Night Movie</div>		<div>Brain Health Month! Today is National Creative Minds Day 10:30 ● Move & Groove Exercise Class with George Raymond 11:00 ● Healthy & Tasty Recipes Virtual Demo: Chef Ramsey 1:00 ● Creative Crafts Corner: Sunny Sea Shore Painting 2:00 ● Outdoor Games: Ladder Ball 3:30 ● Social Hour 4:15 ● Creativity Through The Decades: 1920-2020 Theatre Productions 6:00 ● Church Hill Classic Film 6:30 ● Friday Night Concert Series</div>		<div>Brain Health Month! Today is National Keep Your Brain Busy Day 10:30 ● CHV Bus Out Trip: Old Navy, Southbury 11:00 ● Brain Health-Cranium Crunches 1:30 ● Outdoor Exercise: Ladder Ball 2:30 ● Coffee & Conversations 3:30 ● Social Hour 4:15 ● Church Hill Chats: Sleep Reboots Your Brain 6:00 ● Friday Night Movie</div>		<div>Brain Health Month! Today is National Knitting & Hand Health Awareness Day 10:30 ● Morning Meditation: Hand & Lotion Therapy 11:00 ● Church Hill Theatre Class 1:30 ● Culinary Class with Chef Ben 2:30 ● Church Hill Support Group with Frank 3:30 ● Social Hour: Shirley Temples 4:15 ● Saturday Short Trivia: Fiber Arts & Hand Health 6:00 ● Saturday Night at the Movies</div>	
<div>● Connect ● Contribute ● Feel ● Grow ● Move ● Reflect</div>		<div>Brain Health Month! Today is National Gardening Day 10:00 ● Sunday Scenic Ride: Derby 10:30 ● Church Service Live Stream 10:30 ● St. Rose Church Communion 11:00 ● Green Thumb Garden Club 1:30 ● Church Hill Casino-Bingo Blitz 2:30 ● Sunday Concert Series & Social Hour 4:15 ● Ted Talks: Gardening is Good For The Soul 6:00 ● Super Soul Sunday Movie</div>		<div>Brain Health Month! Today is Flag Day 10:00 ● Church Hill Flag Raise Gathering 10:30 ● CHV Scenic Drives: Sandy Hook 11:00 ● Rosary Group 1:30 ● Nifty Knitter's Club 2:30 ● Red, White & Blue Painting Studio: U.S.A Flag 3:30 ● Social Hour: Mini Sliders & Cocktails 4:15 ● Ted Talks: Flag Day Celebrated Around the World 6:00 ● Monday Night Movie</div>		<div>Brain Health Month! Today is National Learn a New Skill Day 10:30 ● Move & Learn Fitness: Chair Cardio 11:00 ● Coffee & Conversations 1:00 ● People's Plant Connection with Eric 2:30 ● Green Putter's Golf 3:30 ● Social Hour: Cooking Demo with Chef Justin 4:15 ● Church Hill Chats: Learn a New Skill Everyday 5:30 ● Tuesday Night Bingo with Matt 6:00 ● Tuesday Night Movie</div>		<div>Brain Health Month! Today is National Boardwalk Day 10:00 ● CHV Bus Out Trip: New Pond Farm Education Center 11:00 ● Arm Chair Travel: Famous Florida Boardwalks 1:30 ● Busy Brain Games: Pokeno 2:00 ● CHV Men's Club with Dennis 2:30 ● Walnut Hill Church Bible Study Group 3:00 ● Movie Club 3:30 ● Social Hour 4:15 ● "Under The Boardwalk" History 101 6:00 ● Wednesday Night Movie</div>		<div>Brain Health Month! Today is National Food Health Day 10:30 ● Move & Groove Exercise Class with George Raymond 11:00 ● Healthy Food Virtual Lectures: From Farm to Table 1:30 ● Best Of Bowling 2:00 ● Outdoor Games: Cornhole 3:30 ● Social Hour 4:15 ● Quick Trivia: Food is Brain Power 6:00 ● Church Hill Classic Film</div>		<div>Brain Health Month! Today is National Music & Therapy Day 10:30 ● CHV Scenic Rides: Horse Sanctuary, Newtown 11:00 ● Brain Health-Cranium Crunches 1:30 ● Name That Country Tune: Dolly Parton 2:30 ● Afternoon Stroll 3:30 ● Social Hour 4:15 ● Think Brain Health Trivia: Music is Therapeutic 6:00 ● Friday Night Movie</div>		<div>Brain Health Month! Today is National Club Day 10:30 ● Chair Zumba: 1980's 11:00 ● Church Hill Theatre Class 1:00 ● Culinary Class with Chef Ben 2:30 ● Church Hill Support Group with Frank 3:30 ● Social Hour: Pina Colada 4:15 ● Saturday Quick News: Dark Chocolate Health Benefits 6:00 ● Saturday Night at the Movies</div>	
