

SUN	MON	TUE	WED	THUR	FRI	SAT
	<p>8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY)</p> <p>8:00 NATIONAL DONUT DAY (COFFEE NOOK)</p> <p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>10:30 BIBLE STUDY WITH MRS. LINDA (Private Dining Room)</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>2:30 SPRINGDALE WELCOMES MARK MILLS (THE BISTRO)</p> <p>3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK)</p> <p>6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p><b>1</b></p>	<p>HAPPY BIRTHDAY BESSIE HANCOCK</p> <p>8:00 WALKING CLUB</p> <p>10:00 OLDIE BUT A GOODIE MOVIE - COCOON (SIGN UP REQUIRED) (THEATER ROOM)</p> <p>2:00 FITT EXERCISE CLASS (Exercise Room)</p> <p>3:00 SPRINGDALE WELCOMES STEVE NEAL (Private Dining Room)</p> <p>7:00 BINGO</p> <p><b>2</b></p>	<p>8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY)</p> <p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>1:00 MONTHLY BIRTHDAY/ANNIVERSARY PARTY AND PENNY AUCTION (THE BISTRO)</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:00 LINE DANCING WITH RENEE (THE BISTRO)</p> <p><b>3</b></p>	<p>8:00 WALKING CLUB</p> <p>9:00 Beauty Salon</p> <p>1:00 FOREFRONT DINING MENU PLANNING COMMITTEE (Private Dining Room)</p> <p>2:00 FITT EXERCISE CLASS (Exercise Room)</p> <p>3:00 NATIONAL CHEESE DAY! (Bistro)</p> <p>3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM)</p> <p><b>4</b></p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>9:00 WALKING CLUB</p> <p>10:00 WEEKLY SHOPPING TRIP</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:30 SOCIAL HOUR (THE PUB)</p> <p>6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p><b>5</b></p>	<p>D-Day</p> <p>1:30 AFTERNOON MOVIE-REMARKABLY BRIGHT CREATURES (SIGN UP REQUIRED) (THEATER)</p> <p>7:30 RICHMOND SYMPHONY AT POCAHONTAS STATE PARK (SIGN UP REQUIRED) (MEET IN THE LOBBY)</p> <p><b>6</b></p>
<p>HAPPY ANNIVERSARY DORIS &amp; JOHN HANCOCK</p> <p>1:00 NATIONAL CHOCOLATE ICE CREAM DAY (THE BISTRO)</p> <p>1:30 AFTERNOON THEATER - LA BAMBA (SIGN UP REQUIRED) (THEATER)</p> <p>3:00 Bingo! (THE BISTRO)</p> <p>11:00 SUNDAY DINING (THE BISTRO)</p> <p><b>7</b></p>	<p>8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY)</p> <p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>1:30 HANDIWORK GROUP (THE PUB)</p> <p>1:30 RESIDENT COUNCIL MEETING (Private Dining Room)</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:00 CHESTERFIELD COUNTY FIRE DEPARTMENT FALL PREVENTION BINGO (THE BISTRO)</p> <p>6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p><b>8</b></p>	<p>8:00 WALKING CLUB</p> <p>10:00 DIAMOND PAINTING SUMMER COASTERS (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM)</p> <p>1:00 FITNESS WITH SUE (Exercise Room)</p> <p>2:00 FITT EXERCISE CLASS (Exercise Room)</p> <p>3:30 LADIES SOCIAL (THE PUB)</p> <p>7:00 BINGO</p> <p><b>9</b></p>	<p>HAPPY BIRTHDAY ED GARRETT</p> <p>8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY)</p> <p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>10:30 LET'S TALK - DR. RODNEY KIBLER, Ph.D., L.S.P., L.P.C. (Private Dining Room)</p> <p>1:00 COFFEE AND CHAT WITH REHAB (Private Dining Room)</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:00 LINE DANCING WITH RENEE (THE BISTRO)</p> <p><b>10</b></p>	<p>HAPPY BIRTHDAY CHARLOTTE CUNNINGHAM</p> <p>8:00 WALKING CLUB</p> <p>9:00 Beauty Salon</p> <p>1:00 BRUSTER'S ICE CREAM TRIP (SIGN UP REQUIRED) (MEET IN THE LOBBY)</p> <p>1:00 FITNESS WITH SUE (Exercise Room)</p> <p>2:00 FITT EXERCISE CLASS (Exercise Room)</p> <p><b>11</b></p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>9:00 WALKING CLUB</p> <p>10:00 WEEKLY SHOPPING TRIP</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:30 SOCIAL HOUR (THE PUB)</p> <p>6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p><b>12</b></p>	<p>1:30 AFTERNOON MOVIE-BECAUSE I SAID SO (SIGN UP REQUIRED) (THEATER)</p> <p><b>13</b></p>
