

South Granville Park Lodge

Activity Calendar

June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tai Chi 3:00pm SGPL Community Service Club 4:00pm Happy Half	2 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Lunch and Learn - Italian Day 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	3 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Yoga with Laina Barber - 3 11:15am Fitness - 2 11:50am Yoga with Laina Barber - 4 2:30pm Birthday Party with Michael Diaconu 4:00pm Happy Half 6:45pm Gong Therapy	4 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Chair Yoga - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Cycling Without Age 2:00pm Music Therapy - 2 3:15pm BlazePods 4:00pm Happy Half 6:45pm Word Timer	5 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Classical Music with Patrick Ray 4:00pm Happy Half 6:45pm Cookie Baking	6 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Flower Arranging 4:00pm Happy Half 6:45pm Movie Night
7 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:30pm Latin-American Choir Performance 4:00pm Happy Half 6:45pm Bingo	8 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:30pm Music with Michael Carrier 4:00pm Happy Half	9 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Lunch and Learn - Philippines Day 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	10 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm 1950's- 1970's Music with Hal Copeland 4:00pm Happy Half 6:45pm Gong Therapy	11 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Chair Yoga - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Cycling Without Age 2:00pm Music Therapy - 2 3:15pm BlazePods 4:00pm Happy Half 6:45pm Hangman	12 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Philippines Day with Anna de Pansacola 4:00pm Happy Half 6:45pm Cinnamon Bun Baking Philippines Independence Day	13 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Ice Cream Patio Social 3:00pm BlazePods 4:00pm Happy Half 6:45pm Dominos and Margaritas on the Patio
14 9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:30pm Cowboy Western with Bob Collin 4:00pm Happy Half 6:45pm Bingo	15 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tai Chi 3:00pm SGPL Community Service Club 4:00pm Happy Half	16 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - 4 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	17 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:15pm Ice Cream Social - Patio 4:00pm Happy Half 6:45pm Gong Therapy	18 9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Chair Yoga - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Cycling Without Age 2:00pm Music Therapy - 2 3:15pm BlazePods 4:00pm Happy Half 6:45pm Crossword	19 9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Soup Club - 2 2:30pm BlazePods 4:00pm Happy Half 6:45pm Cookie Baking	20 9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Flower Arranging 4:00pm Happy Half 6:45pm Movie Night



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:30pm Father's Day with Robert Sproviero 4:00pm Happy Half 6:45pm Bingo Father's Day	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tai Chi 3:00pm SGPL Community Service Club 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - 3 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Welcome New Resident with Hand Over Heart 4:00pm Happy Half 6:45pm Gong Therapy	9:00am Walk-A-Block 10:30am Parkinson's Fitness 11:00am Chair Yoga - 3 11:15am Fitness - 2 12:00pm Chair Yoga - 4 2:00pm Cycling Without Age 2:00pm Music Therapy - 2 3:15pm BlazePods 4:00pm Happy Half 6:45pm Word Timer	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:30pm Celebration of Life with Rebecca Blair 4:00pm Happy Half 6:45pm Cinnamon Bun Baking	9:00am Walk-A-Block 9:30am Catholic Service 11:00am Fitness - 3 11:15am Fitness - 2 12:00pm Fitness - 4 2:00pm Tea and Toast - Patio 4:00pm Happy Half 6:45pm Dominos and Mocktails on the Patio
28	29	30				
9:00am Walk-A-Block 10:30am Fitness - 2 11:00am Fitness - 3 12:00pm NeuroFit - 4 2:00pm Bingo 4:00pm Happy Half 6:45pm Pub Night - Trivia	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:00am Weight Class - 3 11:15am Fitness - 2 12:00pm Weight Class - 4 2:00pm Tai Chi 3:00pm Resident / Food Council Meeting 4:00pm Happy Half	9:00am Walk-A-Block 10:00am Music Therapy - 2 11:15am Fitness - 2 11:30am Picnic Lunch - 4 2:00pm Sing a long with Natasha - 3 2:00pm Domino - 4 2:15pm Sensory - 2 3:00pm Sing a long with Natasha - 4 4:00pm Happy Half				

