



## JUNE 2022 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>ALL ABOARD</b></p>  <p><b>Welcome to the Love Boat!</b></p>	<p><b>1.</b> <u>Morning</u> Devotion / Fitness Scavenger Hunt Lottery Ticket Bingo <u>Afternoon</u> Move &amp; Grov <u>New Release Movie</u> (Refreshments Sold)</p>  <p><u>Outing</u> <b>Walmart</b></p>	<p><b>2.</b> <u>Morning</u> Devotion <b>Fitness with Fredrick</b> Crescent City Trivia <u>Afternoon</u> Move &amp; Grov Word In A Word Let's Make A Deal Bingo</p>  <p><u>Outing</u> <b>Walgreens</b></p>	<p><b>3.</b> <u>Morning</u> Devotion / Fitness Gift Card Raffle <b>Price is Right Game Show</b> <u>Afternoon</u> Move &amp; Grov Bingo Hour</p>  <p><u>Outing</u> <b>New Orleans Hamburger</b></p>
<p><b>6.</b> <u>Morning</u> Devotion / Fitness Current Events 50/50 Raffle <u>Afternoon</u> Move &amp; Grov Deal or No Deal Popsicles on Patio Jeopardy</p>  <p><u>Outing</u> <b>Boom Town Casino</b></p>	<p><b>7.</b> <u>Morning</u> Devotion / Fitness <b>Paternity Court</b> Bingo Hour African Headbands <u>Afternoon</u> Move &amp; Grov Whose Line is it? True or False Birdhouse Craft</p>  <p><u>Outing</u> <b>French Quarter Ride</b></p>	<p><b>8.</b> <u>Morning</u> Devotion / Fitness Spades Tournaments Bingo Hour <u>Afternoon</u> Move &amp; Grov Karaoke Party Dance Competition Tables Games Pool Tournament</p>  <p><u>Outing</u> <b>Thrift Store</b></p>	<p><b>9.</b> <u>Morning</u> Devotion Soul Fitness Brain Games <u>Afternoon</u> <b>Taste Of New Orleans</b></p>  <p><u>Outing</u> <b>Golden Corral</b></p>	<p><b>10.</b> <u>Morning</u> Devotion / Fitness Gift Card Raffle Bingo Happy Hour <u>Afternoon</u> <b>Old School Movie</b> (Refreshments Sold )</p>  <p><u>Outing</u> <b>Golden Corral</b></p>
<p><b>13.</b> <u>Morning</u> Devotion / Fitness Current Events 50/50 Raffle "LSU All of Us "</p> <p><u>Afternoon</u> Move &amp; Grov Board Games Frozen Treats Golf Game</p>  <p><u>Outing:</u> <b>Nail Salon</b></p>	<p><b>14.</b> <u>Morning</u> Devotion / Fitness Let's Make A Deal Cell phone Class</p> <p><u>Afternoon</u> Move &amp; Grov <b>Build A Salad Bar</b> What's in the bag?</p>  <p><u>Outing:</u> <b>Snow Ball Run</b></p>	<p><b>15.</b> <u>Morning</u> Devotion/Fitness Bingo Triva Phone App Class Aux Cord Game</p> <p><u>Afternoon</u> Move &amp; Grov Movie &amp; Snack Frozen Treats</p>  <p><u>Outing:</u> <b>Fishing Trip</b></p>	<p><b>16.</b> <u>Morning</u> Devotion / Fitness <b>Fitness with Fredrick</b> Cell phone Class Barber Shop</p> <p><u>Afternoon</u> <b>Father's Day</b></p>  <p><u>Celebration Attire</u> <b>Sports Theme</b></p>	<p><b>17.</b> <b>JUNETEENTH</b></p>  <p><b>CELEBRATION</b> .Guest Speaker .Performance Art .Spoken Word .Special Meal .Film</p> <p><u>Attire:</u> <b>African Print</b></p>

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<p><b>20.</b> <b>Agency Closed In Observance of Juneteenth</b></p>  	<p><b>21.</b> <u><b>Morning</b></u> Devotion / Fitness What's in your bag Black out Bingo</p> <p><u><b>Afternoon</b></u> Move &amp; Grov Family Feud Sewing Class Pokeno</p>  <p><u><b>Outing</b></u> <b>View Of New Orleans Museum</b></p>	<p><b>22.</b> <u><b>Morning</b></u> Devotion / Fitness Brain Games Would you Rather?</p> <p><u><b>Afternoon</b></u> Move &amp; Grov Veteran meeting Jewelry Class Oldies But Goodies</p>  <p><u><b>Outing</b></u> <b>Rosen Club</b></p>	<p><b>23.</b> <u><b>Morning</b></u> Devotion Soul Fitness Kingsley Court</p> <p><u><b>Afternoon</b></u> Jazzercise Cooking Class</p>  <p><u><b>Outing</b></u> <b>DD Discount</b></p>	<p><b>24.</b> <u><b>Morning</b></u> Devotion / Fitness Garden Walk What Comes Next</p> <p><u><b>Afternoon</b></u> <b>Spa Day</b> .Facials .Manicures .Haircuts .Massages .Raffle</p>  <p><u><b>Outing</b></u> <b>Taco Bell</b></p>
<p><b>27.</b> <b>Captain's Dinner</b></p>  <p>. Special Meal . Photos .Entertainment Solve the Murder Game .Dance <u><b>Attire</b></u> <b>Formal</b></p>	<p><b>28.</b> <u><b>Morning</b></u> Devotion / Fitness Mixology Class Finish The Lyric</p> <p><u><b>Afternoon</b></u> Move &amp; Grov Jeopardy Frozen Treats</p>  <p><u><b>Outing</b></u> <b>Hobby Lobby</b></p>	<p><b>29</b> <u><b>Morning</b></u> Devotion / Fitness Word In A Word Spades Tournament</p> <p><u><b>Afternoon</b></u> Move &amp; Grov Total Request Radio Grab That Dough</p>  <p><u><b>Outing</b></u> <b>Marshalls</b></p>	<p><b>30</b> <u><b>Morning</b></u> Devotion / Fitness Current Events True Or False Bingo Hour</p> <p><u><b>Afternoon</b></u> <b>Paint &amp; Soul</b></p>  <p><u><b>Outing</b></u> <b>City Park</b></p>	<p><b>Kingsley Adult Day would like to extend our sincere gratitude to everyone who made May Fest A success!</b></p> <p><i>Thank You!</i></p>

## Newsletter

### New This Month!

- Fitness with Fredrick
- Movie Refreshments
- Fishing Trip
- Car Show
- Gift Card Raffle
- New Outings



**NOLA READY**  
THE CITY OF NEW ORLEANS

[ready.nola.gov](http://ready.nola.gov)

Call 311 to register for assistance!

Be prepared this Hurricane Season

## 6 WAYS TO PREVENT ALZHEIMER'S DISEASE

- 1. Exercise Daily**  
We're not talking four-long sweat sessions. Twenty minutes of brisk activity can help.
- 2. Eat Mediterranean**  
A diet rich in produce, legumes, and fish reduces inflammation in the body and brain.
- 3. Kick Bad Habits**  
If you smoke, quit. If you drink more than two drinks a day, cut back to one or fewer.
- 4. Take Your Meds**  
Managing conditions like high cholesterol or blood pressure can protect your heart and brain.
- 5. Engage Your Brain**  
Not just with puzzles, but try to pick up a new skill, see friends, join a club, or volunteer.
- 6. Stay Safe**  
Do your best to protect against falls, mini strokes, or serious illness, which can hasten the disease.

