

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="color: #e91e63;">June 2023</h1>				9:00 Daily Chronicles 1 9:30 Travel Thurs(Ontario, Canada) 10:00 June News Letter 11:00 June IQ 1:00 HasFit Exercise 2:00 Uplift inspiration 3:00 Daily Social 4:00 Wrap It UP	9:00 Daily Chronicles 2 9:30 Tone It Up 9:45 Good Friday 10:45 World Health Day 1:00 Uplift Inspiration 1:45 Oil & Vingear Eggs 2:15 Bunny Body Socks 3;15 Beaver Day 4:30 Wrap It Up	3 Closed
4 closed	9:00 Daily Chronicles 5 9:30 Motion Monday 9:45 Finding a Rainbow 10:45 Rain Dropped Rainbo 1:00 Uplift Inspiration 1:45 Movement Monday 2:15 Makin Rainbow fruit skewer 3:15 Chocolate Moose Social 4:30 Wrap It Up	9:00 Daily Chronicles 6 9:30 Tone it Tues 9:45 Fun with 4 10:45 Connect 4 1:00 Uplift Inspiration 1:45 Get in the Groove 2:15 Maya Angelou's birth Anniversary 3;15 Movie and popcorn 4:30 Wrap It	9:00 Daily Chronicles 7 9:30 Wiser Now Wednesday 9:45 Work out Wacky 10:45 National Walking Day 1:00 Uplift Inspiration 1:45 Outside walking trip 2:30 Wacky Wordies 3;15 Nutella Social 4:30 Wrap It Up	9:00 Daily Chronicles 8 9:30 Tap, Tap Workout 9:45 Spa Day 10:45 Make a Lunch 1:00 Uplift Inspiration 1:45 Scrabble 2:30 Tap Tap Day 3;15 What am I? on TV 4:30 Wrap It Up	9:00 Daily Chronicles 9 9:30 Freebie Friday 9:45 Look up in the Sky 10:45 Dancing in the Rain Sticks 1:00 Uplift Inspiration 1:45 National Dolphin Day 2:15 Spring Bonnets 3;15 Word Match 4:30 Wrap It Up	10 closed
11 closed	9:00 Daily Chronicles 12 9:30 Making it Monday 9:45 Siblings Day 10:45 Concentration 1:00 Uplift Inspiration 1:45 Twister 2:15 100 Hundred Day Social 3;15 Weed it Out Rhyme 4:30 Wrap It Up	9:00 Daily Chronicles 13 9:30 Terrific Tuesday 9:45 Singing in the Rain 10:45 Toss a Tune 1:00 Uplift Inspiration 1:45 Pet Day 2:15 Raining Day Snacks 3;15 Weather trivia on TV 4:30 Wrap It Up	9:00 Daily Chronicles 14 9:30 Working out in 12's 9:45 Celebrate the 12's 10:45 Human Space Flight 1:00 Uplift Inspiration 1:45 Passport making 2:15 Armchair Travels 3;15 By the dozen Social 4:30 Wrap It Up Flag Day (US)	9:00 Daily Chronicles 15 9:30 Work it out 9:45 Look alike 10:45 Taurus the Bull 1:00 Uplift Inspiration 1:45 Chinese Languages 2:15 Happy Birthday Fenway Park 3;15 Festive Bean Spread S 4:30 Wrap It Up	9:00 Daily Chronicles 16 9:30 Bruno Mars Workout 9:45 Paper Crafts 10:45 Paper-Mache 1:00 Uplift Inspiration 1:45 Dance Bingo 2:15 Head or Tails 3;15 Heartbreak Hotel Elvis art 4:30 Wrap It Up	17 closed
18 closed Father's Day	9:00 Daily Chronicles 19 9:30 Yoga Warm Up 9:45 Boston Marathon 10:45 Herbal Remedies 1:00 Uplift Inspiration 1:45 Old Wives Conversation 2:15 Blah, Blah, Blah Game 3;15 Family Freud 4:30 Wrap It Up Juneteenth	9:00 Daily Chronicles 20 9:30 Taxing Tues 9:45 Tax Day 10:45 Spot the differences 1:00 Uplift Inspiration 1:45 Spending Project 2:15 Virtual Tours 3;15 Animal Crackers and Milk Social 4:30 Wrap It Up	9:00 Daily Chronicles 21 9:30 Losing it Up Wed 9:45 Color Therapy 10:45 Hanging out day 1:00 Uplift Inspiration 1:45 Clothspin Games 2:15 Welcome Summer 3;15 Poetry & Creative Mind 4:30 Wrap It Up Summer Begins	9:00 Daily Chronicles 22 9:30 Tricky Thursday 9:45 Spa Day 10:45 Peter & the wolf 1:00 Uplift Inspiration 1:45 Babe Ruth Day 2:15 Baseball Cap design 3;15 Telling a story through art. 4:30 Wrap It Up	9:00 Daily Chronicles 23 9:30 Hop it out Workout 9:45 Rib-bit, Rib-bit Day 10:45 Superhero Day 1:00 Uplift Inspiration 1:45 New Orleans Jazz Fest 2:15 Arbor Day what? 3;15 Blueberry Pie Social 4:30 Wrap It Up	24 9:30 Daily Chronicles 9:45 Exercise 10:45 Word Game 1:00 Uplift Inspiration 1:30 Donut Trivia 2:15 Face the music 3;15 Bingo 4:30 Wrap It Up
25 12:00 Daily Chronicles 12:30 HasFit Exercise 2:00 Uplift inspiration 3:00 Daily Social 4:00 Wrap It UP	9:00 Daily Chronicles 26 9:30 Rock 'N' Roll workout 9:45 Soda Fountain 10:45 Happy 81st Birthday Barbara! 1:00 Uplift Inspiration 1:45 Wheel of Fortune 2:15 The Way we Were Movie 3;15 Soda Float Social 4:30 Wrap It Up	9:00 Daily Chronicles 27 9:30 Tone up Tues 9:45 What the Weather? 10:45 World Penguin Day 1:00 Uplift Inspiration 1:45 Red Hat Society 2:15 Happy Feet Movie 3;15 Tea Party Social 4:30 Wrap It Up	9:00 Daily Chronicles 28 9:30 Mix Music Wed 9:45 Ball park Organ 10:45 Music Day 1:00 Uplift Inspiration 1:45 Guide/ Service Dogs 2:15 Spin to win 3:15 Pretzel Day Social	9:00 Daily Chronicles 29 9:30 Do Ten 9:45 Spa Day 10:45 Hang man 1:00 Uplift Inspiration 1:45 Would you rather? 2:15 Jewery making 3;15 4:30 Wrap It Up	9:00 Daily Chronicles 30 9:30 HASfit Friday 9:45 Paper Crafts 10:45 Paper-Mache 1:00 Uplift Inspiration 1:45 Dance Bingo 2:15 Head or Tails 3;15 Heartbreak Hotel Elvis art 4:30 Wrap It Up	