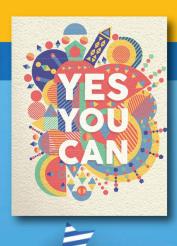


HAPPY FATHER'S DAY! **THURSDAY**





LA Hope Church 11:00 am - 12:00 pm

services

LA Hope Church services 11:00 am - 12:00 pm

Father's Day

LA Hope Church services 11:00 am - 12:00 pm

20

LA Hope Church Services 11:00 am - 12:00 pm

9:00 - 9:45 a.m. 10:00 - 10:40 a.m. **Father's Day Celebration**

2:00 - 3:00 p.n Mike & Mindy

Flag Day

2:00 - 3:00 p.m.

Zumba Gold

9:00 - 9:45 a.m.

10:00 - 10:40 a.m.

Zumba Gold

9:00 - 9:45 a.m.

10:00 - 10:40 a.m.

Zumba Gold

Zumba Gold 9:00 - 9:45 a.m.

10:00 - 10:40 a.m.

Tai-Chi 8:30 - 9:15 a.m. **Move with Music** 9:30 - 10:00 a.m.

Tai-Chi 8:30 - 9:15 a.m. **Move with Music** 9:30 - 10:00 a.m. **Belly Dance w/Dawn** 2:00 - 3:00 p.m.

Tai-Chi 8:30 - 9:15 a.m. **Move with Music** 9:30 - 10:00 a.m. **Belly Dance w/Dawn** 2:00 - 3:00 p.m.

Tai-Chi

2:00 - 3:00 p.m.

29 8:30 - 9:15 a.m. **Move with Music** 9:30 - 10:00 a.m. **Belly Dance w/Dawn**

15

22

WEDNESDAY

ACTIVITIES CALENDAR

Zumba Gold 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.

10:00 - 10:40 a.m.

Zumba Gold 9:00 - 9:45 a.m.

Zumba Gold 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.

Resident Birthday Celebration w/Yasha 2:00 - 3:00 p.m.

> **Zumba Gold** 9:00 - 9:45 a.m. 10:00 - 10:40 a.m.

Zumba Gold

9:00 - 9:45 a.m.

10:00 - 10:40 a.m.

16

23

Cardio Workout 9:00 - 9:40 a.m. **Balance Exercise** 9:50 - 10:40 a.m.

Cardio Workout 9:00 - 9:40 a.m. **Balance Exercise** 9:50 - 10:40 a.m.

Cardio Workout 9:00 - 9:40 a.m. **Balance Exercise**

9:50 - 10:40 a.m. Line Dance w/Dawn 2:00 - 3:00 p.m. **Cardio Workout**

24 9:00 - 9:40 a.m. **Balance Exercise** 9:50 - 10:40 a.m. Line Dance w/Dawn 2:00 - 3:00 p.m.

Wednesday, 6/16 at 2:00 p.m. Resident Birthday Celebration w/Yasha

Monday, 6/21 at 2:00 p.m. Father's Day Concert w/Mike & Mandy **FRIDAY**

5 8:30 - 9:15 a.m. **Cardio Workout**

SATURDAY

12

26

9:30 - 10:00 a.m. **Body Moves for Better Health** 10:15 - 10:45 a.m.

Tai-Chi

Tai-Chi II 8:30 - 9:15 a.m. **Cardio Workout** 9:30 - 10:00 a.m. **Body Moves for Better Health** 10:15 - 10:45 a.m.

19 18

Tai-Chi 8:30 - 9:15 a.m. **Cardio Workout** 9:30 - 10:00 a.m. **Body Moves for Better Health** 10:15 - 10:45 a.m.

25 Tai-Chi 8:30 - 9:15 a.m. **Cardio Workout** 9:30 - 10:00 a.m. **Body Moves for Better Health** 10:15 - 10:45 a.m.

ALL EXERCISE CLASSES AND CELEBRATIONS ARE OUTDOORS, AT THE PROMENADE. ALL CLASSES ARE OPEN TO THE RESIDENTS OF THE ANGELUS PLAZA ONLY

21