<p>Flag Day</p> <p>12:00 BUFFET (Bistro)</p> <p>1:30 AFTERNOON THEATER - THE GREATEST SHOWMAN (SIGN UP REQUIRED) (THEATER)</p> <p>3:00 Bingo! (THE BISTRO)</p> <p><b>14</b></p>	<p>8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY)</p> <p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK)</p> <p>6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p>10:30 CHESTERFIELD COUNTY LIBRARY &amp; LUNCH AT PANERA BREAD (SIGN UP REQUIRED) (MEET IN THE LOBBY)</p> <p><b>15</b></p>	<p>8:00 WALKING CLUB</p> <p>10:30 OLDIE BUT A GOODIE MOVIE - HOOK (SIGN UP REQUIRED) (THEATER ROOM)</p> <p>1:00 FITNESS WITH SUE (Exercise Room)</p> <p>1:30 SPRINGDALE BOOK CLUB (Private Dining Room)</p> <p>2:00 FITT EXERCISE CLASS (Exercise Room)</p> <p>3:00 IT TOUCH TOWN TRAINING WITH JERRY &amp; ADAM (THE PUB)</p> <p>7:00 BINGO</p> <p><b>16</b></p>	<p>8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY)</p> <p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>8:45 EARNEST FOOT &amp; ANKLE PODIATRY (SIGN UP REQUIRED) (MEET IN THE LOBBY)</p> <p>1:00 LINE DANCING WITH RENEE (THE BISTRO)</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:00 WINE &amp; CHEESE (THE PUB)</p> <p>6:00 SPRINGDALE WELCOMES DEBRA &amp; PATRICK (THE BISTRO)</p> <p><b>17</b></p>	<p>8:00 WALKING CLUB</p> <p>9:00 Beauty Salon</p> <p>11:30 LUNCH BUNCH - FIRST WATCH (SIGN UP REQUIRED) (MEET IN THE LOBBY)</p> <p>1:00 FITNESS WITH SUE (Exercise Room)</p> <p>2:00 FITT EXERCISE CLASS (Exercise Room)</p> <p>3:30 SPINNER DOMINOES (SIGN UP REQUIRED) (ARTS AND CRAFTS ROOM)</p> <p>6:00 SPRINGDALE WELCOMES JOE LOSCHIAVO (THE BISTRO)</p> <p><b>18</b></p>	<p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>9:00 WALKING CLUB</p> <p>10:00 WEEKLY SHOPPING TRIP</p> <p>1:00 CONNER PARRISH BLOOMISTRY (Private Dining Room)</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:30 SOCIAL HOUR (THE PUB)</p> <p>6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p><b>19</b></p>	<p>1:30 AFTERNOON MOVIE-LIKE FATHER, LIKE SON (SIGN UP REQUIRED) (THEATER)</p> <p><b>20</b></p>
<p>Father's Day</p> <p>12:00 FATHER'S DAY BUFFET (SIGN UP REQUIRED) (Bistro)</p> <p>3:00 Bingo! (THE BISTRO)</p> <p><b>21</b></p>	<p>8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY)</p> <p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>1:30 HANDIWORK GROUP YARN (THE PUB)</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:00 FOREFRONT DINING SERVICES MEETING (Private Dining Room)</p> <p>6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p><b>22</b></p>	<p>HAPPY ANNIVERSARY TOM &amp; JOAN THOMPSON</p> <p>HAPPY BIRTHDAY RUTH BOYD</p> <p>8:00 WALKING CLUB</p> <p>10:30 DEVOTIONS WITH PASTOR DON (Private Dining Room)</p> <p>1:00 FITNESS WITH SUE (Exercise Room)</p> <p>2:00 FITT EXERCISE CLASS (Exercise Room)</p> <p>3:00 TOWN HALL MEETING (THE BISTRO)</p> <p>7:00 BINGO</p> <p><b>23</b></p>	<p>8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY)</p> <p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>10:30 OLDIE BUT A GOODIE MOVIE - GREEN CARD (SIGN UP REQUIRED) (THEATER ROOM)</p> <p>1:00 LINE DANCING WITH RENEE (THE BISTRO)</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>6:15 SPRINGDALE WELCOMES ME &amp; MARTHA (THE BISTRO)</p> <p><b>24</b></p>	<p>HAPPY ANNIV. DENNIS &amp; BECKY PASQUANTINO</p> <p>8:00 WALKING CLUB</p> <p>9:00 Beauty Salon</p> <p>10:30 RICHMOND HISTORIC TROLLEY TOUR (SIGN UP REQUIRED) (MEET IN THE LOBBY)</p> <p>1:00 FITNESS WITH SUE (Exercise Room)</p> <p>2:00 FITT EXERCISE CLASS (Exercise Room)</p> <p><b>25</b></p>	<p>HAPPY BIRTHDAY KATHLEEN MYERS</p> <p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>9:00 WALKING CLUB</p> <p>10:00 WEEKLY SHOPPING TRIP</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:30 SOCIAL HOUR AND CROQUET (OUTSIDE BACK PATIO)</p> <p>6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p><b>26</b></p>	<p>8:30 FAMILY FUN RUN/WALK (Outside)</p> <p>1:30 AFTERNOON MOVIE - STILL MINE (SIGN UP REQUIRED) (THEATER)</p> <p><b>27</b></p>
<p>11:00 SUNDAY DINING (THE BISTRO)</p> <p>1:30 AFTERNOON THEATER - BYE BYE BIRDIE SIGN UP REQUIRED) (THEATER)</p> <p>3:00 Bingo! (THE BISTRO)</p> <p><b>28</b></p>	<p>8:00 SLOW PACED WALKING GROUP WITH JO (MEET IN THE LOBBY)</p> <p>8:00 CONTINENTAL BREAKFAST (COFFEE NOOK)</p> <p>2:00 BALANCE/YOGA CLASS (Exercise Room)</p> <p>3:30 SKIPBO GROUP (SIGN UP REQUIRED) (COFFEE NOOK)</p> <p>6:00 MEXICAN TRAIN (COFFEE NOOK)</p> <p><b>29</b></p>	<p>8:00 WALKING CLUB</p> <p>1:00 FITNESS WITH SUE (Exercise Room)</p> <p>2:00 FITT EXERCISE CLASS (Exercise Room)</p> <p>3:00 SPRINGDALES GOT TALENT!! (THE BISTRO)</p> <p>7:00 BINGO</p> <p><b>30</b></p>				

June 2026

INDEPENDENT LIVING Sandra Beam, Director of Health Services 804-706-5677

