

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> 10:00-11:00 Beacon of Light 10:30 Morning Stretch 11:00 Daily Chronicles 1:00pm Aromatherapy 2-4pm Beacon of Light 3:30 - 4:30 Social Hour <div>Shavuot Begins</div>	<div>2</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV	<div>3</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Sing a long 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV	<div>4</div> 10:00 Friendly Visits 10:30 Chair Exercise 11:00 Daily Chronicles 2-4pm Beacon of Light 2:00 Aaron Caruso- AR 4:00 Wind Down Wednesday 6:00 Evening Potpourri	<div>5</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV	<div>6</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV	<div>7</div> 10:00-11:00 Beacon of Light 10:30 Morning Stretch 11:00 Daily Chronicles 1:00pm Aromatherapy 2-4pm Beacon of Light 3:30 - 4:30 Social Hour
<div>8</div> 10:00-11:00 Beacon of Light 10:30 Morning Stretch 11:00 Daily Chronicles 1:00pm Aromatherapy 2-4pm Beacon of Light 3:30 - 4:30 Social Hour	<div>9</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV	<div>10</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 2:00 Rick & Dayna- AR 6:00 Evening TV	<div>11</div> 10:00 Friendly Visits 10:30 Chair Exercise 11:00 Daily Chronicles 2-4pm Beacon of Light 4:00 Wind Down Wednesday 6:00 Evening Potpourri	<div>12</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 2:00 Ball Drumming 4:00 Music 6:00 Evening TV	<div>13</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV	<div>14</div> 10:00-11:00 Beacon of Light 10:30 Morning Stretch 11:00 Daily Chronicles 1:00pm Aromatherapy 2-4pm Beacon of Light 3:30 - 4:30 Social Hour <div>Flag Day (U.S.)</div>
<div>15</div> 10:00-11:00 Beacon of Light 10:30 Morning Stretch 11:00 Daily Chronicles 1:00pm Aromatherapy 2-4pm Beacon of Light 3:30 - 4:30 Social Hour <div>Father's Day</div>	<div>16</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV	<div>17</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 3:00 Peanut butter cookies 4:00 Music 6:00 Evening TV	<div>18</div> 10:00 Friendly Visits 10:30 Chair Exercise 11:00 Daily Chronicles 2-4pm Beacon of Light 2:00 Gary Kolody - AR 4:00 Wind Down Wednesday 6:00 Evening Potpourri	<div>19</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Finish the Phrase 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV <div>Juneteenth</div>	<div>20</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV <div>Summer Begins</div>	<div>21</div> 10:00-11:00 Beacon of Light 10:30 Morning Stretch 11:00 Daily Chronicles 1:00pm Aromatherapy 2-4pm Beacon of Light 3:30 - 4:30 Social Hour
<div>22</div> 10:00-11:00 Beacon of Light 10:30 Morning Stretch 11:00 Daily Chronicles 1:00pm Aromatherapy 2-4pm Beacon of Light 3:30 - 4:30 Social Hour	<div>23</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 2:00 Iced tea on the patio 4:00 Music 6:00 Evening TV	<div>24</div> 10:00 Friendly Visits 10:00 Go Team Therapy Dogs 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV	<div>25</div> 10:00 Friendly Visits 10:30 Chair Exercise 11:00 Daily Chronicles 12:00 pm Lunch in the Courtyard 2-4pm Beacon of Light 4:00 Wind Down Wednesday 6:00 Evening Potpourri	<div>26</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV	<div>27</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 3:30 Craft 4:00 Music 6:00 Evening TV	<div>28</div> 10:00-11:00 Beacon of Light 10:30 Morning Stretch 11:00 Daily Chronicles 1:00pm Aromatherapy 2-4pm Beacon of Light 3:30 - 4:30 Social Hour
<div>29</div> 10:00-11:00 Beacon of Light 10:30 Morning Stretch 11:00 Daily Chronicles 1:00pm Aromatherapy 2-4pm Beacon of Light 3:30 - 4:30 Social Hour	<div>30</div> 10:00 Friendly Visits 10:30 Morning Stretch 11:00 Daily Chronicles 1:00 Trivia 2-4pm Beacon of Light 4:00 Music 6:00 Evening TV	 <div>June 2025</div> <div>Pomeroy Rochester Memory Care</div>				

Activites are subject to change.