



JUNE 2023 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SCHOOL DAYS BRIAN BOCK</p>			<p>1. Morning Devotion/Fitness Current Events 50/50 School Day BINGO</p> <p>Afternoon Make Your Own Milkshake Name That Tune! Table Games</p> <p style="text-align: center;">Outing: Red, White, and Blue</p>	<p>2. Morning Devotion/Fitness Current Events Coffee & Donuts National Donut Day Card Tournament Glaze BINGO</p> <p>Afternoon Fruit Walk Word Search Karaoke</p> <p style="text-align: center;">Outing: DD's Discount</p>
<p>5. Morning Devotion/Fitness Current Events Nurse Health Talk Let's Make a Deal Bingo!</p> <p>Afternoon Word in a Word Color Me Bean Bag Toss Spirit Week!</p> <p style="text-align: center;">Attire: Sports Wear</p> <p>Outing: City Park Ride</p>	<p>6. Morning Devotion/Fitness Current Events Tasty Tuesday Create Your Cheer! School Bag BINGO</p> <p>Afternoon Free Throw Game Fruit & Yogurt Aux Cord Game Spirit Week!</p> <p style="text-align: center;">Attire: Rep Your School</p> <p>Outing: Parkway Po-Boys</p>	<p>7. Morning Devotion/Fitness Current Events Fitness with Frederick Paternity Court</p> <p>Afternoon Gumbo Pot Game BINGO</p> <p style="text-align: center;">Spirit Week!</p> <p style="text-align: center;">Attire: Crazy Hat Day</p> <p style="text-align: center;">Outing: Walmart</p>	<p>8. Staff Development Day!</p>	<p>9. Morning Devotion / Fitness Current Events T.G.I.F Raffle Pep Rally! Happy Days Bingo</p> <p>Afternoon Name That Tune! Movie & Popcorn: School Days Spirit Week!</p> <p style="text-align: center;">Attire: Camo Day</p> <p>Outing: Café Du Monde</p>
<p>12. Morning Devotion/ Fitness Current Events Nurse Health Talk Arts & Crafts Note Pad BINGO</p> <p>Afternoon Clover Court Word Search Balloon Volley Ball</p> <p>Outing: Pandora Snoballs</p>	<p>13. Morning Devotion/ Fitness Current Events 50/50 Prom Campaigning! Price is Right</p> <p>Afternoon Move & Groove Floor Games Balloon Volleyball</p>	<p>14. Morning Devotion/Fitness Current Events Fitness with Frederick Bingo</p> <p>Afternoon Move & Groove Afternoon Stroll Patio Games</p> <p>Outing: Walgreen</p>	<p>15. Morning Devotion/Fitness Current Events Father's Day Celebration!</p> <p>Afternoon Popsicles on the Patio Garden Walk Patio Games</p> <p style="text-align: center;">Attire: Clover Shirt</p>	<p>16. Morning Devotion/Fitness Current Events Brain Games Juneteenth Celebration</p> <p>Afternoon ABC BINGO Movie & Snacks: HairSpray!</p> <p style="text-align: center;">Attire: Red Black & Green</p>

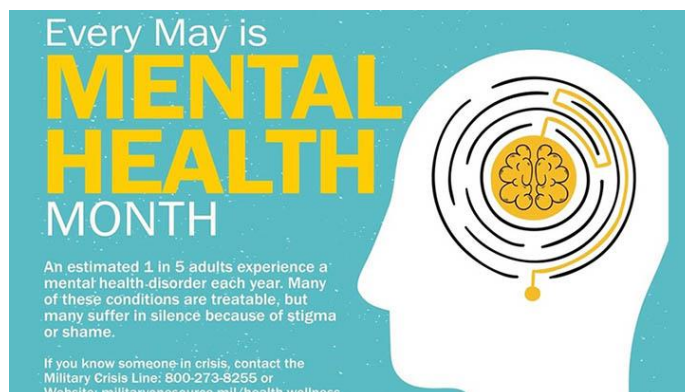
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19.</p>  	<p>20.</p> <p>Morning Devotion/Fitness Current Events Nurse Health Talk True or False Game Vote For Prom King & Queen</p> <p>Afternoon Musical Chairs Floor Games Word Search Free Hair Cuts</p> <p>Outing: Golden Corral</p>	<p>21.</p> <p>Morning Devotion/Fitness Current Events Fitness with Frederick Line Dance Class</p> <p>Afternoon Finish The Lyrics Hall Pass BINGO Music Therapy Manicure Spa Day</p>  <p>Outing: Family Dollar</p>	<p>22.</p> <p>Morning Devotion/Fitness Current Events What Comes Next? Scavenger Hat</p> <p>Afternoon Move & Groove Homework BINGO Card Games Word Search</p> <p>Outing: Rouses</p>	<p>23.</p> <p>Morning Devotion/Fitness Prom Day Celebration!</p> <p>Afternoon Karaoke Movie: Grease</p> 
<p>26.</p> <p>Morning Devotion/Fitness Current Events Nurse Health Talk Ice Coffee Day Gumbo Pot Summer BINGO</p> <p>Afternoon Arts & Crafts Name That Tune! Floor Games</p> <p>Outing: New Orleans Hamburger & Seafood</p>	<p>27.</p> <p>Morning Devotion/Fitness Current Events Morning Stroll Summer Coaster Making School's Out BINGO</p> <p>Afternoon Scavenger Hunt Move & Groove Musical Chairs</p> <p>Outing: St. Charles Ride</p>	<p>28.</p> <p>Morning Devotion/Fitness Current Events Fitness w/ Frederick Soul Bingo</p> <p>Afternoon Move & Groove True or False Game Karaoke Contest</p> <p>Outing: Chili's</p>	<p>29.</p> <p>Morning Devotion/Fitness Current Events</p> <p>Commencement Ceremony for ADHC Graduates</p> 	<p>30.</p> <p>Morning Devotion/Fitness Current Events Aux Cord Game</p> <p>Afternoon Bingo Birthday Celebrations!</p> 

The calendar is subject to change daily.

Center News

- Clover will be closed on 6/8 for staff development training and 6/19 for Juneteenth Day.
- Any participant going on a food outing must have \$20.00.

HEALTH CORNER



Every May is **MENTAL HEALTH MONTH**

An estimated 1 in 5 adults experience a mental health disorder each year. Many of these conditions are treatable, but many suffer in silence because of stigma or shame.

If you know someone in crisis, contact the Military Crisis Line: 800-273-8255 or Website: militaryonesource.mil/health-wellness