<div>Brain Health Month! Father's Day Happy Father's Day! 10:00 ● Sunday Scenic Drive: Bethel 10:30 ● Church Service Live Stream 10:30 ● St. Rose Church Communion 11:00 ● Father's Day Crossword Puzzles 1:30 ● Church Hill Casino-Bingo Blitz 2:30 ● Sunday Concert Series 4:30 ● Father's Day Cookout Social 6:00 ● Super Soul Sunday Movie</div>		<div>Brain Health Month! Today is National Day of Yoga 10:30 ● CHV Scenic Drives: New Milford 11:00 ● Rosary Group 1:30 ● Energizing Virtual Chair Yoga with Sherry Zak Morris 2:30 ● Busy Brain Games: Rummikub 3:30 ● Social Hour 4:15 ● Ted Talks: Yoga, Mind & Soul 6:00 ● Monday Night Movie</div>		<div>Brain Health Month! Today is National Read a Book Day 10:30 ● Rock 'n' Roll Fitness 11:00 ● Church Hill Chapter Chats: Book Club 1:30 ● Spiritual Enrichment Program: "Faithfully Driven" with Reverend Julie 2:30 ● Language Lab: Italian 3:30 ● Social Hour: Cooking Demo with Chef Justin 4:15 ● Authors Through The Decades 101: James Patterson 5:30 ● Tuesday Night Bingo with Matt 6:00 ● Tuesday Night Movie</div>		<div>Brain Health Month! Today is National "She's Got Looks & Brains" Judy Garland Day 10:00 ● CHV Bus Out Trip: Home Goods, Southbury 11:00 ● Discover Documentaries 101: Judy Garland 1:30 ● Movie Club 2:00 ● CHV Men's Club with Dennis 3:30 ● Social Hour 4:15 ● Flash Back Trivia: Top 15 Judy Garland Songs 6:00 ● Wednesday Night Movie</div>		<div>Brain Health Month! Today is National Brain Exercise Day 10:30 ● Move & Groove Exercise Class with George Raymond 11:00 ● Brain Teasers: You Be the Judge 1:30 ● Super Soul Virtual Lectures with Oprah Winfrey: Brain Health 2:00 ● Outdoor Games: Ladder Ball 3:30 ● Social Hour 4:15 ● Classic Game Show Hits: The Price is Right 6:00 ● Church Hill Classic Film</div>		<div>Brain Health Month! Today is National See The World in Full Color Day 10:30 ● CHV Bus Out Trip: Picnic at Hubbard Park, Meriden 11:00 ● Arm Chair Travel: Iconic Sites of Italy 1:30 ● CBS Television Flashback: Watching Full Color Since 1951 2:30 ● Brain Health-Cranium Crunches 3:30 ● Social Hour 4:15 ● Church Hill Chats: 15 TV Educational Benefit Programs 6:00 ● Friday Night Movie</div>		<div>Brain Health Month! Today is National Teeth Health Day 10:30 ● Brain Fitness & Meditation 11:00 ● Busy Brain Games: Scrabble 1:00 ● Culinary Class with Chef Ben 1:30 ● Town Hall Meeting 2:00 ● Food Committee Meeting 3:30 ● Social Hour: Oreo Milkshakes 4:15 ● Saturday Trivia Mania: Teeth Health Facts & Myths since 1498 6:00 ● Saturday Night at the Movies</div>			
<div>Brain Health Month! Today is National Sunglasses Day 10:30 ● Church Service Live Stream 10:30 ● St. Rose Church Communion 11:00 ● How it's Made 101: Ray-Ban Sunglasses 1:30 ● Church Hill Casino-Bingo Blitz 2:30 ● Sunday Concert Series & Social Hour 4:15 ● Ted Talks: Styling with Sunglasses since 1929 6:00 ● Super Soul Sunday Movie</div>		<div>Brain Health Month! Today is National Relaxation Day 10:30 ● CHV Scenic Drives: Cheshire 11:00 ● Rosary Group 1:30 ● Outdoor Relaxation & Meditation 2:30 ● Green Putter's Golf 3:30 ● Social Hour 4:15 ● Ted Talks: Relaxation is Key to Success 6:00 ● Monday Night Movie</div>		<div>Brain Health Month! Today is National Vacation Health Day 10:30 ● Move More Exercise: Pilates 11:00 ● Painting Studio: Sunny Sea Shells on Beach 1:00 ● Passport & Place Lectures with Lia 2:30 ● CHV Monthly Birthday Party! 3:00 ● CHV Ambassador Meeting 3:30 ● Social Hour: Cooking Demo with Chef Justin 4:15 ● Brain Teasers: Vacation is Mental Health Importance 5:30 ● Tuesday Night Bingo with Matt 6:00 ● Tuesday Night Movie</div>		<div>Brain Health Month! Today is National "Fit & Diet" Day 10:00 ● CHV Bus Out Trip: Beardsley Zoo 11:00 ● Arm Chair Travel: Top 10 Zoo's in U.S.A 1:30 ● Movie Club 2:00 ● CHV Men's Club with Dennis 2:00 ● Woman's Book Club with CJ Golden 3:30 ● Social Hour 4:15 ● Gone Fishin' Trivia: 25 Best Fishing Locations 6:00 ● Wednesday Night Movie</div>		<div></div>							