

Independence Village of Traverse City

Independent Living

June 2025

Life Enrichment Monthly Calendar

Activities are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Church Service (CH) 11:00 Exercise Video - Resident Run (AA) 2:00 Walking Club (FY) 3:00 Puzzle Group (L)	2 11:00 Exercise Video- Resident Run (AA) 1:30 CorsoCare Vital Clinic (A) 2:00 Netflix Club: The Crown (L) 4:00 Bible Study with Jeff (CH) 6:00 Resident Run Games (P)	3 8:30/9:00/9:30 Shopping Trips (A) 11:00 Cardio Drumming (AA) 1:30 Resident Run-Quarter BINGO (AA) 2:30 Wii Bowling - Resident Run (CH) 3:30 Garden Club (FY) 6:00 Resident Run Games (P)	4 11:00 Chair Yoga (AA) 11:00 Communion (CH) 1:30 Afternoon Affirmations (AA) 3:30 Wine Down Wednesday (P) 6:00 Resident Run Games (P)	5 11:00 Exercise (AA) 12:00 Outing - J&S Hamburger 1:30 BINGO (AA) 2:30 Bridge Club (P) 6:00 Resident Led Games (P)	6 11:00 Exercise with Powerback (AA) 2:00 Bible Study (CH) 3:00 July Activity Planning Meeting (AA) 6:00 Resident Run Games (P)	7 11:00 Exercise With Kellie (AA) 1:00 TED TALKS - What is AI ? (AA) 3:00 Grab N' Go Word Search (AA) 6:00 Resident Run Card Games (P)
8 9:30 Church Service (CH) 11:00 Exercise Video - Resident Run (AA) 2:00 Walking Club 3:00 Puzzle Group (L)	9 11:00 Exercise Video- Resident Run (AA) 1:30 CorsoCare Vital Clinic (A) 2:00 Netflix Club: The Crown (L) 4:00 Bible Study with Jeff (CH) 6:00 Resident Run Games (P)	10 8:30/9:00/9:30 Shopping Trips (A) 11:00 Balloon Volleyball (A) 1:30 Resident Run-Quarter BINGO (AA) 2:30 Wii Bowling - Resident Run (CH) 3:30 Garden Club (FY) 6:00 Table Games Games (P)	11 11:00 Chair Yoga (A) 11:00 Communion (CH) 1:30 Watercolor Journal making (AA) 3:30 Happy Hour- Strawberry Margaritas (P) 6:00 Resident Run Table Games (P)	12 9:00 Outing- Cherry Street Market- Kalkaska 10:00 Chef Mike- Knife Presentation (AA) 11:00 Exercise (AA) 11:30 BINGO (AA) 2:30 Bridge Club (P) 6:00 Resident Run Table Games (P)	13 11:00 Exercise with Powerback (AA) 2:00 Bible Study w/ Chaplain Kristine (CH) 3:00 Resident Run-Quarter BINGO 3:15 Performance-Tally & Bob Green 6:00 Resident Run Games (P)	14 11:00 Exercise With Kellie (AA) 1:00 TED TALKS- The Science Of Happiness (AA) 3:00 Grab N' Go Word Search (AA) 6:00 Resident Run Card Games (P)
Father's Day 15 9:30 Church Service (CH) 10:30 Exercise Video - Resident Run (AA) 11-1:30 Father's Day Brunch 2:00 Walking Club 3:00 Puzzle Group (L)	16 11:00 (Exercise Video- Resident Run (AA) 1:30 CorsoCare Vital Clinic (A) 2:00 Netflix Club: The Crown (L) 3:00 Traverse City Mobile Library (AA) 4:00 Bible Study with Jeff (CH) 6:00 Resident Run Games (P)	17 8:30/9:00/9:30 Shopping Trips (A) 11:00 Cardio Drumming (AA) 1:30 Resident Run-Quarter BINGO (AA) 2:00 AI Firek Performance (A) 2:30 Wii Bowling - Resident Run (CH) 3:30 Garden Club (FY) 6:00 Resident Led Games (P)	18 11:00 Chair Yoga (AA) 11:00 Communion (CH) 1:30 Summer Tye-Dye Project 3:30 Wine Down Wednesday (P) 6:00 Resident Run Table Games (P)	19 9:30 Outing-The Gwen Frostic Gallery & Alpaca Farm 11:00 Exercise (AA) 1:30 BINGO (AA) 2:30 Bridge Club (P) 6:00 Resident Run Games (P)	First Day of Summer! 