

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Daily AM Activities

7:00-8:00 Meet & Greet
 8:00-9:00 Coffee & News
 8:30-10:00 Breakfast
 10:00-10:30 Morning Stretch
 10:30-11:00 Daily Chronicles
 11:00-11:30 Daily Themed Activity
 11:30-12:00 Active Games

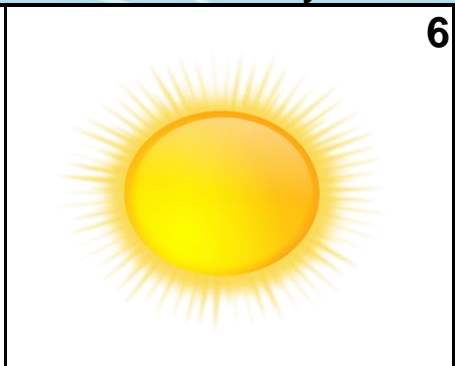
Chair Dancing
Current Events
Volleyball
Travel Club- Tennessee
Board Games
Brain Teasers
Ice Cream Social

Seated Workout
Bingo
Cornhole
June Facts & Fun
Name that Tune
Dominoes
Creative Arts

Meditation
Famous June Birthdays
Bowling
Walking Club
Ice Box Cake Making
Card Games

Lunch Trip to Olive Garden
Chair Aerobics
Baseball Bean Bag Toss
Phillies Game (1:05pm)
Making Fresh Fruit
Salad
Puzzles

Chair Yoga
Bingo
Big Dice Games
Donut Day Social
Adult Coloring Pages
The Music of Kenny G



Daily PM Activities

12:00-1:00 Lunch
 1:00-1:30 Cognitive Game
 1:30-2:30 Afternoon Activity
 2:30-3:00 Snack
 3:00-3:30 Afternoon Stretch
 3:30-4:30 Late Afternoon Activity
 4:30- 6:00 Independent Activities

Morning Stretch
June Jeopardy
Volleyball
Arts & Crafts
Remembering Dean Martin
Board Games

Lunch in the Garden
Chair Exercise
Tribond
Cornhole
Entertainment with Andrew Toscano (1:30pm)
Dominoes
Popsicle Social

Stretch & Relaxation
Name Five
Bowling
Horse Racing
Card Games
Iced Tea Social

Movement to Music
Pokeno
Baseball Bean Bag Toss
Armchair Travel to Australia
Walking Club
Puzzles

Shopping Trip to Dollar Store
Sit & Be Fit
Bingo
Lawn Darts
Watermelon Social
Adult Coloring Pages

Stephanie Malloy
Activities Director

smalloy@sarahpa.com

215-999-1200
Ext. 112



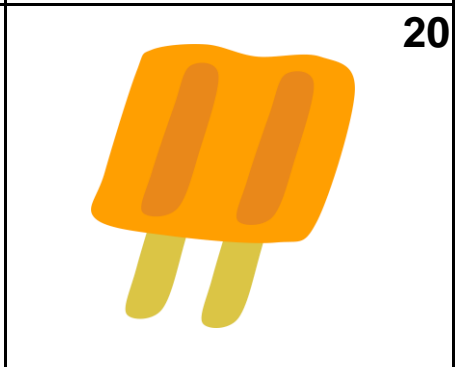
Lunch Trip to Perkins
Chair Dancing
Family Feud
Volleyball
Would You Rather?
Jewelry Making
Board Games

Seated Workout
Bingo
Cornhole
Walking Club
Strawberry & Blueberry Treats
Dominoes

Meditation
Crafter's Corner
Bowling
Phillies Game (1:05pm)
Ballpark Snacks
Card Games

Father's Day Brunch
Chair Aerobics
Dad Crafts
Baseball Bean Bag Toss
Category Game
Puzzles

Chair Yoga
Bingo
Big Dice Games
Father's Day Lunch
Fatherly Sayings
Dad Jokes
Juneteenth Discussion



Lunch in the Garden
Morning Stretch
Hollywood Squares
Volleyball
Banana Bread Making
Board Games

Chair Exercise
You be the Judge
Cornhole
Laugh out Loud!
Dominoes
Lionel Richie Music Hour

Lunch Trip to Michael's
Stretch & Relaxation
Participant Council
Bowling
Canvas Painting
Fresh Fruit Treats- Strawberries & Blueberries

Movement to Music
Pokeno
Baseball Bean Bag Toss
Entertainment with Bruce Copp (1:30pm)
Puzzles
Ice Cream Cone Social

Sit & Be Fit
Bingo
Walking Club
Lawn Darts
Summer Crafts
Adult Coloring Pages
Birthday Cupcakes & Ice Cream

Calendar Subject to Change



Chair Dancing
Moon Songs
Walking Club
Volleyball
Unscramble the Words
Board Games
Cantaloupe & Honeydew Treats

Lunch Trip to Chick fil a
Seated Workout
Bingo
Wine Glass Painting
Cornhole
Reminiscing
Dominoes

June 2026