20 10:00 Live Weather visit with Heather Bricca (upnorthlive Meteorologist) (AA) 11:00 Exercise with Powerback (AA) 1:00 Lawn Games & Rootbeer Floats! 2:00 Bible Study (CH) 6:00 Resident Run Games (P)	21 11:00 Exercise With Kellie (AA) 1:00 TED TALKS- Food For Thought- How your belly Controls your Brain (AA) 3:00 Grab N' Go Word Search AA 6:00 Resident Run Card Games (P)
22 9:30 Church Service (CH) 11:00 Exercise Video - Resident Run (AA) 2:00 Walking Club (FY) 3:00 Puzzle Group (L)	23 11:00 Exercise Video - Resident Run (AA) 1:15 Support Group w/ Heather Muha (PDR) 1:30 CorsoCare Vital Clinic (A) 2:00 Netflix Club: The Crown (L) 3:00 Traverse City Mobile Library (AA) 4:00 Bible Study with Jeff (CH)	24 8:30/9:00/9:30 Shopping Trips (A) 11:00 Balloon Volleyball (A) 1:30 Resident Run-Quarter BINGO (AA) 2:30 Wii Bowling - Resident Run (CH) 6:00 Resident Run Games (P)	25 11:00 Chair Yoga (AA) 11:00 Communion (CH) 1:30 Resident Forum (AA) 3:00 Musical Performance David Lawston (A) 3:30 New Resident Welcome Happy Hour (P) 6:00 Resident Run Games (P)	26 11:00 Exercise (AA) 11:30 Outing- Fife Lake Inn Lunch 1:30 BINGO (AA) 2:00 Bridge Club (P) 2:30 Men's Group (CH) 6:00 Resident Run Games (P)	27 11:00 Exercise with Powerback (AA) 12:00 Bible Study w/ Chaplain Kristine (CH) 3:00 June Birthday Celebration (AA) 6:00 Resident Run Games (P)	28 11:00 Exercise With Kellie (AA) 1:00 TED TALKS- How Play Can Heal Your Nervous System (AA) 3:00 Grab N' Go Word Search (AA) 6:00 Resident Run Games (P)
29 9:30 Church Service (CH) 11:00 Exercise Video - Resident Run (AA) 2:00 Walking Club (FY) 3:00 Puzzle Group (L)	30 11:00 Exercise Video - Resident Run (AA) 1:00 TED TALKS- Nature, The Friend You Always Had (AA) 2:00 Netflix Club: The Crown (L) 3:00 Charcuterie & Cello (A) 4:00 Bible Study with Jeff (CH) 6:00 Resident Run Games (P)	JULY 1 8:30/9:00/9:30 Shopping Trips (A) 11:00 Cardio Drumming (AA) 1:30 Resident Run-Quarter BINGO (AA) 2:30 Wii Bowling - Resident Run (CH) 3:30 Garden Club (FY) 6:00 Resident Run Games (P)	2 11:00 Chair Yoga (AA) 11:00 Communion (CH) 1:30 Make Summer Stencil Door Hangers (AA) 3:30 Wine Down Wednesday (P) 6:00 Resident Run Table Games (P)	3 11:00 Exercise (AA) 1:30 Outing- Turtle Creek Casino 1:30 Resident Run Bingo (AA) 2:30 Bridge Club (P) 6:00 Resident Led Games (P)	4TH OF JULY! 4 10:00 Mason Jar Ice Cream creations (AA) 11-1:30 Stars & Stripes Luncheon 1:30 Outdoor Lawn Games & Homemade Ice Cream! (FY) 6:00 Resident Run Card Games (P)	5 11:00 Exercise Video (AA) 3:00 Grab N' Go Word Search (AA) 6:00 Resident Run Card Games (P)